

ELIZABETHTOWN COLLEGE

# MOMENTUM

## IMAGINE, INSPIRE, IMPACT

STUDENT REFLECTIVE ESSAYS AUGUST 2013



*Few will have the greatness to bend history itself;  
but each of us can work to change a small portion of events,  
in the total of all those acts will be written the history of this generation.*

Robert Francis Kennedy (1925-1968)

### *Gaining Momentum*

Sitting in class freshman year our minds were tuned to function on a setting which would “prepare us for college,” but how do you actually prepare for something you have only read or heard about? There is no comparison to moving into a new setting; leaving everything you worked so hard over the course of twelve years to build such as relationships and routines just to start anew. It is especially hard to imagine such a place when you are one named a first generation college student. In this case, who do you go to for all the rigorous preparations needed just to be eligible to gain admittance? It is imperative to have mentors who can help guide you through the never-ending sea of paperwork, financials, and just the basic transformation of entering the next phase of your life. So in these hard-hitting situations, where does someone such as me turn? I felt absolutely lost and overwhelmed in the beginning; like I was entering the dark depths of the unknown. When it felt like I was stranded and left to fight this battle alone, my shining light came through; my new mentors and family, Momentum.

It is hard to imagine going back to that place of fear, but also in that place it was impossible to imagine that all my life’s tribulations would lead me to where I am now. Imagination is a powerful thing, and it is intriguing in many ways. It is the fundamental core to all new creations. Momentum is all about finding yourself in a new light which students from our diverse backgrounds needed guidance to see. It is a word which sparks creativity, and shines new light on so many unexplored opportunities. It is through this idea we enrich our lives in various ways all leading to one thing, personal achievement. Having the opportunity to execute a life I myself have imagined for years is an incredible feeling. Momentum is the biggest milestone in my life thus far, in fact, I cannot believe the outstanding impact it has had.

Momentum has had a positive impact on my life. It has improved my self-confidence overall. This program has prepared me to take on the rigorous path that lies ahead with no fear. What this program has also helped with is peace of mind for my family. I am the first-generation college student, just as are many others in this program are, and they were weary of the unknown just as I was. Now Momentum has impacted my life so much, the next question I am faced with is how can I impact others? Through the program I learned how basic civility to others in our community and communities all over the world can make a positive impact which travels further than we can even imagine.

So what does this mean now? I can execute the life I have only imagined, and that can ultimately impact my decision making for the rest of my life, but what do I do with that to inspire others to reach for the same goals? If I have learned anything from this program it is how inspiration is a powerful tool, and it lies in every aspect of life. It lies within the artwork we create, within the architecture of every building which surrounds us, it is in our words and in our stories. It is no surprise how everyone has a passion which inspires them to help others or themselves. I can pride myself on the fact that because of Momentum, I am inspired to change someone’s life for the better. Not only do I aspire to do so, I have the resources and knowledge to execute it because of this program. We have all heard the quote that states how life is not about the destination, but it is the journey which leads to it. Well, this journey is going to be one amazing and hectic rollercoaster that will probably leave me confused and exhausted. In all honesty though, I am thankful to have the opportunity to spend it with my peers and mentors from Momentum.

Jordan Kulp; Jim Thorpe, Pennsylvania

### *Imagine, Inspire, and Impact*

When I pulled up to the campus of Elizabethtown College for my first day of the Momentum program I did not know what to expect. Would there be hordes of people cheering and yelling? Would I make new friends or be a loner for the next four years? What would people think of me? Would I be able to survive and thrive without my family? All of these questions and then some ran through my head at that moment. I must say I was surprised when I met the greeter’s that morning; as there was no judgment in their eyes only kindness.

As the day’s festivities came to an end and it was time to say good-bye to the only family I had known for the last 17 years. I never imagined I would not cry, but I did imagine how my mom would and she did not disappoint. However, it was her tears and the influential words from my father and grandmother which have

motivated me to give 110 percent of myself while I am in the Momentum Program and college. Over the last week I have been encouraged by my family in Harrisburg and my new family at Elizabethtown. It may have just been a kind word or a phone call to say hello, but whatever the form it has helped to lift up my spirit. In addition, I have often stopped to think to myself how I would never have imagined being here at Elizabethtown College; but now that I am here what else can I dream about? I needed inspiration and the faculty, Kinesis members, and my friends helped to do this in more than one way.

As I have toured the campus, town, Philadelphia, and Mount Gretna I have been inspired left and right. The beautiful history and design of the campus and town have inspired me to help contribute to its legacy and make a difference while I am living here. While touring Philadelphia with Professor Benowitz his enthusiasm and knowledge of the city's history have inspired me to continue on with my original idea of taking History as a minor. The walk to Mount Gretna with my walking partner inspired me to slow down, and pay attention to the beauty in nature and what my partner shared with me.

In addition, I really like to look for stars at night because they are my own personal form of inspiration and growing up in the city of Harrisburg did not grant me with a great opportunity to see all of the stars in the sky. However, I noticed here I can actually see more stars in the sky at Elizabethtown than I could ever see at home, and being able to look at those beautiful stars motivates me to do my best here so I may be able to remain on campus and continue to watch them. Finally the Kinesis members have been a continuous source of inspiration to me. They take care of us and they are all very friendly; to the point if they were not the type of caring people that they are Momentum would not be as fun. They have inspired me to achieve everything and to try and experience all that Elizabethtown has to offer me.

I believe after my time in the Momentum program I will be able to leave an impact on future first year students just as my Kinesis members have impacted me. By going out of my way for others, always sharing a smile, and just being friendly in general. When I think of making an impact I think of a domino effect; if you impact one person they will be inspired to make an impact on someone else's life and the cycle would continue on. After thinking about it an impact which I would love to make would be helping families which are starting to or have broken apart. Every family should stay together, and I anticipate the day when I will be able to guide those families to a better understanding of each other. I am grateful to Elizabethtown College and the Momentum program for all it has given and taught me, and for all of the opportunities to be inspired, impacted, and imagine.

Ariel Davis-Robinson; Harrisburg, Pennsylvania

### *My Journey With Momentum*

The past ten days have been an incredible journey full of opportunities to meet new people and think about the future. Momentum is honestly the best program I have ever been involved with. I am honored to call everyone in Momentum and Kinesis my family, especially because they threw me an awesome surprise birthday party.

Then came all of the sessions and seminars we had with many of the faculty members. I loved listening to the professors explain what their departments have to offer; they really inspired me to branch out from my major and consider all of the possibilities for fun and interesting courses. Although, I know now I will never stray from a career in veterinary medicine. So, how can I be so sure?

Well, when we had to answer the *Proust Questionnaire*, I forced myself to dig deep to think about who I truly am and what I want to do with my life. As I imagined my future I also learned to compare my fantasy with reality and reflect on my gut feelings, which I am finding to be crucial in order to make wise decisions.

In the movie *Invictus*, Morgan Freeman quotes the poem of the same title by William Ernest Henley, "I am the master of my fate; I am the captain of my soul." I believe this bold statement to be true especially from what I have learned while being in Momentum. By questioning myself and my motives on why I want to become a veterinarian, I only strengthened my decision for my fate. So, by taking charge of my life, I will make my dream come true.

I know that as I become a large animal veterinarian, I will greatly impact many lives. I will have the ability to save lives and teach others how to take care of animals. I can and will make a difference in this world during and after college. By trying to do my best and working hard, I have the capability to change lives and impact the future as all of the incredible people in our nation's history as we learned when touring Philadelphia. Momentum has changed my life for the better, and I will continue to be inspired to use my imagination so I will never give up.

Emily Lawrence; Marathon, New York

### *Momentum*

Before coming to Elizabethtown for the Momentum program, it was hard for me to imagine what college would really be like. I was unable to see myself living miles away in a different state, taking much harder college courses, and being able to survive. Also, the idea of leaving my summer ten days early did not seem very appealing. However, once I arrived, I realized things were not as scary as I thought they would be, and I started imagining Elizabethtown College as my home. I could start imagining how I would spend the next four years of my life figuring out who I am and what I want to do.

The seminars we attended, the history filled field trips through Philadelphia and Mount Gretna we explored, and the enthusiastic professors we came in contact with, were the inspiration I needed to realize some of the courses I may be interested in taking. The passion and enthusiasm they showed when discussing their personal line of study inspired me to really think about what I want to do in life, and who I want to be. Do I want to be the inspiration in someone's life? Do I want to be someone's hero? Of course. So many people can touch the lives of others just by a simple smile or hello. This was one of the greater impacts on me during my time in Momentum. I have never been a very outgoing person, but Momentum had me go out of my comfort zone.

Terrified, sad, and anxious were just a few of the emotions I was feeling before entering Momentum. I had no idea what people were going to be like. However, my first day, I had multiple students, in the same position as me, coming up to me and saying "hello, how are you?" Although they may not have realized it, they had an impact on my life. Their simple kind words made me feel welcome. I want to be the kind of person to impact the lives of others just like the professors and other Momentum students have impacted me. Although at this point in my life I am still uncertain of who I am, who I will become, and what I will do, I know I want to have a positive impact on others. I want to inspire them to be themselves. I believe these past ten days of Momentum have helped me become a more outgoing, independent person who is ready take on college. I feel positive I will be able to take these ten days, and the knowledge and skills I will learn the next four years to have an impact of society.

Abbie Erickson; Port Deposit, Maryland

### *The Results of Momentum*

The anticipation of college lingered through my thoughts persistently as the first day quickly approached. With Momentum I really did not know what to expect. Going to college a week early seemed like a great opportunity but to be quiet frank I was a little nervous. Though quickly I knew I made the right decision because immediately I was warmly greeted and my adventure had begun. Momentum has definitely taught me so much in the last few days. Having said this; three important points have become especially evident to me and they are imagination, inspiration and impact. To start imagination is key when speculating the life ahead of you. When I explored the campus with a member of Kinesis there was something electrifying about the area and it allowed me to contemplate the possibilities my future could hold. Upon acclimating to this new environment, these already established students welcomed me to their family. This courteousness was such a blessing and any worries I had before coming had quickly vanished. Also our trip to Mount Gretna really opened my eyes to a new realm of imagination I have never dared to cross into. The various artists displaying their mediums made me imagine whatever I choose to do with my life I must be passionate about it. These confident artists took charge of their lives and followed their passion. Pondering this thought I imagined myself not only established

but satisfied and happy with my career. As we were told one morning in the Brinser Lecture Room “imagination causes happiness.” I found this could not be any truer because when you feed your imagination, you can clearly see what you want to do with your life. Imagination is definitely a vivid aspect of my college experience thus far.

In addition to imagination, inspiration is yet another important point I found to be especially evident in my Momentum experience. To start a very obvious inspiration I have encountered is the traits the Kinesis leaders possess. Not only was their focus inspiring to me but their compassion has shone bright during every time I have hung out with them. They truly cared about every one of us and this is definitely a quality which I strive to possess. In addition, the presentations I experienced with the faculty of Elizabethtown College inspired me to dig deeper into areas of interest I never would have thought to look into otherwise. Professor Kopko discussed with us a program he was very passionate about called mock trial. I heard of this activity is high school but seeing his enthusiasm made me have an entirely new view on this opportunity. After this session I was seriously contemplating adding mock trial to my schedule. The combinations of various academic disciplines inspired me to expand my major into other aspects of study I never thought could relate. During my trip to Philadelphia I got the opportunity to explore the lives of important men and woman who made an impact in their own significant ways in our history. After seeing what these greats have accomplished it in turn inspired me to impact not only my life but others in a significant way. Reverend Sadd’s meditations really made me inspired to look at the little things in life. When walking the campus I have found looking at nature attentively is very relaxing. Also the building designs around campus such as the High Library contained many elements of older and extravagant designs inspiring me to reference already established great works to improve what I develop in the future. Also, these beautiful buildings on campus were a great change in my academic environment. The talk Professor Benowitz gave us on doing what we really want to do with our life and not what other want of us really inspired me. It made me analyze my decision in an unbiased view and really think of myself. These inspirations truly impacted me to develop a new outlook on my previous decisions and encouraged me to look bravely into the future with a fresh set of eyes.

Just as evident as imagination and inspiration, the last trait influencing me from Momentum was impact. Now I have gone through the Momentum program it has truly impacted me with the confidence to go through college. Another way it has affected me was the communication skills I have developed. Many opportunities were provided such as sitting with new people or taking engaging hikes with someone in Mount Gretna. Although initially I was hesitant entering the program I made so many new friends. I am excited to work hard in my classes and seize every opportunity I can get with real world learning experiences. Another way I have been impacted is how I am currently going through my favorite choices on where to study abroad. I never thought of taking a chance like this but Momentum made me more enthused than ever. Another way I want to impact myself and others is to become a leader in the school. Possibly as a Kinesis or whatever my interests take me to. Now I want to fully embrace my upcoming classes in order to find out if I have made the right decision in the direction I am going with my major. Yet another impact I have encountered was the lessons from Associate Dean of Students, Stephanie Rankin. The warming speeches and engaging activities she provided really left an impact on me to not only talk with people but truly engage and have deeper and more meaningful conversations. Throughout my experience in Momentum I have truly contemplated who I am. During the program I learned so many new things about myself which will be very applicable in my college experience. Momentum left me with a true sense of imagination, inspiration and impact.

Dakota Findley; Quarryville, Pennsylvania

### *Momentum*

Imagine. As a little kid, you look up to the people around you. You imagine yourself all grown up and doing the jobs they do. Saving someone’s life, being a teacher, or maybe going to the moon. As a little kid, you dream. Over the years, you grow up, things change, but you continue to dream and imagine what your life will be like in a few years. As a little girl, I imagined myself at this school. Walking the halls and watching my dad coach at the courts, I imagined living here and calling it my “home.” Now I really am a part of this school. I do

not have to imagine being here anymore because I now walk the campus every single day. One dream has been accomplished, so now I need another. The next area in my life to imagine are the years when I am here and also the years after I graduate. Being a part of Momentum has helped me to dream and to wonder about what is to come and I have never been more excited.

**Inspire.** Every day, I meet someone new. It may be a new friend, or another professor, but every single one of them, has something different to offer. Different wisdom, different encouragement, different input. Every single one of them has their own inspirations. In some small and some big ways, they all inspire me. I have been inspired to broaden my studies here at Etown, to study abroad, to become a peer mentor, and to take interesting classes outside of my major. I have been inspired to look at things differently; to not just see the building, but the architecture.

**Impact.** In just 8 days, my life has changed. I am not far from home, but I have never been by myself before. My life is being impacted. These 8 days made me realize I am ready, ready for anything. I have already overcome so many fears, and I am proud of myself. The Momentum program held my hand these past 8 days, but now classes are about to start, I will need to go on my own. I am learning more and more about myself and this is because of the impact everyone has had on me. Now it is time to take off and fly.

Taylor Helsel; Marietta, Pennsylvania

### *What Momentum Is To Me*

At the beginning of August, I received my roommate assignment. As I was talking to her, I asked her a simple question: “Are you in the Momentum Program?” She asked me what the program is, and I told her it was something where I got to go to campus ten days early and attend lectures. At the time, I believed this to be true. Now, at the end of Momentum, I realized that the program is so much more.

Momentum is not just about getting to campus early or listening to some professors’ talk. To me, Momentum is about the people I have met. At this program, I have met life-long friends of extremely diverse backgrounds. I have traveled to Philadelphia and Mount Gretna, where I experienced the places in an entirely new way. I was exposed to new ways of thinking and I learned more about the history of America than I ever had sitting in a boring classroom. The academic sessions I attended taught by faculty members really expanded my horizon. Before I attended the session on Engineering and Religion, I never thought of taking a class in religion. After the session, I am seriously considering taking a religion class. This experience was more than I ever could have hoped for when I came to campus August 13.

Another important thing that I learned about was myself. During the program, I gained self-confidence in myself. In high school, I felt like a ghost; I had no purpose, and I questioned why I existed. I figured that I would drift through life feeling alone and isolated. Momentum changed all of that. I now feel like I am here for a reason; I will impact someone, somewhere. I may not know that I have inspired a person, but I will be able to die knowing that I made a difference. All of the impacting that I will do comes from the impact Momentum had on me, and I have now been inspired to do something. I am determined to make my mark on the world. Finally, I feel like I am able to start my life as a strong and independent young woman with a purpose.

Momentum is a one-of-a-kind program that has changed more than forty young people’s lives in just a short ten days. Many people do not understand how I, as well as the other students, have been changed by the program. Momentum is a catalyst for change; the students in Momentum will be Elizabethtown College’s next leaders and influential elements for change. So now, looking back, I would tell my roommate that Momentum is the program that irrevocably changed my life.

Kayla Robinson; Abbottstown, Pennsylvania

### *Continuing Energy*

There are doors which can be seen as one stands in the middle of a circular room, lined with passage ways. Lights shine on those doors and they are unlocked. Some have been opened while others have been left untouched; however, there are some doors which have not been seen or opened. This is a result of a missing bulb to shed light or a missing key to open up to the opportunities. Continuing with this metaphor, Momentum

has sparked the electrical current and unlocked the doors to different perspectives. Throughout the week we have been attending seminars about various subjects ranging from religion to math and English to anthropology. After the discovery of these doors, I was eager to explore what was behind them and will hopefully be incorporating them into my academic years.

Even with the subjects I do not wish to pursue, I saw the passion of the professor, and this interested me. The activities they created and we participated in showcased a brilliant display of critical thinking. Never before would I have imagined how two seemingly opposite studies could be tied together. It ignited my thoughts for possibly linking various studies to my intended major. With this communicable diversity I believe I will have a better understanding for future material.

Our trips to Philadelphia and Mount Gretna helped to enlighten me as well. While walking through the city, we were informed of the choice of architecture comprising much of the city's buildings. Around almost every corner there would be an audible claim like, "diversity!" or "democracy!" We were then reminded of the connections it has back to our campus and its choice of architecture. Following our walk was a visit to two art museums: one modern and one traditional. Using the paintings as a medium, stories were told of the history of America and the ideas on which it was founded. Like most of our trip, many secrets of American history were told and what we had thought was fact was debunked. The next day, Sunday, gave us our trip to Mount Gretna. Attending another art-related function, we ventured into the aisles of creativity and expenditure. Although I was never one to stare at art, my appreciation for the trade and talent was enhanced tenfold by being surrounded by it.

What was supposed to come from these experiences was to find what would be our impact. What I found from these experiences was my promise to not make an impact. One does not seem like enough. For all there is in the world, I would be doing a disservice if I were to only choose one option from looking through so many doors. As I continue with my college years, I want to be able to help our community. As I continue through life after undergraduate school, I want to help a larger community; and when I fulfill my devotion to obtaining a job, I want to help as much as I can with any community – never forgetting where the journey started. My impact will be about healing and mending – not only those of broken bones but also of broken hearts. I will improve the lives of others in any way I can. A single drop of imagination, inspired by a college whose challenge is to impact the world. I will accept said challenge, and we will succeed.

Ricky Castro; Bethlehem, Pennsylvania

### *Momentum*

When I first heard about momentum, I was not sure if it was something I would want to participate in. I was very hesitant about having to leave home 10 days early and I was nervous about not knowing anybody. Coming in, I tried to keep an open mind about everything we were going to do. Immediately when the program began I was so thankful I decided to put my worries aside and participate in Momentum. Everyone was so outgoing and I immediately felt comfortable.

From day one of Momentum, I have imagined so many possibilities for my life. My eyes have been opened up to so many new ideas for my future. Thinking about all the different opportunities I will have on and off campus to be involved in community service brings joy to my heart. I cannot wait to get involved and be able to help others. I am always looking for new ways I can make a difference in the world and Momentum has given me such a new outlook on all the possibilities out there. I am so excited to see all the places my future will bring me. I believe almost everything I have envisioned will happen as long as I put my mind to it and never give up.

I have been inspired in countless ways this week. Every session we have been to and every person who has spoken to us have left a lasting impression on my life. They have inspired me to be a better person and never give up on my dreams. One thing I have really been inspired to do is to pay attention to the beauty in nature. On the first day of our writing workshop, Dr. Skillen showed us a video from the *To Write Love on Her Arms: Heave and Light Tour* and it was called "Shake the Dust." I was really inspired by this poem because it gave me hope that any struggle I am going through will get better and I will never be alone. It inspired me to be

a better person and to always stay true to who I am. I really liked the Bible verse we were told on one day; Proverbs 23:18. “Surely there is a future, and your hope will not be cut off.” This verse motivates me to push through any struggle I am facing because I know God will never desert me.

After going through the Momentum program, I hope to make a lasting impact on the school and community of Elizabethtown. Just knowing I will be given so many opportunities to get involved in service activities makes me so excited to begin my college journey. Momentum has opened my eyes to things I never would have imagined and it has given me the motivation to make a difference in the world and to become a better version of myself.

Alyssa Irish; Pittsford, New York

### *Creating Room to Inspire*

The definition of momentum is the measure of the motion of a body equal to the product of its mass and velocity. It is the progress or development of something becoming faster and stronger. In our lives everything has an effect on something else in some way. However, an object at rest stays at rest, unless acted upon by an unbalanced force. And this program’s intent was to give us just that push to start us rolling. It may not seem like a ten-day program can dramatically change your life. However, after Professor Benowitz’s lecture the other night we began to think critically and with imagination. Momentum has had an effect on all of the students coming here in some way shape or form. Giving us a jump-start to our new lives.

My jump-start did not seem too exciting after parents and family left. Little did I know my sister, before she turned the corner, took a picture of my roommate and me. In sending the picture, half poking fun, I was able to see the intense thoughts racing through both of our heads. My entire high school career has amounted to this moment of me on the steps outside the High Library. We were both standing with grimaces on our faces as if confused as to what the heck we were doing there. Now I believe I know the answer.

At that moment I was imagining where I was going from here. The people I would meet, the places I would go, the things I would accomplish. All of which were over whelming and made me question what I will do within these first few days would actually affect my future. Could I actually see myself graduating, making an impact on the world through what I have learned? I was not sure. I have imagined a lot of things for my future but never a definite answer just by picturing it in my head. But as J. R. Tolkien once wrote, “All you have to do is decide what to do with the time that is given to you.” Keeping this in mind, I set off.

Coming here I knew it would be good for me to get familiar with the college before I actually started classes. But I did realize I would actually get to know “Elizabethtown College.” Its history, people, technology, and pretty much everything at E-town was and is incorporated, with students in mind. Even down to the architecture of the buildings. Elizabethtown has been creating an environment to inspire. However, only I can allow myself to be inspired. Momentum has taught me to pay more attention and to take appreciation of so many inspiring ideas embedded in college life. That being said is an inspiration in its self. I have found taking appreciation of my environment is key, in enjoying it. One part of the environment was set by the Kinesis all of whom were accepting and warm hearted.

Now I am looking forward to the rest of the new freshman coming. I plan on meeting new people, reaching out to them, and making myself more open, like the Kinesis did me. The Kinesis inspired me by showing their leadership and by their encouragement to meet and be with different people each day. I now want to continue in a leadership position whether it is as a Kinesis and or on student senate. No matter what I choose to do overall I will be doing my part for a more comfortable and inspiring environment for others. I will be “faster” and “stronger” because of the momentum I have gained, ready to lead and inspire.

Garrett Clark; Lewisburg, Pennsylvania



### *Blank Page*

I am a blank page. When imaging my future, every possibility includes an education at Elizabethtown College. Changing the community for the better and in turn changing the world is something Elizabethtown College can help me imagine. The liberal arts education I have been informed about at Elizabethtown College has inspired me not to be afraid to try new things. Also, this type of education will help make connections with various subjects. Elizabethtown College is giving me inspiration which will help me tie my major of communications to other areas of life and not be solely focused on communications. The impact of my education at Elizabethtown College will not only help me, but impact the whole world through my service to the community. The impact every person, including myself, has on the world has profound impact on everyone's future lives. The Momentum Program helped give me the edge as a freshman and helped me imagine myself at college, inspire me to do greater and impact me by making my transition to college a meaningful and memorable experience.

Luke Mackey; Chambersburg, Pennsylvania

### *Momentum*

Imagine a typical college freshman driving up to campus on move-in day. They do not know what to expect, who to ask for help, or where to find the cafeteria. The campus is filled with people just as confused as them. They do not know anyone, and they are homesick.

Now look at a different scenario; this time the college freshman is enrolled in Elizabethtown's "Momentum" program. Driving up to campus there were people waiting to help move things into the dorms and answer any questions I had. There were tours showing the campus and the surrounding town. Throughout the week I got to attend specialized sessions teaching how to take advantage of the library, meet college expectations, better myself, and serve the community. Along the way I built relationships with upper classman leaders, professors, and peers. Through detailed lectures I learned the significance of Elizabethtown's architecture and developed an appreciation for the campus which will be my home for the next four years.

Next, let us go back to that typical college student. They are about to leave home for the first time. Their parents are their main support system serving to motivate and inspire. Once their parents drive away it is up to the student to find inspiration on campus.

What if this was a Momentum student? Enrollment in Momentum allows me to build relationships with professors, upper classmen, peers, and even the president of the college. Listening to these people share advice, give support, and show enthusiasm inspires me to test my limits and expand my horizons. These people are my new support system and inspire me to stay on track and work hard.

Let us go back to the average college freshman one more time. They could get involved in a sport and join some clubs. They could get good grades and make friends and probably be very satisfied.

Now let us see what is made possible through "Momentum." "Momentum" motivated me to make a larger impact. I strive to be captain of a sports team, president of a club, and get great grades. I want to be a leader at Elizabethtown College, and "Momentum" proved to me I can do it! As a momentum student I know I will go above and beyond my previous expectations not only as a scholar but as a student athlete, and servant to the community.

Madison McCall; Bath, Pennsylvania

### *An Open Mind*

Throughout the past eight days, I have been challenged, both mentally and physically. I have learned to open my mind, my heart and even my arms. I have questioned who I am why I am here and what I want to do with my life. I attribute these deep, thoughtful and introspective feelings to the Momentum program and all participants who have made this experience one of a life time. When I first began my journey, I was nervous, excited, and unsure what to expect. But, while I was standing on the steps of the High Library, something inside me knew this was going to be a great experience. Over the past few days, I have had the honor to sit in a classroom with distinguished professors and hear about their life passions, which has influenced how I feel about my own. I have sat in Socratic discussions, morning meditations and even participated in a tennis clinic.

Without the Momentum program, I would have never had the courage to participate in any of this. In Philadelphia, I discovered a world outside of my own. The bustle and the history of the city were inspiring to me, especially Elfreth's Alley. While walking down this street, I was inspired and captivated by the beauty of this historic landmark. I imagined what life would have been like had I been walking down that street many years ago. The same imagination of previous life happened in Mt. Gretna while Professor Besse showed us the memorable spots around her hometown. All of these experiences combined have inspired and made me imagine the impact I would like to have on the world. I am not exactly sure what impact I want to have on the world. But, I have come to the conclusion that, I want to continue to maintain and share my positive attitude and eudemonia with others. Finally, I would like to say thank you to everyone involved in Momentum. I have met friends and had experiences that I will never forget. So, once again, thank you. Here is a poem which I wrote about the past few days:

Encompassed by nature, lecture, and the beauty of the human mind,  
Thoughts whirl around inside my head like moths,  
Attracted to the fuzzy light still lingering in the late hour.  
I am caught in perpetual thought;  
Questioning, wondering, and challenging myself.  
Aspirations float through my head,  
And nestle themselves into a grove where they will blossom into reality.  
Words impregnate my thoughts, and alter my perception.  
Inspiration from elders ignite hidden passion buried deep within my soul,  
Force me to dig within,  
And reveal what is interlocked and imbued in the cavernous silhouette which I reside.

Autumn Resaut; Avoca, Pennsylvania

### *Momentum*

When I found out I was accepted into the Momentum program, I was excited and scared at first. I was excited I got to go to college a week early and scared about not fitting in. However, when I got here it was not as I imagined it to be. I realized I had nothing to be afraid of because everyone was really nice. The Momentum program was really helpful because it gave me time to adjust to the college life before the chaos of the freshman's official move in day.

Over the past few days I have made many new friends and many unforgettable memories. Meeting all these new people has inspired me to be myself. I have realized how it does not matter what other people think of me. It only matters what I think of myself. During these past few days I have also found things out about myself that I never knew before.

On Sunday we took a trip to Mt. Gretna where we explored many different types of art. At Mt. Gretna we were challenged with a scavenger hunt and had to ask the artists how they ended up in the profession they were in. By doing this, we got to meet many interesting people. Each had a different story of how they ended up in their professions. Some said it was by accident and others said they were doing what they loved. This impacted me greatly and I realized that it is important to do what I love.

The Momentum program has inspired me to strive to be the very best that I can be. The memories and experiences I have gained from Momentum will stay with me for the rest of my life. Hopefully the friends I have made will too. Without this program my college experience would have been very different and possibly less impacting.

Katarena Swede; Mills, Pennsylvania

*The Impact Momentum's Had On Me You Wouldn't Believe*

Dark, cold, and raining  
We were all college kids in training  
Aspiring to be the best  
We wouldn't settle to be anything less  
It feels like we all just met  
But it's obvious that we're going to be the best friends yet  
The impact Momentum has had on me is crazy  
Even if this lack of sleep has made me lazy  
The impact Momentum's had on me you wouldn't believe  
From being scared to come, to never wanting to leave  
Momentum has to be the best decision I made for me  
I hope you can say that you agree  
Inspired to major in Poli Sci  
I realized I can't be shy  
Knowing I need to come out of my shell  
I've gotten a lot more comfortable with a lot of you, can you tell?  
Poli Sci and Communications is where I want to be  
Do you think I'm going to fail? Just wait and see  
I Imagine I can do good one day  
Go big or go home that's what I say  
Working with my whole heart is what I'll do  
Until I'm successful through and through  
Without Momentum I wouldn't have found  
These friends and memories I hope always stick around.

Samantha Finnegan; Mays Landing, New Jersey

*Momentum*

I arrived at Elizabethtown College, on August 13, along with 53 other freshmen. I was not quite sure what to expect. I did not know anyone so I was very scared. I just figured it would be nice to get to school early and pick the best bed in my dorm room. Little did I know this experience would be unforgettable. The Momentum program was nothing I imagined it to be. The past few days I have made friendships which will last a lifetime. It is hard to believe I just met all these people one week ago.

Going to sessions during the Momentum program inspired me to be the best I can be, and most importantly, be myself. Why should I care what other people think of me? I realized I am not living my life to impress other people. During our hike to Mt. Gretna, it really made me realize society has shaped us to give answers everyone wants to hear. During this hike we were with a partner and had to answer a series of questions. It was awesome to hear people giving legitimate answers.

The head start the Momentum program has given me will make a huge impact on the rest of my college years and life. This program not only allowed me to form friendships, but gave me a preview of what my college years will in hold. I am confident in my decision to attend Elizabethtown College and thankful for being in the Momentum program since it has made my transition to college so much easier.

Emily Brunell; Bangor, Pennsylvania

*I Walk the Path*

Momentum.

The force and speed of my movement.

My future.

How can I know what it holds?

I can't.

But I know what I wish it to hold.

I want to meet the people of the world,

Shake their hands and smile,

Because I am glad that people who are different from me exist.

I want to use my new knowledge to help those who need it,

Give them things I've always wanted,

Things they've always needed.

Love, compassion, education, and a chance at life.

I've been taught the lessons,

And as the sun sets on the green of the Dell,

I've never had such a desire to help until now.

I have knowledge to share with my peers once they've arrived,

And love to share with the world once I've arrived.

I've learned to see the world through new eyes.

Buildings aren't just architecture but history.

You'd never know a bustling town was once an abandoned wasteland until guiding hands showed you,

A student isn't just a human being,

But a tool that is used to change the world.

Since this experience,

I have been changed.

Inspiration is hard to spark,

But not when you have the support of a community behind you.

And I still question the future.

Because how can one truly know what is right and wrong for them?

They can't.

But they can be pretty damn close to sure.

So walking back to my dorm,

I can dream of the future

And begin my journey on a path of service,

And a life of happiness.

Not just for me,

But for the world.

Abigail Haines; Tabernacle, New Jersey

*Momentum*

When I arrived on campus I immediately felt welcomed and although I went through some trials and tribulations that day, the kinesiology students were there to support me. Throughout the program I imagined how college life will be when classes actually start. And then I imagined how life would be sharing a room with someone I do not know, and this ended with me hoping everything would go well.

I was eager to visit Philadelphia. While visiting all the landmarks I was amazed because although I lived in Philadelphia I never noticed all the places we visited on our tour. I was also very excited to be able to see my family during our lunch break, and we spent most of the time imagining how life would be with such a big change for all of us over the next four years. But with all this imagining, it inspired me to speak up and make

new friends as well as taking time to explore new ideas. Ideas such as things I had not done during grade school like looking into getting a tutor for classes I know I needed help on. Momentum inspired me to ask questions, besides trying to figure every single detail out on my own. The momentum crew, especially the Kinesis are an inspiration which inspires me to make it through these next four years with my head held high.

This program has made an impact on my life as far as school. The impact of reality, like I am really here in college pursuing a long term goal of mine as well as adding something new to my family tree. But no matter what the person who has the biggest impact on me throughout this whole experience is my Daddy. Even though Momentum has helped me imagine and has become an inspiration as well as an impact within my life, my Dad has always been on my team and my strength to keep moving forward. I can honestly say without him I would not be here today. So thank you to my Dad, the Momentum crew, the Kinesis, and Professor Benowitz.

Courtney Butler; Landsdowne, Pennsylvania

### *Droplets*

Much like the white waters bursting forth from the fountains in Lake Placida,  
Are the Momentum Students, who will burst forth into the world,  
New experiences have metamorphosized us,  
New friends and journeys have opened us.

We are the water propelling ever upward.

Each of us a single droplet,  
All of us the world.

As our journey turns,  
And the droplets reconnect with the lake,  
Your impact is the infinitely reverberating ring,  
A ring that reaches the farthest shores,  
A ring that represents your culture,  
Your philosophy,  
And your life.

This ring is all encompassing,  
It is boundless in our eyes.  
Eyes that have been empowered by higher education,  
Granting social an economic opportunity,  
This knowledge that may be used to aid others.

Life is boundless,  
One may outgrow and shed that preplanned destiny society has so unfairly laid upon them.

The life is short, but the journey is long,  
We trailblaze,  
We care,  
We are inspired.

Momentum ever forward,  
Ever upward,  
We are agents of change.

Kendra Ormsbee; Birdsboro, Pennsylvania

### *Shaking the Dust*

This week has been filled with lots of instances which will be talked about as “Remember when” moments. Move-in day, saying goodbye, road tripping, hiking through the city, and all the while learning more about each other. As I write about my experiences, my mind is already drifting off, imagining the many places I will visit. Walking up the steps of the High Library, passing by those huge columns on the way in. Traveling to Steinman, contemplating all the things we have already done in this building representing architectural antiquity. It is not only the buildings which will stand out. The professors of the seminars were all very knowledgeable, and I was able to take something away from every seminar, like the poem “Shake the Dust.” The most significant thing these presentations thought me, is that no matter who you are, you can have an impact on the world. It might be a very small impact, like just brightening up someone’s day on the way to class, or it could be a bigger impact, like building homes for the homeless. All of these small things can add up to making a difference in both the world and the community. I think making a difference is the biggest impact you can have.

Caitlin Lockard; Chambersburg, Pennsylvania

### *Momentum*

Truthfully, I was incredibly nervous about college: new place, new people and new everything. Momentum seemed like the perfect thing for me. The program to me was a gateway to the next chapter in our lives. The program helps to make the adjustment from high school life to college life. On the field trip to Philadelphia and Mt. Gretna taking a walk through the city and learning its history was very interesting. Listening to Professor Benowitz with all his knowledge made me think he was a walking history book. The kinesiology were also very helpful in answering questions and being very supportive. Momentum I feel has given more insight to prepare for a real and non-sugar coated life at college. It also helped me to discover friendships and decrease the nerves and stress. Meeting the professors throughout this whole week was very enjoyable and getting information on multiple subjects is encouraging. I have made lasting connections that cannot be broken. I could not imagine how valuable the program was going to be, until I got here. I truly appreciated all the time and effort the professors gave to the program.

Summer Musser; Mount Wolf, Pennsylvania

### *Opportunities*

I can still remember the burst of excitement I felt when I received the letter stating I had been accepted into the momentum program. I could not wait for the program to begin; I thought it would be a great way to meet new people, future professors and to become acquainted with the campus before college actually began.

As the summer progressed, I found my excitement fading away. I was struck with a whirlwind of emotions ranging from anxious to excited, and I did not quite know what to expect.

The transition to college is not always an easy one; you can quickly become overwhelmed with the college lifestyle. Through the Momentum program I began to feel comfortable around my peers and I started to feel like a part of Elizabethtown College.

I always imagined college to be an intimidating place, but in actuality it was really the opposite. To my surprise everyone was friendly and welcoming. Over the past week I have made friends with people I would have never spoken to in high school.

We were given to opportunity to experience a variety of discussions which have in turn inspired me to be open-minded to the different courses that are offered here at Elizabethtown College. I came into college thinking I was going to major in Elementary Education, but now after being introduced to deep critical thinking I have questioned myself and what I really want to do.

I hope to one day make an impact in some way while at Elizabethtown College. Although I cannot say what that impact will be, I definitely know now that before I graduate I will leave my mark. This past week has been an experience I will never forget; Momentum has given me the opportunity to explore the campus and meet people I would have otherwise never have been able to get to know. Most importantly Momentum has given me the confidence to be myself.

I am extremely grateful to all the kinesis, professors and staff who have taken time out of their summer to help us all here in out transitioning to college. Momentum will always have a special place in my heart, and if it were up to me I would say every freshman student should be in Momentum.

Overall, I think Momentum has been an awesome experience and I am glad I decided to come.

Nelli Orozco; Reading, Pennsylvania

### *Imagine Inspires Impact*

When I imagined college, I was terrified. I was afraid I would not fit in, or I would not be able to make friends. All I wanted was to stay in my little town of Spring Grove, to stay with the band, and most of all, to stay with my friends.

Now I am actually on campus, I am imagining the upcoming semester and the next four years. I can see everything falling into place as it did in high school freshman year when I was worried like now. When thinking about the year, I also imagine what is beyond college for me, and I have no idea. I want to help people but more importantly I want to be happy and to be able to support myself.

I have been inspired by only a few people in my life but they have made huge impacts on me. I have had a couple of teachers who have taken the time to talk to me and get to know me. They are the ones I have looked up to and whose advice I cherished. My friends have also always inspired me. Even though they usually have no idea of what they are talking about most of the time they were always there and always had a positive attitude which rubbed off on me.

The different seminars we have gone to during Momentum have helped me realized it is fine if I am deciding on a major and it is probably a good thing. I have been inspired to look beyond the usual subjects, get out of my comfort zone, and try new things. That is what college is all about: trying new things and having new experiences and this is what the Momentum program has inspired me to do.

There are a few major events and people which have impacted my life greatly. These are things which have completely changed my life and have made me who I am. I want to have the same impact on others throughout my life as they have had on me. One of my main goals in life is to always have a positive impact on everyone I meet. I know it is impossible but if I strive for perfection I will then always be doing my best.

Through Momentum I have learned to always dream big and to keep my eyes open to anything which can bring me inspiration. I have met some amazing people in the past week who I will hopefully stay in contact with after school starts. We were given the opportunity to move on campus earlier then everyone else and become familiar with the campus.

Justina Beard; Spring Grove, Pennsylvania

### *My Imagination*

On the first night of the Momentum program we listened to a presentation by Professor Benowitz. To be entirely honest Professor Benowitz's lecture was very insightful and inspiring, because not only did he incorporate his own insider experiences, he also planted the seeds that would eventually grow and become topics for Momentum students.

Professor Benowitz had once mentioned how an individual must make an impact. How exactly does one go out and make this said impact? I am not a hundred percent positive, but I can make an educated guess. A person once said that only a small percentage of people would have the guts and the motivation to go through with their ideas, which may essentially end up changing and reshaping the world as a whole. Even if I cannot make an enormous change, I can only keep trying to stand up for what I believe. I do not have a narrowed down subject from where I draw my inspiration from per say, but the fleeting feeling of what will happen if I do not work hard is what inspires me to keep working as hard as I can. Like I always say; "hard work always surpasses natural talent."

Mary Lauer; Falls Church, Virginia

### *Opening My Mind*

This week Momentum has broken the typical college stereotype and shown me how even as a freshman, through imagination and inspiration, I can make an impact.

Many seminars this week have opened my mind to the opportunities that lie ahead and the potential I embody. Even though writing a letter to yourself seems like such a simple activity, those letters we wrote in our writing sessions taught each and every one of us how we have enormous value. I noticed how the majority of the letters had an overall theme of “love yourself, everything turns out ok” and I think this strongly relates to Momentum. When we started Momentum, no one knew anyone, but still everyone accepted each other and, if you will, “loved” each other. Momentum has clearly showed me how everything will fall into place; college is a big change, but it does not have to be scary. Taking trips to Philadelphia and Mount Gretna both made me imagine my future being just as bright and influential as the people we learned about. Ultimately I have decided “what I will do;” I will do what I love with full passion in order to make a difference and be remembered. With such an above and beyond program, Etown enables us to make an easy transition to college and discover ourselves and our potential.

As we learned about the Japanese culture, the phrase “Mono no amore” really stuck in my mind. “Everyone dies” shouts “make an impact,” in my opinion. Shake the dust, because eventually everyone dies and it is wise to use your life making an impact. “Through imagination you will experience happiness” has also stuck in my mind. I know serving others is what makes me happy and I can’t wait to act on this passion.

Just as the Kinesis members and Professor Benowitz have helped me make an easy transition to college, I imagine myself, if accepted, helping to make the same impact next year. With the inspiration I gained from Momentum, I am ready and excited to make an impact here at Etown by expanding my comfort zone and getting involved in many clubs, ultimately striving to make a mark through those passions. Momentum has equipped me with skills I can utilize well beyond campus. In the words of Anthony Robbins, “The most important thing you can do to achieve your goals is to make sure that as soon as you set them, you immediately begin to create *momentum*.”

Kirsten Ambrose; Littlestown, Pennsylvania

### *Momentum: Imagine, Inspire, Impact*

Sitting in the freezing nephrology and rheumatology examining room at Hartford Children’s Medical Hospital in Connecticut on Wednesday, August 7, I braced myself for the news. After dealing with the nephrologist, six months of all day IV injections, and enduring a second kidney biopsy, it was time to finally decide whether I was physically healthy enough to attend college this semester. With the doctors, physician assistants, and the social worker all gathered around my mom and me, I was told my autoimmune disease, Lupus Nephritis, was in remission but my kidneys were scarred. Taking a deep breath, I told them I felt mentally capable of jumping into the music therapy program and I am mature enough to keep an eye on my health while away. Amazingly both said I could go. Now that I am here at Elizabethtown College as a member of the Momentum program, my experiences with this impactful group have inspired me to continue making an impact on those around me.

Looking towards the upcoming four years as a music therapy major, I see myself continuing to watch movies and have Mario Kart parties from time to time with my new groups of friends in Momentum. After all, even though classes will take priority, I want to maintain these relationships. From there, my connections will branch out to professors and the cooks in the Marketplace, and all the upperclassmen and future underclassmen. Once my studies are completed and I earn my diploma alongside my fellow classmates, my friendships will continue socially and professionally as I enter the workforce. Additionally, with the help of the music therapy professors and other mentors, I will leave with a plan of where I will work, a solid resume, and strong supportive groups. As I have learned from Icarus’ fall and the poem “Shake the Dust,” I will be conscious of my health to avoid a relapse or flare up, but I will not allow fear and uncertainty to control my life.

Now the program is nearing the end, I take this chance to reflect upon the this past week. The meditative walk outside with two friends on the fifteenth allowed me to have a genuine conversation with



others. It also helped me realize I cannot brush off my Lupus Nephritis, but learn to accept what it is and work on listening to my body just as well as I listened to my partners. Having to write a letter to a younger version of myself and then create a movie to express myself was a fantastic opportunity to learn from my past. By seeing how I have overcome moving, made new friends in elementary and middle school, lost those friends, found true friends in high school and Momentum, and how far I have come from the day I was originally diagnosed, I know I am strong. Hopefully I can be that strong and supportive for others around me when they are experiencing emotionally painful times. This whole experience overall is not only a new stage in life for myself but also for everyone on this journey. Just like there are many variations on the creation stories, with parallel symbols and events, there are millions of students across the globe creating new bonds and preparing for their real world futures.

These words I have written are my true feelings and I know I will continue to imagine and be inspired by people and events throughout my life. From every adventure I experienced in the past and will have in the future, I hope to learn something that I can personally use to grow and then transfer to others. Already there are plans to use my talents and memories from Momentum. The Socratic nature hike questions really helped me realize how I love music, regardless of the genre or language. To go along with that, the diverse cultures on this planet intrigue me and I love interacting with people of all ages and mentalities. Lastly, I have a strong desire to attempt to achieve perfection. Based upon these qualities, I am going to do my best learning about music and its therapeutic effect. This way it will be fun and medically healing for those who are mentally disabled, emotionally down, or dealing with any other clinical problem. As I continue to study languages and learn about numerous cultures, I hope to one day travel and share my knowledge while providing music therapy to people outside of the United States. It will take endurance, devotion, courage, and support. Yet I know I already possess all four of these. I cannot wait to continue on this lifetime odyssey.

Sarah McCollum; Somers, Connecticut

### *Imagine, Inspire, Impact*

Coming into Momentum, I was excited yet apprehensive. I was not sure what to expect but I was ready to find out! The first day in Momentum I learned the motto, "Imagine, Inspire, Impact." Little did I know these words would come to mean much more to me over the next ten days.

Imagine, this one simple word encompasses thousands of possibilities. My experience at Etown thus far has shown me the possibilities are endless. Being a Momentum student allows me to imagine all of the opportunities which lie ahead in my future as a blue jay. For example, I will be able to study as an Occupational Therapy student here and get my Master's Degree in just five years. Within those five years I will be able to establish relationships with companies and organizations that could possibly be my potential employers. Furthermore, I did not expect to meet as many professors as I did nor was I prepared to obtain such a wealth of knowledge. I have learned how many of the faculty and staff of Elizabethtown College are alumni which illustrates their ability to be successful as a former student.

Do you inspire others, or are you inspired by them? As Momentum students I believe we all have experienced both. This program has given me the opportunity to explore topics I would have never been interested in before such as, Japanese culture, mock trial, and music. This inspires me to keep an open mind throughout my college experiences. Elizabethtown College itself inspires me to help others and be a leader, like the Kinesis who were also once a Momentum student like me. Outside of Etown, I have been inspired by many other things in my life as well. My family and friends have inspired me to strive for the impossible and always want the best for myself. I am also motivated by both the struggles and successes of those around me which inspires me to do my best. Throughout all of this I hope that I myself have inspired others in some way.

Impact, what will you do? I want to help those in need by applying the knowledge and skills provided to me by Elizabethtown College. I will be able to fulfill my dreams of becoming an occupational therapist because of my education. I know that the next five years, studying as a student here at Elizabethtown College, I will be positively impacted. I hope to impact others by inspiring them to help others as I do, which in return will have an impact on me. Within a short ten days I have already begun to change as a result of being a part of this

community. I can only imagine what kind of person I will become after five years of being a blue jay. The possibilities are endless.

Megan Meade; Edgewater, Maryland

### *Momentum*

When I thought of college I imagined a new start. I would have the opportunity to leave my family and my city. I would get to go to a good college with high expectations and begin to improve myself. Coming to Elizabethtown for Momentum has given me the chance to meet professors and some of my future classmates early. I knew going into this that it wouldn't be easy for me, but it was something I had to do.

I've always been the quiet girl, at home or in school. I could meet someone new that already knew me as the girl that never speaks. Few people took the time to get me to open up. For me, Momentum was the first step in putting myself out there. I didn't imagine meeting so many nice new people. I just hope my first year turns out this well. After just a week in momentum I have actually talked and laughed more than in my four years of high school.

The students here inspire and encourage me to become more involved with them and it's something I hope to achieve during my time here.

When I'm finally able to say that I achieve my goal, I hope to help kids that feel the way I do now. It's great when people try to help but it always means a little more when it's coming from someone who had to overcome a similar situation. I want to be able to tell kids that it may seem really difficult now, but it is possible. I want to have a positive impact in their lives. They can get through family problems, school problems, bullies, abuse, financial struggles or a social phobia. They also don't have to figure it out alone like I did.

Shelly Medina; Reading, Pennsylvania

### *Imagine, Inspiration, Impact* "Imagining Elizabethtown College"

I never imagined I would belong here. Talking to Michaela, one of the Kinesis, I confided my initial nervousness in coming to a Northeast school. My friends and even my high school counselor back down home had me convinced Northerners would be standoffish or perhaps even cold to me because I was from Missouri. When I arrived, I quickly learned they were wrong. As I heard Professor Benowitz say time after time, "Don't assume" and "Don't prejudge," I really felt some guilt, because I did assume. Now not only do I not believe those preconceived notions, but my confidence is validated by what Momentum taught me. All the goals I had imagined for myself were possible before, but the acceptance made those goals look a lot less painstaking to achieve.

### "Inspiration for Service"

Reflecting on my time with Momentum, I was able to find some surprising harmony in my goals here and Elizabethtown College itself. The school's motto, "Educate for Service" is quite literal for me. As a fifth generation military brat and dependent, I have felt not just duty or obligation, but prideful compulsion to serve my country. Upon completion of Elizabethtown College's pre-law program, it is my intention to become a commissioned officer in the military, with my end goal being law school. My inspiration to lead and to serve has always been for the purpose of peace. What a contradiction this must sound like, to join the "Big Bad Military" to create a platform of peace in our nation? I never believed peace and the service of our country to be incompatible, but unbelievably in itself, I find myself more inspired to have faith in peace during conflict. From the Socratic dialogues in small groups of students to the interdisciplinary studies presented to us by the faculty all through the week of Momentum, there is proof. These are, of course, small scale examples in relation to the theater of international community, but they are solid grounds of concrete to build a foundation for my hope in peaceable conflicts.

### “Impacted Thoughts”

Instead of going straight into the military right out of high school, I wanted to have an educated effect on my profession. The armed services should not be about mindless en mass killing or entrepreneurial gold plating. Sadly, this is the image that commonly comes to mind when thinking of our country’s military and it is not without justification. Going through Momentum, my appreciation for history has definitely increased. This program has made me realize the impact I would like most to leave at this school is the notion that the military can learn from history. One day, I hope to prove, through my studies here, that pacifism and the defense of our country are not such a contradiction.

Sierra Morgan; Grain Valley, Missouri

### *The Three Words*

Not long ago we were all in the stressful college application process. In the sea of applications, essays, and interviews, move-in day seemed like a far off dream. My initial excitement over leaving for college faded. I lost the inspiration to imagine my future of making an impact on the world. I was losing momentum.

Suddenly, it was over. The tutors, the late nights, and the college visits all came to a halt. It all came down to the big decision: where to commit. This week Professor Benowitz prompted all of us to begin thinking about what we offer this school which will give so much to us. The large alumni base of Elizabethtown College has inspired me to strive for excellence. I hope their generous nature and open heartedness stay with me all four years. They have brought plenty of great things to Elizabethtown College, and meeting them through the Momentum program moved me to get more involved.

The Momentum program started my college education off the right way. All the speakers shed new light on their respective subjects. One session in particular put two seemingly completely different subjects side by side: Math and Music. Not many would think there was a link between Math and Music, but sometimes the unexpected lesson can be the most valuable. This mirrors my experience in the Momentum program. I was not expecting the program to show me so much about myself, but the lessons I learned this week were truly inspiring.

In addition to the new idea being introduced, the sessions also helped me imagine myself as a student here at Elizabethtown College. This experience prepared me for the first week of classes, and I know that I am ready for school to start. Reverend Sadd’s Positive Psychology and daily meditation gave us time to sit and imagine ourselves succeeding here at Elizabethtown. Reverend Sadd also gave us meditation techniques to practice so we can generally improve our mood. With Reverend Sadd’s teachings we can optimistically imagine the future. While blurred, I feel I can almost grasp what I imagine to do with my life. I do not quite know yet, but I feel I am moving in the right direction.

We all know our “motto” is “Educate For Service,” and while I plan to continue performing community service, Momentum opened my eyes to new ways to get involved at school. I have decided to run for student senate, study abroad, and sign up for mock trial. If not for Momentum I would never have the courage to try these new activities, but the foundation of support from Momentum pushes me to expect more out of myself. I will not allow myself to succumb to my shyness, or be too homesick to stay on campus for the weekend, or just stay in my dorm room all day. Momentum prepared me to make a difference here at Elizabethtown. All I have to do now is move forward.

Lynn O’Connor; Chester Springs, Pennsylvania

### *Imagine, Inspire, and Impact*

The Momentum program helped us grasp a greater understanding of everything college has to offer. If we look around us just a short time ago, we were all strangers. Today, we are all gathered sitting next to those who were once strangers to us. We have talked, ate, walked with, and even became friends with some of these people we once referred to as strangers. We were all so timid to talk to others in fear they may judge us. Although, it had quite the opposite effect by indicating there are people who find us unique and we share some of the same interests with. It is crazy to think people from all different backgrounds could become friends. We

all demonstrated respect, openness, and understanding towards one another. Our Kinesis leaders were able to break through our thick exteriors in the hopes of getting us all to see each other for who we truly are. They were role models to us and were able to help us through our journey since they had experience by going through the same process themselves. These leaders showed us it is possible to achieve excellence in college even though we may have faced obstacles in our past. There were so many small steps we took in order to grow as emerging college students.

I personally enjoyed the Momentum process. It helped me look at college in a new perspective. I can say I learned many new things. I was opened to becoming a better version of myself. Imagine, Inspire, and Impact were focus points during this process. I was imagining myself in the classrooms as a student of that study as the professors were explaining what the classes consisted of. Some classes showed me maybe I should reconsider my intended major. While, I found others caught more of my attention. I was inspired by the professors' enthusiasms about the courses they were teaching. They inspired me because they showed me we should be involved in a field of study we are truly passionate about. Momentum has positively impacted my life. It demonstrated that we are all equal. Also, how our past does not define who we are as people. I may not be the smartest student but by demonstrating perseverance I can achieve any goal I set for myself. I realized it is okay not to know what exactly I want to major in. The only way I am going to know what I am truly interested in is by taking classes in all different concentrations. A liberal arts college is able to provide one with a well-rounded education. Momentum was a process helping my transition into college so much easier. I am extremely grateful for having been given this opportunity. Imagine, inspire, and impact are three simple words with extraordinary meanings. When we are graduating together in four years, let us clap a little louder for those we started this process with.

Jessica Rinaldi; Broomall, Pennsylvania

### *College*

College. What do *you* think of when you hear the word, college? Through the Elizabethtown College Momentum Program, I have learned so much. One huge eye-opener for me is that this is nothing like high school. I am in college now and it is time to start thinking about what I want to do in life. One other thing I learned here is to do what you love. It may not be the best choice, it may not make me rich, and it may not guarantee me a successful career, but if it makes me happy, *really, truly happy*, isn't that all that matters?

Before I came to college, I imagined I would be studying all the time and free-time did not exist. Then, before I came to the Momentum Program, I imagined that it would be a leisurely 10 days. We would be classes, getting to make new friends and meet tons of new people and getting some tips on how to succeed in college. I was dead wrong. I learned through Momentum that the reality of how I will do all depends on me. How much and how badly I want to reach my goal all depends on how far I am willing to go for it. I imagine that my future will be bright! Momentum has taught me that I *am* willing to work hard and do what I need to reach my goals. The journey will not be easy. It will be long, hard, and filled with obstacles that may make me question *everything!* However, Momentum has given me the confidence to know that in the end, I will make the correct decision.

My inspiration comes in bits and pieces to me but my biggest inspiration is my mom. She always has and always will be behind me with every single choice I make and I thank her from the bottom of my heart. Another thing I learned from a certain Momentum questionnaire is that people who put me down, people who doubt, and people who I feel are in the way of my dreams all *also* inspire me! They are the ones who motivate me, and they make me want to *do* better and to be a better person. On our trip to Philadelphia with our Momentum group, one major thing we learned was that things are not always what they seem. So open your eyes and look at life in a different perspective and don't take it for granted. I know that I *absolutely* cannot wait until I can inspire others with all that I've learned. Not only from the Momentum program or the all the people apart of it, but also from everyone I have ever met.

Did you know that each person you meet touches and impacts you in a different way? This is what made me who I am today. I am just thrilled know that one day, I will get the chance to impact others the way others

have impacted me! To let others know that *anyone* and *everyone* can do anything they set their mind to; to let them know to reach for their goal and to never give up, even when times get tough. Remember, you “shoot for the moon, even if you land among the stars!”

Kierra Swisher; Jonestown, Pennsylvania

### *Momentum: Imagine, Inspire, and Impact*

Imagine yourself in a giant city with buildings that touch the sky, you look at the people and they are all in jet black suits, and jet black ties. You are almost one of them; almost. They all have a brief case filled with a ton of money down by their side and they all walk past you giving you a look of disgust as you sit on the sidewalk and hold out a cold, silver tin can asking for money... You look into a puddle in which you call a mirror and you see your face dirty, with ripped clothes, hair matted, and you see that your own soul is tired.

In these conditions you will not last long due to disease and other health problems and you will look back and ask what happened? Where did I go wrong? You take your final breaths and realize you just died alone with absolutely nothing.

Isn't that awful? That truly is my biggest fear, not being homeless, but not having a thing to my name, and dying alone. Not being remembered. One of the activities we did here in Momentum was answer questions about understanding yourself and among these questions were what was your biggest fear? It took me a while to think what I was seriously afraid of and what I just told you what it was. There was a lot of internal reflection and time to think where do I really want to be in my life? How will I become successful and have a career and how could I provide for my amazing future family? And how can I serve my community and others around me?

Being in Momentum was a great opportunity for me to discover not only inspiration to lead my life, but also discovering the ways in which I can act on those ideas and leave an impact. Opportunity, was not bolded in the program given to us on the first day, however, it should have been. We were given the opportunity to see amazing historical structures and breath taking pieces of art in Philadelphia. Attending academic sessions at the college taught me all the opportunities the school has to offer us, so that we may be able to better serve our new community. I plan on participating in *The Called To Lead* program, Student Senate, and if accepted to be a Kinesis. My future will be shaped by these next four years for the better and I know this because I have been given the opportunity to attend Elizabethtown College and be a part of the Momentum program.

As an Eagle Scout, as a student and as a human being I will leave off with these lines, for these lines shape every decision I make in everyday life: "The fourth obligation of an Eagle Scout is to serve others, for a leader is above all a servant. The practice of the daily good turn leads the Eagle to a lifetime of service. He knows that only in giving of himself does he give anything of value." *Obligations of An Eagle Scout*

I would like to thank you for the opportunity that you have given me to not only discover more about myself, but what I can become in the future. Thank you Momentum. Thank you!

Ramon Rios; Stroudsburg, Pennsylvania

### *Momentum*

I have imagined what my career would be my whole life. I walk into the office every morning, organize my tools, and get ready to clean and fill teeth all day. It seemed so perfect to me! I never thought of the classes I would have to take to get there, and I never thought it really mattered. Until I realized I had have to major in a science, and I am definitely not interested in science. So... what will I do now? Stick out the science courses and be a dentist? Or maybe take a guess at an intended major and hope it all works out for the best. I thought about it, but those options did not really seem right. My first couple of days in the Momentum program, I was going to each session with the mindset this would be the day I found what I loved, and each day I still had no idea what I wanted to do.

Then my inspiration came when I least expected it, the morning before our Mt. Gretna trip; we were all gathered together, and started to discuss our intended majors, and if we really knew what we wanted to do. I started the discussion pessimistic; I felt that it did not really apply to me, because I had no clue what I wanted to do! Then Professor Benowitz explained the core requirements at Elizabethtown, and showed us all that

whether we have a major or not, we need to take those classes anyway! I was automatically relieved because I knew that I still had a purpose here at E-town, and did not need a major to prove that.

The inspiration I received during that discussion had a tremendous impact on me, not only because it eliminated so much stress, but also because it inspired me to impact others. I feel like it is so important for kids going into college to know how important it is to truly care about what they are going to major in, and not worry about things like money or what their job will be; just find what they really enjoy.

I cannot begin to explain how thankful I am for my opportunities in Momentum. It is an experience I know I will never forget. I can be confident, I will continue to imagine, inspire and impact in the Elizabethtown community because of my participation in the Momentum Program.

Amanda Robbins; Elkins Park, Pennsylvania

### *Momentum is Energy*

Bidding farewell to adored family members I stumble mindlessly into my future self, an abundance of fond memories stuffed deeply into my pockets, plenty yet to be made. I was peeled away from a bone-crushing embrace with my parents just a short while ago. Shortly thereafter the Momentum students are paired and set their sails to explore the campus; fresh students making fresh tracks.

New faces, new places; this college; brick buildings built upon education and service filled with old and new ideas alike, new minds. But this setting is so much more grandiose than I originally thought.

By this time I thought with undoubted certainty that I would know what I wanted, whether that be a choice of career, major, interests, or simply what to hang on my dorm room wall. But honestly, I am lost. I do not know what I want and I do not know who I am, but if I have learned anything over this past week it is that it is okay not to know.

Originally, I had entered the Momentum program with uncertainty. I had questioned what I had signed up for, who I would meet, and what I would do. In brutal honesty, I was scared to face my future, scared for the unknown; the various sessions questioning who I am and what I can do for Elizabethtown College further increased my anxiety. How am I supposed to give to a college when I do not know what to give myself? Personally, I have always wanted to be the best version of myself possible. But what good is it if I do not even know my current self? There are the questions the Momentum program answers, water balloons included. It allows ample opportunity to evaluate and reflect, to learn and think. The sessions I have attended provided me with an abundance of knowledge, an understanding as to what the college offers. From sessions given by various professors to times of meditation, I have been thoroughly inspired. Inspired to be myself under all circumstance and not allow others to dictate my choices. I am my own self, my own being. I have the ability to acknowledge my surroundings, as well as myself.

To me, this experience was one of thought, one of consideration and deliberation, reflection. For instance, reflection was prevalent in the trip to Mount Gretna. I had discovered hidden truths about myself that I may never have discovered if I had not participated in Momentum; truths in myself as well as in nature. The calm, steady sound of the raindrops as well as the solid, noticeable crunch of stones under my feet inspires me to withhold similar adjectives.

Reflection was also prevalent in the voyage to Philadelphia, a place in which I have not travelled to in several years. The majestic antiquity of the buildings knocked me off my feet. I stood at the base of several historical buildings, flabbergasted by the stories those buildings carry. There, I learned of a notable, inspirational man by the name of Benjamin Franklin. To be able to do what he did placed a resounding noise in my mind, a noise that cries for recognition, a noise that provokes imagination and inspiration. Obtaining insight as to such an ingenious man, as well as many others, would not have been possible if it were not for the fact that I was involved in the Momentum program. I now know what is possible, what is attainable, what is within my grasp.

On a similar note, the writing sessions with Professor Skillen allowed students a moment of reflection. To go back into the toy boxes of our minds and retrieve such cherished memories. To see what time has passed as well as where we are headed.

Overall, the Momentum program is exactly what its name entails. Momentum is energy, a movement. We have given it a face; it has introduced us to ourselves, our future selves. It has reintroduced me to the importance of hope, inspiration, awe, serenity, gratitude, love, humor, and joy; it has introduced me to myself. Momentum has also introduced me to the speed of time. Time which has seemed to escape me all throughout my life, time in which I could have done something more, something value; something which I can, and will, do here. Although hectic at some points, it is definitely worthwhile. Momentum allows students the chance to take an early leap into their future selves, the great beyond.

Cassandra Rochelle; Randolph, New Jersey

### *Momentous*

On the day of my new beginning it rained. Torrential waters poured from the heavens in the attempt to impede my progress. The thunder laughed at me and the clouds spit bolts of brilliant yellow fire. The gray sky was deep and ominous, making me wonder if this new beginning was really meant to be. The voice inside my head is venomous, insolent, and petty.

It said that I would rue this day that I would fail and fall apart. This voice was not alone. All around me the voices of those I care for, as well as those I do not, seemed to coalesce in a cacophony of self-doubt. My mind was beaten and battered for the duration of my trip.

“You are going to be afraid,” the voices whispered, “you are going to be alone and you are going to fail.”

To say I was unnerved was appropriate. Not only was nature working against me, but my own mind as well. The questions I had never needed to pose began to work themselves to the forefront of my mind.

“Will people like me?” I asked.

“Am I really right for this experience?” I mused.

The self-doubt ate away at my confidence. By the time I arrived at the precipice of my new beginning I was anything but myself. Yes, I was afraid, Yes, I was alone, and Yes, I was unsure as to whether or not I would ultimately fail.

Upon my arrival I was told that this process would be transformative, bond building, and barrier breaking. In my mind I doubted the successfulness of this program and the relationships that I would form. Surely I wasn't expected to interact with people who didn't understand me or my personal demons. So I put up a wall. Confident that no one would see through it, I set out on this so called “transformative” journey. I followed directions, listened to presentations, spoke cordially with those around me, and watched as my peers grouped themselves based on common interest and personality. I told myself that I would always be an observer on the outside looking in, but I was wrong. Without my consent a cohort of 42 distinct individuals started to chip away at my wall with every smile, every laugh, and every conversation I was included in. Oddly enough, they didn't even know what they were doing. My wall had become weaker and weaker to the point where all that survived of my doubts was a single personal issue. That singular brick was something was something that I was clinging to because, if I gave it up, I would have nothing left to lose. Even though I had begun to open up the last thing that I wanted to do spend an hour walking and talking about myself. I questioned whether or not they would see what I was hiding. Despite my doubts I chose a partner, a person I was sure wouldn't pry. When I vocalized my doubts she just nodded and said, “I won't tell, pinky promise.” I talked with her and even remembered to really listen to her stories. She broke the last brick of my wall. One hour inspired me and made me happy. The voice of doubt was silenced by the many people who listened to my stories and told me theirs. Never again will those whispering voices of doubt truly hurt me, for I was inspired by my peers' confidence.

I often imagined before my transformation – or rather – my new beginning that I would do as most before me have done: give up my intangible dreams and settle. What would it matter if I did anyway? If I was making enough money, giving my time to help others, and living a healthy life would it really matter? Through the course of my journey I have come to realize that dreams and goals are reachable; the life I want to live is tangible. Settling is not living, nor is it the path to happiness. Happiness is where I have decided I want to be in every stage of my life. It will guide me to places that I have never been and ensure that I am secure in my endeavors. I must proactively reach for my happiness. Who'd have ever thought that the individuals I have met

would teach me to be more proactive with my life and take chances. I will never stop imagining, dreaming, and improving my goals.

The whispers in the back of my head have long since gone, leaving a silence that I need to fill with the positivity of myself and my peers. Positivity has awarded me the gift of knowledge. I now know what impact I want to leave on the world, people, and myself. Through my travels and my business I want people to be impacted by my positivity. If the happiness I feel pursuing my dreams is great enough I will radiate brighter than the sun. People will be drawn in by my warmth and optimism. Perhaps to others this might seem like a meager unfulfilling goal, but to me it's everything. An impact doesn't have to be large; it just has to be the catalyst to something greater. If, through my positivity, the voice of doubt in someone's head grows quieter – even cease to speak – than I have done my job, and that's momentous.

Mikaela Smith; Telford, Pennsylvania

### *I Am Inspired*

Every fall millions of high school graduates anticipate the big transition into college. They worry about fitting stuff into their dorm and making friends. All thoughts are centered on frivolous details to their upcoming four years, not even a mention of the decades to come.

When first arriving at Elizabethtown College, my thoughts were in the same place as my peers. Momentum helped me to refocus on bigger ideas. I started to observe things around me that led me to become inspired by everything Elizabethtown can bring me, notice the impact it can have on my life and imagine my future to come.

Despite its small residential campus in a suburban setting, Elizabethtown College offers much inspiration to its students. Before walking onto campus, I was already aware that Elizabethtown maintains the Core Program. However, attending academic sessions aided me in learning about subject areas within the liberal arts that I was not already familiar with. I was able to see how no matter where I find my interests, the possibilities are endless. On a non-academic level, I am inspired by the two-hundred acres making up the physical campus. There are pathways and greenery immersing the vicinity. Whether I choose to walk the paths, take in the fresh air by sitting on The Dell, or just admire the view of either from my room, beauty is found everywhere. Beauty is at the heart of what inspires me.

Besides the physical attributes, I was permanently changed by the Momentum Program. Momentum provided me with the confidence to feel comfortable with the campus. I can walk from one side of campus without feeling so timid about getting completely lost. Also, the tour of the community made me feel more acclimated with my surroundings. These new found securities will certainly impact my experiences at Elizabethtown. Off campus, the trip to Philadelphia made a lasting impact because it changed the way I look at the world. The visit to the art museum really taught me to look deeper than meets the eye. It is easy to see a picture when looking at a painting but, it means so much more when the message or story is examined. Without the story or message, the painting will ever be is a picture.

Lastly, my experience with Momentum has helped me to imagine a greater future. Though I do not have a clear vision of what my future will be, I now see that finding that out will be a part of the journey I have at Elizabethtown. From the resources I have been shown in the library to the soul searching of the hike at Mount Gretna, I have learned so much about the small things, I am now inspired to go on to learn greater things.

Overall, the Momentum Program has been a valuable way to start my Elizabethtown experience and the rest of my life.

Masha Tomkus; Gilbertsville, Pennsylvania



### *Inspirational*

Sitting at home on August 12<sup>th</sup> trying to imagine what Momentum would be like was tough, but even still I was really excited for it to begin. Immediately as I arrived on campus I was met with nonstop activity. I quickly realized we would be doing things all day, every day. And I loved every jam-packed minute of it. Before I arrived, I imagined a handful of people with whom I wouldn't be able to relate with and with whom I wouldn't be able to form any sort of serious bond. Instead I was met with forty-two amazing individuals who I was able to get to know and learn with, and who I will never forget.

The trip to Philadelphia was definitely enlightening; being able to see all the art, architecture, and history located within the city really allowed me to imagine the historical figures in their native setting and time period. I could envision them working hard and fighting for what they believed in. I imagined what I would do and where I would go with my life before Momentum, but never with as much excitement, hopefulness, and enthusiasm as I do now. Now I am more easily able to imagine myself doing great things for my own life and for my community, as well as my community of peers at Elizabethtown College. And that imagination can be a very powerful tool.

Being in the Momentum program has offered me more inspiration than any other life experience I have ever had. Being able to meet with various Elizabethtown faculty members has greatly inspired me in ways I did not think were possible. Witnessing them speak to us about their area of expertise with such interest and genuine excitement showed me it really is possible to be passionate about one's work. I know each Momentum student vividly recalls Professor Waters yelling to us about how in love with poetry he is. But he also told us how he sincerely hopes one day we will be as enthusiastic about our field of study as he is – whether it is poetry, biology, math, or anything else. This is something which truly did inspire me. I want to do something in college and in life that gets me as excited and fired up as poetry did for Professor Waters.

Professor Benowitz also served as a huge inspiration for me during the past week of Momentum. When he spoke to us in Leffler Chapel about finding our calling in life and pursuing what interests us and finding our strengths, I tried to really take this advice to heart. All of us know college is expensive, so we need to make the absolute most of our four years here and *learn*. Professor Benowitz truly reinforced this fact in me, and it has inspired me to follow my heart and do what I want with my life and my time here at Elizabethtown.

It was not just the professors who have served as inspiration for me during the Momentum program. All of the truly awesome people that I have gotten to know, as well as those I have not quite gotten to know, have given me immense hope for the future. If this group of forty-two Momentum students is representative of the Class of 2017 as a whole, we are going to have an incredible impact on the college. My peers in Momentum have honestly inspired me to do great things not only for our class and for our college, but for my life and my career as well.

The Momentum program has had a serious impact upon my life and the way I view the college experience. The preliminary learning experience I have received throughout this past week has allowed me to more clearly imagine a successful future for myself, and inspired me to make this a reality. Each of the professors, my peers, the Kinesis, the seminars, the Socratic dialogues, the movies, the games, the activities, the Philadelphia trip, the Mount Gretna hike, and even the impromptu football game have all left a mark on me and my future. Momentum has honestly made me want to have my own impact upon Elizabethtown College and beyond. It has strengthened my desire to better myself to make the most of college and enrich the lives as others as well as my own. Learning more about Elizabethtown and its history has gotten me really excited to get started with classes once the Momentum program comes to a close. I will never forget the time that I have spent here with all of my peers in the Momentum program, and I will forever value the experiences I have shared with them.

Kiefer Weis; Reading, Pennsylvania

### *Growing*

Being a part of the Momentum has truly been amazing. I have created long lasting bonds with people and have learned so much just within ten days. I would have never imagined myself being here and I am so glad I am. Momentum is not just about going to seminars or trying to get an extra head start before the rest of the freshmen class- it is about growing and becoming the person you want to be. Before coming to Elizabethtown, I will admit I was terrified, but after experiencing this wonderful program my fears have gone away. I have met so many extraordinary people and learned so much it almost seems unreal!

Momentum has made my college transition so much easier and I could not be more thankful. This program had inspired me to pursue my dreams and be the best person I can be inside and outside of the classroom. Every person brings their own unique personality and it makes it hard not to fall in love with every single one of them. Not only were the Momentum students fabulous but the Kinesis are very welcoming and treated us as equals and not little freshmen.

Momentum is a wonderful program which has impacted me in so many different ways, from meals with the group, the field trips, and the memorable nights with discussions with friends, I have made relationships that will last a life time. Every student should experience this program. It is an experience you will remember forever and I fully support the continuation of Momentum for years to come.

Gabi Weisfeld; Swarthmore, Pennsylvania

### *Imagine, Inspire, and Impact*

As the sky erupted in brilliant shades of pink, I stood on the football field with tears in my eyes. Fireflies surrounded me, while the faint sounds of "Congratulations!" filled the air. This was the day I graduated from high school, and thoughts were racing through my mind. I couldn't help but realize that in a mere month, I would be flying off to Elizabethtown College as a blue jay. The sun began to set. My K-12 era officially came to an end. I began to imagine how different college would be. The sun set below the horizon, and the stars began to appear. I smiled to myself. How wonderful would it be to find inspiration through imagination, and make an impact during my stay at E-town? At that moment, the stars couldn't have shined any brighter.

When I first arrived for the Momentum program, I came with this philosophy stored in my mind. At dinner, Professor Benowitz began talking about the importance of architecture around the campus. I began to notice my surroundings, and how it portrayed the mindset of a scholar. While walking around Philadelphia, I once again noticed the essence of eustyle and the reflections of Paris. Witnessing all of this beauty, I imagined the lives of Thomas Jefferson and Benjamin Franklin, and how successful they were. Besides their work ethic, their environment shaped who they were, as they created their own. The experiences I had during Momentum shaped my imagination for the better, and will ultimately result in success. As an inspiring humanitarian, I imagine myself achieving this.

Without imagination, it is impossible to obtain inspiration. By keeping an open mind, I found myself being inspired each and every day. I appreciated all of the lectures and was astonished to discover how religious studies can relate to physics. One thing that stood out was the Mt. Gretna trip, and going to the art show. Many artists quit their occupations to fulfill their dreams. Not only did they keep an open mind, but they reached for the stars and created beautiful work by doing so. Courageous people like that deserve more praise, and should be looked upon as inspirations. In life, you need to be inspired in order to move on to bigger and better things. We need that force, that momentum, to grow as individuals. Over the course of this week, I became inspired to follow my dreams, and to simply be happy.

Although we might have a plan, we must put it into action. Above all else, the most important rule I have acquired from Momentum is to make an impact. As human beings, it is our duty to use our knowledge for the benefit of others. Always remember that you are the author of your own story. When I was a freshman in high school, I had no idea what I was going to do with my life. I was incredibly shy and uncertain of my fate. Discovering my passions of academics and social justice was like finding a galaxy; filled with a vast variety of stars. I challenge all of you to be shooting stars; always beaming and always moving forward, for a brighter

tomorrow. As a confident young woman, I will excel here at Elizabethtown College, and I will make an impact by helping out others in any way I can. What about you?

Allison Wormann; Forked River, Pennsylvania

*Momentum: Imagine, Inspire, and Impact*

“Momentum – the impetus gained by a moving object; something gaining speed.” A lifeless definition that can be found in dictionaries around the world. But throughout this week, we each breathed life into this 10 word definition. We gave Momentum a physical appearance – a face. Here, on a wet and groggy morning at Elizabethtown, we put the words of momentum into action, and collectively we closed the book of the past and opened a new, blank book for the future.

If I were to title the first chapter of this new life book, it would have to be “Momentum: Imagine, Inspire, and Impact.” We may have had key words each morning during meditation, but no words compare to those three, Imagine, Inspire, and Impact; words that we have heard echoed each day of the program.

So, what stories and events were recorded in this chapter? And how do they fit into the three catch words of the program? For me, I would tell the story of moving into my dorm, imagining my new life as a college student. Imagine. I imagined a fresh start and the opportunity to meet new people and make lifelong friends. Imagine. I imagined the doors to my future to be unlocked, and that I could grab my passions by the wing and ride them into the future. Imagine. And so the first of the three words clicked for me. Momentum is more than just imagining your major and possible career; it’s about imagining a whole new life – a rebirth, a spring.

It was also during these few days we spent together that we were inspired, each in a unique but highly profound way. Some were inspired by the morning meditations, while others were inspired by the beauty in nature at scenic Mt. Gretna. As for me, the writing workshops with Dr. Skillen served as the best source of inspiration for me. I have always loved English and writing, and the workshops reignited my passion for the subject. And the infusion of visuals into the workshop really connected with my love of film. But inspiration can also be found in the hidden aspects of Momentum. When inspiration came to mind, many probably thought of the activities and numerous lectures. But how many of us thought of the Kinesis? The Kinesis probably inspired me the most because they each show a glimpse into our future life at E-Town. They showed us kindness and welcomed us to this brand new chapter – putting momentum into action. And for that, they each deserve thanks.

But perhaps the most powerful word of the three is saved for last. Impact. This is a word that makes people think of something profound that causes change. Surely we cannot change and be impacted in only a few days. And yet, through Momentum, we are. Whether it is in the Socratic Dialogues or the self-reflection at Mt. Gretna, we are impacted. I can honestly say that the Momentum Program has had a positive impact on me. Through this program, I finally settled on important decisions, like my major and my future career. I made a successful transition from my home in little Port Carbon and adjusted to this new college life. I made friends that will last a lifetime and was exposed to a variety of academic subjects that opened my eyes to the world at large. Momentum impacted me, and one lesson I learned in this program is that impact leads to impact. Momentum impacted me, and now it is my time to impact Elizabethtown with the confidence this program gave me.

But in a couple days, we write the concluding paragraph of this chapter. However, this has been a great and fulfilling chapter and a wonderful start to our new life book. And now, boldly we will step into Chapter 2, “College: Freshman Year – The Official Start” together, and thanks to Momentum, its three key words, the participants, Professor Benowitz, and the Kinesis, I am sure it will be a joyous and memorable next chapter.

Eric Yoder; Port Carbon, Pennsylvania

## KINESIS REFLECTIVE ESSAYS



Leadership is a word that takes on many different definitions. As such today's leaders all have different ways in which they choose to lead. The word kinesis, which is the energy behind an object's momentum, is the perfect word to describe the peer academic advisors of the Momentum Program at Elizabethtown College. As a member of the Kinesis Peer Academic Advisors this year I gained the sense that we really were there giving the program participants the energy they needed to begin their momentum into college life. The program participants seemed to gain more and more energy and confidence as the program continued, which I attribute to them seeing the energy coming off of the Kinesis Peer Academic Advisors.

Being a Kinesis Peer Academic Advisor allowed me to develop my ability to lead through inspiring others to reach their potential. I believe that the example that the Kinesis Peer Academic Advisors, including myself, have allowed the program students to imagine themselves being able to be leaders like us. Furthermore, that they were inspired by our example, and intend to use what they imagined and were inspired to do to make an impact in our campus community. In setting an example for the students, and allowing them to begin to develop their own leadership skills, my leadership skills were able to develop and accommodate to those of a

mentor. These skills will translate well into my being a mentor for my advisees during the school year. Furthermore, these leadership skills will be useful skills for me in the future as a teacher.

As a Kinesis Peer Academic Advisor during the ten days of the Momentum Program I also found myself gaining more confidence, and able to feel comfortable as a leader. I personally believe that leaders need to have confidence in themselves and their leadership ability, as that trait will allow them to feel comfortable being in a leadership position. By being a leader with the Momentum Program I was able to practice my leadership skills to gain confidence as a leader, both with the program and in a general sense. As well I was able to listen to the sessions that had given me the confidence I needed to begin college life a year ago, which once more added to my confidence as a leader and as a college student.

Overall, both being a part of the program this previous school year, and being a Kinesis Peer Academic Advisor this year have influenced me as a leader. This past school year I gained the confidence to start becoming a leader, including organizing a bake sale to raise funds to help endow the ALANA Scholarship. Now I plan to continue my leadership in the program as a Kinesis and working with already established fundraising events and new ones. I will also take my leadership skills into other campus activities including continuing to be involved with Called to Lead and other clubs on campus and stepping up to leadership opportunities in those groups.

*Sara Poole; Derwood, Maryland*

Imagine, Inspire, and Impact; just one year ago I heard these three words and honestly, I never thought the Momentum program would change my life. Last year the routine of being a college student became more comfortable and I give all the credit to this program. With the rough transition most freshmen have to face, it is reassuring to realize there is someone who would always be willing to put in extra amounts of effort to pull you through. The experience I had with the Momentum class of 2017 was extraordinary. Although, this time around I was a Kinesis, the experience left a lasting impression once again. In the beginning I was filled with anxiety and nervousness as I contemplated whether or not I knew how to take on the role as a leader, but eventually I understood how to balance the responsibility. Surprisingly I found the multiple varieties of sessions that were presented gave me strength and expanded the skills I felt were lacking and weak. I learned leadership skills cannot be forced and it is not something you automatically develop, but rather a skill you water and watch grow.

The civility sessions with Associate Dean of Students Stephanie Rankin really helped expand my mindset on how I should listen and converse with others. One tip that I will always remember is instead of thinking up a response in my head when talking with someone else, I will engage one hundred percent and pay attention. Before I was a Kinesis I really doubted whether or not I could be a leader and if I had enough confidence to emerge myself fully in the Momentum program. When the Kinesis had to lead the group book discussions, I figured out how to handle myself in a way that could lead without coming off in a negative way. Some people accidentally handle themselves in a way that is superior which can be a turn off, and some can act disengaged; but I did not want to come off that way. I learned from being with the Momentum students, as a leader you need to gain respect and respect others. You cannot favor or single anyone out, but instead treat everyone equally and fairly. With these things in mind, I was able to get to know all the students and really treasured the time I had with them.

Before the ten days, I was contemplating if I had what it takes to be like the Kinesis I admire, and I really saw the change in my leadership skills in such a short time. I now am seeking leadership positions inside the school and in the community so that I can become fully rounded in all the skills I do not use or do not know I have. The words imagine, inspire, and impact will continue to have an influence on me throughout my years in college. Last year, I really enjoyed Professor Benowitz's sessions when he spoke about academic advising and also when he informed us about making our mark on the world. I strongly believe that if it was not for those sessions, I would not have changed my career choice and followed what I wanted to do. The Momentum Program has inspired me in many ways, it has helped me imagine myself as a leader and to try hard to accomplish goals I never thought were possible. Lastly, it has impacted me to become someone who is motivated, and someone who is eager to learn and willing to share my knowledge with others. Our college motto is "Educate for

Service,” and I have learned that this college has made leaders out of many of its students, and I want to be one that goes far and is remembered. If it was not for the Momentum Program, I would not have this mindset today.

*Alysha Lilly; Elizabethtown, Pennsylvania*

After the third round of the ten-day portion of the Momentum program, I have learned many interesting things about other students and myself. Each group I have been involved with, whether it be my first group as an incoming freshman or my third as a junior, has had a personality of its' own. The Momentum class of 2013 has a special place in my heart after the last ten days. Their maturity and passion inspired me to be a better leader and mentor to them. It is something that is difficult to put in words, but I feel as though the new students were affecting me as much as I was trying to affect them. They made me think about what I wanted out of my life. As they questioned their futures, I found myself looking back and wondering if I had made all the right choices in my life. I came to the obvious realization that I cannot change my own past choices, but that I can certainly push my new first-year friends in the right directions. I understand that the point was not for me to make friends, but this year's group is not like any of the older cohorts. I felt more of a connection with them than I even felt with my own group when I was a first-year student. I imagined myself in their shoes over and over again throughout the ten days and I imagined a group that could take over Elizabethtown College. In their shoes, I saw myself entering the masses of students on the first day of classes and not being nervous. Actually, as a first-year in their position I would feel comfortable in all the tumultuous action that comes with the start of fall semester. Now, as I write this reflection on my time with these new students I am surprised at how fond my feelings are for them all. I see the students wandering on their various paths around campus and I can only feel proud to see how at ease they seem. I don't attribute their comfort to my individual leadership, but more to the leadership of the entire Kinesis group. We all work so hard to back each other up and make things run smoothly and before we even realize it our interactions with the first-years evolves into this complicated relationship made up of trust and friendship. I have done a large amount of soul searching and reflecting in the last two weeks and my growth came without me even noticing it. I think I have made a large impact in our small Momentum community but just hearing the things they have to say about our group of leaders always confuses me a bit. I go into each new year with my own fears and expectations, but this year's first year group was like no other group I've been a part of at Etown. I learned so much from them and I know from the way they carry themselves now that the Kinesis leadership made a huge difference for forty-four nervous young adults. My development as a leader in the past two weeks could not be measured on how I feel I have grown, but the impact this new group makes on our campus and on society thereafter. And in the upcoming years I think Elizabethtown College will flourish with the students Momentum is sending into the community this year thanks to the leadership of the Kinesis mentors as well as Professor Benowitz.

*Miguel Ruiz; Philadelphia, Pennsylvania*

The 10-days of Momentum 2013 really reinforced for me how my leadership style is to lead by example. There were many different leadership styles reflected amongst the members of Kinesis, none of them wrong, but all of them distinct. Some of the Kinesis felt more comfortable with giving commands and telling the students what to do, where others of us were far more comfortable with showing the students what was expected of them through our own actions. One example of this is the usage of phones in the sessions with the different professors. While it is easy to tell the students to put their phones away and pay attention, it is a little more difficult to set that example yourself, and resist the temptation to pull your phone out, especially when the sessions are not directed towards you. There were members of Kinesis who were fine with telling the students not to have their phones out, but I feel when the kids saw that myself and the other Kinesis were following the rule and keeping our own phones out of sight, it made them realize we were doing exactly what we expected of them. I know for myself it is a lot easier to follow a rule if the person who told me to do so is following it, too.

Overall, throughout my experience as a Kinesis for the past three years, I have really learned how I best work with people, and also how my leadership style fits when interacting with people who lead in different ways from myself. I will always be grateful to those leaders who are willing to give orders and commands, because while I will do so if I need to, I prefer to simply set the example and allow people to follow it. I have learned that I do not need to be the “head” or “main” leader, I am fine following up behind whomever has the wheel, and showing people how to follow through on the directions they have been given.

*Kenya Elliott; West Chester, Pennsylvania*

This has been my third year as a Kinesis leader for the Momentum program, and I feel as though my leadership skills have greatly increased due to this program. The first year I was a Kinesis was my sophomore year of college. There were juniors and senior Kinesis leaders as well, so I was leading the freshman, but still learning from the upperclassmen. Last year I was a junior and was able to learn from my previous mistakes, but there was still room for growth. This year being my senior year I have felt like I really have grown greatly as a leader. When there were questions asked people looked upon me and I was able to find solutions for the problems that occurred. In previous years I may not have known the proper ways to handling certain situations, but over the years I have been able to mature and handle situations in a much more professional manner. We have had a great group of incoming freshman this year, and through the ten days of this years Momentum program I feel like I inspired many of the students. Being a senior many of them look up to me and ask questions on how they can become leaders and be successful throughout their college journey. There is no feeling like knowing that you have played a role in a student’s life that will help them to achieve whatever goals they may have. They see us Kinesis as major leaders on campus, and in only a ten days time they too ask how they could become Kinesis so they can impact a students life the same way they feel we have impacted theirs. It is almost unreal that this is my last year being involved as a Kinesis leader, but I hope that throughout the remainder of my senior year I can help impact not only the lives of Momentum students, but also the Elizabethtown College community as a whole. The lessons and experience that I have gained from participating in this program and being a Kinesis leader is priceless, and I hope that the impact of the Momentum program continues so anytime I come back to visit the campus I can hear the success stories of the Momentum program and the impact that it continues to have on the school and its students.

*Kian Spady; Lansdowne, Pennsylvania*

I was over joyed last year when I was chosen to be a Kinesis for the Momentum program this year. I had been so happy and learned so much last year that I could not wait to give back to the upcoming class this year. Through the training sessions last semester I gained new information on residence life, conduct issues, and ways to help the new students with tutoring. When I returned to school as excited as I was I also was a little nervous. I usually am not the first person to say “hi” but I realized that these students are probably more scared then I am and I should make it as easy as possible for them to transition. I made sure that said “hi” to every single person and make them feel welcomed. Having become a Kinesis I learned how to be a more outgoing person, which is a good leadership quality.

The Momentum students seemed to be very open once I talked to them first. They asked for advice and talked to each other very easily. I feel that it is very important to be able to talk to each other because the students need to be able to talk to their mentors. The students I think are very comfortable with all of us and they were able to talk to the Kinesis very easily. I definitely think I have grown as a leader during these 10 days through creating bonds with all the students by being and nice and respectful to each one of them, and there by receiving it in return. I think for you to be a leader you need to be an example of how to treat others and how to help others so others will follow.

*Michaela Lehane; Sinking Spring, Pennsylvania*



Imagine, inspire, impact. It is not just a motto for the Momentum program – it is something we as Kinesis embody as we help the first-year Momentum students. We give the students the power to imagine a brighter future, inspire others in their quest to fulfill it, and to leave a lasting impact through their actions as a part of Elizabethtown College and beyond. In our efforts, Kinesis advisors realize our own imaginations, inspirations, and the impacts we can leave as leaders on campus.

Kinesis is, literally, the force behind Momentum. We give the students support; we set an example as we sat among them as a part of the various sessions and meals throughout the day. I met new students each day – I got to know each of them individually and learn how their experiences have shaped their lives and personalities. I improved my skills in interacting with people, from the students' parents as we showed them to their residence halls, to the faculty we sat with at dinner on the first evening of the program, to the students as the Momentum students and Kinesis grew together to form a cohesive group. As upperclassmen, the Kinesis advisors know E-town. We can answer questions about courses, professors, student groups and events on campus. In cases such as this, leadership comes in the form of experience and knowledge.

Several of the new Kinesis advisors looked to me for assistance and guidance at times, as one who had been through the program as a Kinesis before. If they were unfamiliar with an aspect of Elizabethtown College, I could help them answer questions or direct the Momentum students. I became a leader not only among the first-year students who I advise, but also among my co-workers.

Last year, as a Kinesis for the program throughout the remainder of the year, I was also able to lead students as an advisor during our weekly meetings. I helped them to keep track of their grades and schedules, and I directed them to places where they could receive assistance if needed, such as Residence Life or Learning Services. I also had the opportunity to lead as a member of the Liberal Arts Living Learning Community, of which many of the students of Momentum were also members. I was a role model when I participated in Fantabulous Fridays and went on a service trip to clean up the Appalachian Trail. I spent last year being more a leader than I had ever done previously in my life. It was rewarding to see my efforts reflected in the success of the students to which I was assigned as advisor.

The Momentum Program has changed me as a leader. I advise. I support. I participate. I communicate. Each semester, I witness myself growing and changing to become a more open person, with more ability to lead groups of people while cultivating my own balance of quiet guidance and overt leadership.

*Shanise Marshall; Red Lion, Pennsylvania*

Mahatma Gandhi, Winston Churchill, Martin Luther King Jr., Nelson Mandela, and George Washington were all great leaders of their time. Growing up I have always admired these and others whom I have read about in history books or learned about in class. As a child I dreamed of the day that my name would be alongside theirs. The past ten days have taught me that you can be a great leader and have a positive impact on society even if your name is not an intricate part of history.

Being a leader means something different to everyone. Some define a leader by the number of followers they have and others view it as a means of telling others what to do. Being a part of Kinesis has helped to concrete my own ideas about being a leader. I have learned that true leadership is about more than what you can influence, it is about who you can influence. I want to be able to make a positive impact on the lives of others and being a Kinesis has allowed me to start on the track to success.

All great leaders need confidence in themselves and what they are doing. Being a Kinesis has helped me to develop this trait because I knew that I could help the Momentum Students in their transition from high school to college. Leaders must also have commitment to their cause. Although the Momentum Program may not seem like a grand cause to many, it is to me. I believe in the program and am committed to not only making it the best that it can be, but I am also committed to making the Momentum students the best versions of themselves that they can be. I want them to know that no matter what happens they can always come to me with their problems, concerns, or questions.

I have had the chance to get to know forty-one absolutely amazing and inspiring young adults this past week. I want to be able to help them in their journey to become productive citizens. To me helping those



around me to grow up to be leaders themselves is the most important part of being a leader. Being a Kinesis for the Momentum Program has given me the opportunity to develop as a leader and grow as a person.

*Zoey Lee; Mechanicsburg, Pennsylvania*

Throughout the first ten days of Momentum, first year students begin to develop new friendships and a better understanding of their place at Elizabethtown College. While mentoring the first year students, the Kinesis leaders significantly develop stronger leadership skills. Kinesis leaders are required to look after the Momentum students, but more importantly, we are charged with the task of being role models. As discussed in Jenifer Besse's Socratic Dialogue sessions, a role model can fit into many different categories, but every role model can positively affect someone's life. In the attempt to become a proper role model, it was necessary to show strong leadership skills through my verbal and physical actions. My leadership skills were tested in multiple ways, whether it was escorting the students through the crowded streets of Philadelphia, or just simply making sure the Momentum schedule was followed smoothly. The Momentum students were quick to cooperate with the Kinesis leaders, but it was still difficult keeping track of over forty students.

I was inspired by watching the students open up and create new friendships over the course of the ten days. This has been my third year in the Momentum program, and watching the students made me reflect on my previous years in the program. I arrived on campus like a typical freshmen; confused and nervous. I had no idea if I had picked the right major, or even the right school. The Momentum program not only provided me with the necessary comfort and support, but allowed me to create lasting friendships. I applied to be a Kinesis leader because the Momentum program had given me so much and I wanted a chance to give back to the program. Momentum has a goal and a message that it seeks to achieve year after year that I feel a strong connection with. To me it is also the culmination of all the small things that I experience with the new students that keeps me coming back to mentor the next group. I knew I held a position of leadership in the Momentum program this year, and was not just simply going through the program for a third time.

The ten days of Momentum ended as freshmen orientation began. Although the large Momentum cohort had been split and students were forced to go separate ways, the friendships and bonds remained. As I walk through campus I am thrilled to see groups of Momentum students hanging out and spending time together. I have talked to many of the Momentum students in the past few days and each student has been so thankful for their experience in the Momentum program. I can only hope that I played a positive role and helped to enrich their experience here at Elizabethtown College. I am extremely thankful for the Momentum program, Momentum students, and Professor Benowitz for giving me the opportunity to strengthen my leadership skills.

*Luke Yanek; Schuylkill Haven, Pennsylvania*

These past ten days of being a Kinesis member in the Momentum program helped me grow tremendously as a leader. Before becoming a part of Kinesis, I did not hold a leadership role on campus simply because I thought I did not have what it takes to be a leader because I am somewhat of a quiet person. Being a part of Kinesis helped me realize that a leader has more qualities than just being loud and assertive. A leader is a person that can communicate well with others, help people feel more comfortable, get what needs to be done on time, and handle a situation efficiently when things are not going as planned.

Being a part of Kinesis aided me in developing as a leader since the first day of the Momentum program when the students moved in. I got the opportunity to meet many interesting first year students and their parents as I helped them move into their dorms. It felt rewarding being able to answer questions that the parents and students had because both the parents and students seemed more at ease once their questions were answered. I also enjoyed getting to know the Momentum students one on one when the sessions began and all of the Kinesis dispersed amongst the group of students. Each student was unique and had something different and interesting to bring to the table.

These past ten days have been a learning experience for me that helped me grow as a person even though I was on the other end of the spectrum this year. Instead of being a Momentum student, I was now a Kinesis leader. This experience has motivated me to take on more leadership roles on campus because I am now

confident in the fact that I have what it takes to be a leader. I have developed better communication skills which will help me out a lot in the future. I look forward to advising my momentum students these next two semesters and I can't wait to be a part of Kinesis next year and meet the next cohort of Momentum students.

*Tasnim Chowdhury; Hawthorne, New Jersey*

To be a part of the Momentum program at Elizabethtown College, an individual must meet at least one of the three requirements. These include being an ALANA student, eligible for a pell grant or a first generation college student. I meet all three of these requirements, and would have been in Momentum had it existed when I was a first year student three years ago. Instead, I decided to be a part of Momentum in the only way I could which was through Kinesis. I have been a Kinesis Peer Academic Advisor since the beginning of the Momentum program, and as a senior this year, I would not have it any other way.

I often say that Momentum remains close to my heart because it is a way for me to give back to students who came into college the way I did. I had no idea what to expect, and being a leader for the Momentum students motivated me to continue to give back. These students, from all three cohorts, keep me going as an Elizabethtown College student. There is nothing better in the world than to see the Momentum students succeed academically and mold into leaders themselves. They are the future of the college and of this world, and as Kinesis, I am able to help them realize this early into their college career.

This year, I was honored to be offered the position of Kinesis Captain. To quickly summarize this position, I am the go-to Kinesis for any situation. My job is to help both the Kinesis and Momentum students wherever they made need it. There are no words for me to say about how in one week, Momentum has taught me so much about myself as Kinesis Captain. I now believe one of my purposes in life is to help college students like me succeed in anything that they do, and the Momentum program gave me the opportunity to realize this. First generation college students need support and if I could only give one thing in the world, it would be just that. At Elizabethtown College, our motto is "Educate for Service." Momentum has handed me the chance to do so, and I will not stop once I graduate this year. Imagine, inspire and impact. All three are essential to be a Kinesis, and I will never lose the ability to do any of the three because I am a Kinesis.

*Ginette Slaughter; Ocean City, New Jersey*