

ELIZABETHTOWN COLLEGE

MOMENTUM

IMAGINE, INSPIRE, IMPACT

STUDENT REFLECTIVE ESSAYS AUGUST 2019



*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)

Kimberly Anthony: Hatboro, Pennsylvania

Sitting in a college lecture hall is a day many high school students look forward to, but as the day approaches it gets more and more daunting. While sitting in the large room I listened to every single word the professors had to say. Each time they ended I just wanted to hear more about the things they are passionate about. This opportunity, which many students do not have, has been amazing for me. To be able to learn about specific programs Elizabethtown College has to offer and ways to view the world is unlike any other opportunity. One of the most interesting sessions I sat in was the professors who spoke about sociology and psychology. The sociology professor Dr. Kozimor-King opened my eyes to how psychology is super similar to sociology. The passion she had for learning about rally races and discovering the community behind it inspired me for what the world has to offer. I now have more of an awareness of how specific programs I have never even looked at are extremely close and could be a possible major for me. This week many of the Kinesis Peer Academic Advisors have inspired me and shown me there is so much room for growth and to explore the options available to us. One of the Kinesis who has inspired me most is Pleasant who is such a joy to be around and gives us a space to be ourselves without judgement. She offers a great deal of advice and wisdom for first year students who are overwhelmed and terrified of what the future holds. She also is amazing at being vulnerable and making sure we know we are not alone in this journey. The Kinesis are special people who have impacted many by showing students the opportunities are endless in college. They are the first upperclassmen many of us have met and they are an amazing representation of the college's community. The Momentum program has shown me many students do not have a clear view of their future and what the plan is for their lives. We have been reminded several times we DO NOT need to have our whole lives figured out right now. One of the biggest benefits of having this program is, we are able to learn about so many different topics and areas of study without any other distractions or school work. While here at Elizabethtown College I hope to leave with an impact on the community by giving my time and heart to others in need. I want to help other students and see them succeed in their endeavors. I hope to make lasting friendships I will carry with me for the rest of my life. With the help of this program many can only imagine where their future will be.

Leaslie Alejandres: York, Pennsylvania

Elizabethtown College embraces the idea of Education for Service. Being fond of this idea, I was intrigued by how the Momentum Program with Professor Benowitz incorporates Elizabethtown College's motto within this one-week program. As a student entering the Momentum program, I found myself learning more about the meaning of what the college strives to work for through the lectures, activities, and trips the Momentum program provides. Unsure about the impact the Political Science lecture was going to have on me, I entered the Brisner Lecture Room with the idea of how I was going to be unengaged. As soon as Professor Kelly-Woessner started speaking about the importance of political science, I knew it was my duty to act on the issues transpiring in today's society. Political Science plays an important role in the world we live in today, no matter what place in the work force, we all can communicate about relevant issues. Professor Kelly-Woessner has inspired and showed me how I have a voice in my community where I can use my intended major to have an impact on others. I learned how it is my responsibility to raise my voice when I know there are concerns impacting my community. This Momentum program has taught me how with persistence and motivation I can work towards my goal of working for a nonprofit organization. The Momentum program has taught me the importance of speaking up especially when in uncomfortable situations. With our current government becoming even more polarized, I learned the importance of communicating effectively with others. The activities Momentum offered has allowed me to understand the backgrounds in which people come from, their viewpoints, and stories. The lessons I have learned from this one week has taught me to collect research, listen actively, and to evaluate new information before I gather an opinion on a topic of matter. The Momentum Program has prepared me for the classes, people, and situations I will encounter. I am extremely thankful for the opportunity to be a part of something greater than myself.

Aryana Gohar Alidjani: Newtown Square, Pennsylvania

Getting to have the opportunity to take part in this one-week event called Momentum was a pleasure for me and this truly meant the world to me. During this time, I had the opportunity to meet so many new first years who were also a part of this spectacular opportunity before school started. These moments truly touched me in and out. It helped me get to know Elizabethtown College much better. Not only did I get to learn about Elizabethtown College, but I also had the time to learn information from the phenomenal professors. It gave me an idea of how some of the professors at the college taught. While Momentum is a week earlier than when everyone moves in, I had the chance to get ready for the school year. The first day on my drive up to Elizabethtown College I was not as nervous as I thought I would be. Once I made my way there, I came up through the gate of Elizabethtown College towards a tent. This tent had some previous Momentum students, called Kinesis Peer Academic Advisors, welcoming me with Professor Benowitz. They greeted me by saying, "Hi, are you Aryana?" I responded with a smiling face, "Yes." They handed me my room card and key they let me know where we can park to get to my residence hall faster. Finally, I made my way into the residence hall and saw my roommate's family. I introduced myself and then began setting up my room. Finally, I went to lunch with Momentum students and their families. While I was taking the time to reflect on my experiences in Momentum, I truly got the chance to think about some of my goals while at Elizabethtown College and the things which inspired me. Two people who inspired me were my parents since they taught me how important it is to work hard whether I like to complete the tasks I was given. I can apply these inspirations to college and use it in any tasks. Two important goals for me which will help me in college is being able to stay focused on my work and to be able to work on my time management skills. Working on my time management will help me have my work for my classes completed early and on time. It will also help me get to class on time. Not only will this help me at Elizabethtown College, but it will also help me so much in the future for any jobs I have and many other things I encounter. Another long-term goal which is important to me is to get better at staying focused on all my tasks. In my opinion, this will help me graduate in four years. Another important way this goal will benefit me in the future so I can complete my tasks to the best of my abilities. While thinking about what my future in college and further will look like I could imagine how in the future I will meet more people in college and be able to get a degree to continue my education while also getting a job. While in this program I am benefiting a great deal since it is helping me get ready for college and a new life away from home. I cannot say how much Momentum is benefiting me and helping me grow.

Caleb Alvarado: Brick, New Jersey

Momentum is more than just a program it is a family. I have had many social and professional encounters since my time with the Momentum program. My favorite encounter was when my best friend Sean walked into my room thinking it was his. I said to him, "I think you are in the wrong room." Sean replied with, "nice to meet you." Fifteen minutes later, he came into my room and said "Hey, I am so sorry about that!" I told him "No problem." After this awkward but funny encounter, we bonded. This was just the first of many friends I have made during my time in Momentum. I have learned so much from my experiences, but the best part was when we went on the road trip to Philadelphia. It was my first-time visiting Philadelphia and I learned so many facts I never knew about the city. While in Philly, I was put in a group with my favorite Kinesis Peer Academic Advisor, Joe. He took my group around the Reading Terminal Market and showed us his favorite place to eat, "Frank's." Joe talked to us and really got to know us. He really made my group and I feel so welcomed. Momentum has had such a great impact on me. I was extremely nervous I was not going to make friends while here at Elizabethtown, but the Kinesis made it easy for us to learn everybody's name. The Kinesis Peer Academic Advising team got us to talk to different people by moving us around when we went to sit down and eat. I am extremely grateful for this strategy to learn to know new people. If it was not for one of the Kinesis moving me, I would not have met my other two good friends, Adam and Freddie. Everybody in Momentum did not just become my friends, but family. It is crazy how it has only been four days and it feels like I have known my Momentum family forever. I will impact Elizabethtown by joining clubs and getting a campus job. For every incoming first year student coming into Elizabethtown College, I highly recommend joining the Momentum program. You will make forever friends, learn a ton of new things, and become very close with the Kinesis team.

Zoe Bender, Bedminster: New Jersey

Leading up to my first year in college, I did not know anything about the Momentum Program. I did not know what to expect which made me worried I would not enjoy it or make any new friends. On the first day, I could not go on a tour of the town because I came later. The first night of the program I moved in and I noticed how everyone had someone to talk to leading me to feeling out of place. A few of the Kinesis Peer Academic Advisors were friendly which made it easier to come in. I was scared to walk up to people because they all seemed to be familiar with each other. I walked up two people who seemed nice and easy to talk to. When I approached Marissa and Angie, they were waiting in line to get their electronic devices connected to the Wi-Fi. This is how a lifelong friendship began. Even though I did not like getting split up from my friends, I enjoyed getting to know everyone. On our walking tour of Philadelphia Professor Benowitz taught us these cool facts about the historical landmarks we passed. He made the experience engaging so everyone could stay focused. From our trip to Philly, our campus tour, and our lectures, I have learned so much more than I ever imagined. All the Kinesis have always been so much fun, and they are such great leaders. Carly always is ready to help/talk to anyone and will go out of her way to get everyone involved and make sure they are having a good time. Kayla always is ready with a joke to tell and never fails to make everyone laugh. Julia always has a friendly smile on her face. While there are exciting and fun moments with the Kinesis, they also know when to be serious when they needed to be, inspiring me to be a Kinesis next year. I want to make an impact on them as they have on me. All the Kinesis made it easy for me to open up and make me comfortable with who I am. Each of them has really inspired me to inspire the next generation of Momentum students. Just like them, I hope to help make new friendships and make the transition from living at home to living on campus easier.

Natalie Costa-Ouimet: Elizabethtown, Pennsylvania

I have never felt so happy to have chosen the Elizabethtown College as my starting point for my life. It has given me so much to look forward to and so many people I have already become best friends with. Not many of them have the same intended major as me, and this scared me at first; But hearing all of the lectures about how two different subjects can cooperate or complement each other, it helped me realize how even the most polar opposites can come together and create a positive companionship. Like when we went to the math and music lecture; learning about the different patterns and formulas going into writing sheet music brings to the light how intricate and precise a form of creative expression could be. Another particular moment I can recall this happening was with my new best friend Megan. We both have different lives in the college campus; she has a dorm and roommate and an intended major in psychology, while I am a commuter and a fine arts major. But all it took for us to be friends were formal photo confusion, bad French accents, and a competition to find the Colonial designs of the sidewalks. Lining up from tallest to shortest for a photo, we joked about the humidity, the heat, and the unnecessary confusion of the process. It was during the formal dinner where we became the best of friends, joking about the French theme of the food and recalling our chaotic past school lives. We would walk down in the streets of Philadelphia, pointing and shouting “French” or “Irish” as we tripped on the uneven brick or gravel of the very street. I really liked talking with Moh and Pleasant, and since they knew my mother, it was easy to get along with them. It was kind of fun seeing Moh teasingly give up on separating me into a new group of people to sit with for the lectures or eating. He would say, “It’s like you’ve talked to everyone,” as if I could remember who I have talked with at every point. They would always mix us up, so it was kind of difficult to even remember more than two or three names. I want to impact the college just like we did with the game we made. To be more specific, I want to do or make something and have future students look at it and know I have made something to help and make them feel special. I imagine me doing so by leaving behind my art and creativity as a staple on the campus. Someday, I will have a job at a major animation company, whether it is making storyboards, to animating the main or short films everyone sees in the theaters and on their DVDs.

Haileigh Askins: Wiconisco, Pennsylvania

The thought of moving to college is usually seen as something exciting, but also scary. Often times people may worry about fitting in and possibly finding friends, but when I was offered a chance to join the Momentum Program, I leaped at the chance. I did worry about typical things like finding friends and fitting in before arriving on campus. After meeting the other Momentum students and being introduced to everyone, I realized something began to come to light quite fast. Many times all over campus while visiting I have been told “Elizabethtown College is a very welcoming community - it is like a family,” and this did not seem true until I experienced it myself. This became evident very early on in the Momentum program. I soon realized how welcoming and friendly my peers were. No one was rude or judgmental, everyone was just very friendly and open to making new friends. Just after twenty-four hours of living on campus I began establishing close friendships with some of my peers, from sitting together at meals to staying up late to watch films together, our bonds starting forming and trust began to grow. These bonds might just have just begun, but they are already extremely strong. This is because the bonds have been formed with such amazing and understanding people who are all here for the same reasons; to educate themselves and help themselves grow as people. Throughout the week we have been asked to share our stories with our peers, in doing so you begin to see all of your similarities you have with people you may have never thought to introduce yourself to. Along with meeting all of my peers, I was also introduced to many amazing Kinesis Peer Academic Advisors. Just like my peers, the Kinesis were very friendly and welcoming, even establishing friendships with us first year students. Not only did they talk to us, but they also engaged in our activities and shared many good ideas and wisdom to help us in our lives. One specific part of the Momentum week which sticks out in my head is the H2O Olympiad. This was when the Kinesis went out of their way to set up a water slide and make water balloons for us to have a good time. Not only did they set this up, but they also participated in it with us, and I believe this brought us all much closer. Along with all of this, throughout the week, we students attended many informational sessions to help guide us in the process of beginning college. I personally believe with everything which has happened throughout the week, this program and all of the people in it with me, have truly impacted my life for the better. They have shown me new things, taught me lessons, changed my perspective as well as opened my mind even further.

Evan Carneal: Wernersville, Pennsylvania

During my week with the Momentum program, Philadelphia inspired more than anything else here. I am from an area close to Philly but I never actually knew the city’s historical background. Learning about all the French ties and meanings behind the structures and streets made me rethink looking at other buildings and walkways like it. It also inspired me to research places before I visit, because I find it really interesting how we perceive people one way only to find out they had many faults kept hidden from the public. Learning about Ben Franklin and how he treated his family really changed my perspective on him as a person. Next time I go to Philly I hope I can learn even more about the city, and if I am with other people I can educate them as well. I also learned more about the history of Elizabethtown I would never have known if it were not for this program. After taking a long walk around Elizabethtown College, and Elizabethtown in general, I learned so much about the religious history surrounding the town. After learning about the town and all the different areas of study, I know I really want to achieve my goal of majoring in something along the lines of the science field. At first I was planning on majoring in Biotechnology because I had taken a big liking to it, but now I am having second thoughts after seeing all the seminars offered through Momentum. Now Psychology, Physiology, Forensic Science, and Political Science seem really interesting to me and may be something I want to research more about. Out of all the majors, however, Forensic Science seems to have the most interesting topics and themes I like and would also like to learn more about. It also has more job openings and would give for a broader area of study than most other areas I have previously researched. I hope to make an impact throughout the College by being the person others can rely on for help, or go and talk to if they need it. I also hope to contribute to whatever field I end up in and demonstrate to others all I learned here at Elizabethtown.

Sean James: Shenandoah, Pennsylvania

College can either be really exciting or scary when you first start out. For me walking onto campus for the first time I was filled with excitement and terror. Pulling into the Schlosser loop and meeting Julia for the first time is probably what I will remember most about my first semester. Just this one person being initially kind to me is what inspired me for the rest of the week to be kind to everyone else I meet. Momentum not only inspires me but makes me want to have an impact on campus and be imaginative with everything I can potentially do on campus. My long-term goals at Elizabethtown College are eventually becoming an English teacher, making new friends, becoming a leader on campus and hopefully getting close to all my professors which will lead to getting a good job in the future. Being at Elizabethtown for this week, I already feel like a completely different person from who I was a week ago. I have learned so much about myself through Momentum. I was always the person in high school who was afraid to be my real self with others because I thought I was going to be judged. But through Momentum, Professor Benowitz, and all the Kinesis Peer Academic Advisors talking about how we are all equal and how we are all going into new territory with college made me step back and realize how I am great just the way I am. The field trip I will remember most is when the Momentum group went to Philadelphia for the day. Walking all over the city with Professor Benowitz debunking the history about significant people in our history like how Betsy Ross never actually sewed the American Flag or just how much of a player Benjamin Franklin was back when he was alive. Strolling through the city we passed through historic buildings with ambulances wailing past every time Benowitz would try to speak. One person I have met this week who has inspired me is Caleb. My roommate did not move in yet so I was a little nervous about how I would just stay in my room and not talk to anyone but Caleb actually threw me when walking into the wrong room on the first day after a shower and has become one of my closest friends. It is only been a few days since I met him but I feel like I have known him for ten years already and we could talk to each other about anything and everything whether it is teasing Jocelyn, or making Angie and Marissa laugh I can tell we are going to be very good friends for years to come. Over all Momentum has been an extremely positive experience for me and I genuinely believe the Kinesis Peer Academic Advisors and almost everyone in the program is my second family and some of my best friends out there and the school year has not even started yet!

Angela Guydik: Leesport, Pennsylvania

It was the morning of August 16, which meant one thing, it was move in day for Momentum students. Driving down to Elizabethtown was definitely nerve racking and emotional. I was saying goodbye to my family and moving on to study what I am passionate about, which is Occupational Therapy. There was a side of me which was so excited, it made me smile! Then there was another side of me questioning whether Momentum was for me. I can honestly say Momentum has helped me make new connections at Elizabethtown College! I was not expecting to get as much as I did out of the program. I have made my closest friends from the first day of Momentum, and have had so many laughs ever since! The day we all moved in we went for a walk around Elizabethtown so we could get familiar with our surroundings and the history of the town. It was this walk which helped me form the friendship I have with my friends. On our walking tour of Philly, I was able to learn new facts about our history which I never knew before. I loved walking around Philly and just making new memories and new learning new facts about the city. Carly is someone who inspired me in this program. She knows how to make everyone feel included and she made it easier for everyone to open up. Ever since the first time I saw the welcoming smile on her face, I looked up to her personality traits and leadership skills. On our way home from Philly, I was talking with Meghan and she answered all the questions I had about Elizabethtown College and for OT which made me feel really comfortable and confident for this upcoming year. Along with Carly and Meghan, all the Kinesis are great leaders and people whom I aspire to be. They all are always making my day better, and making my first days at college so memorable. Another moment which really stuck with me during this program was when Professor Benowitz had us all close our eyes and think of what we love. The only thought in my mind was learning about the human body and helping others. From this moment I knew Occupational Therapy was for me. This program has given me even more inspiration and confidence to help others out with my degree. In the future, I hope to have some leadership roles as I continue to grow here at Elizabethtown College.

Arianna Einsig: York, Pennsylvania

Over the course of this week I have taken in many experiences and knowledge helping me to grow and realize myself as a person. We have listened to many people give lectures and advice to this new journey we are all embarking on. During these lectures I have new found excitement which leads to inspiration in my academics. This excitement has given me inspiration to follow what I am passionate about. Momentum gives you the opportunity to explore a whole course in a fifty-minute time period. During these courses we learned about political science, history, art, psychology. Out of all of them the political science lecture was my favorite, it enhanced my passion of politics as well as helped me to understand all the previous activities we did while in Momentum. Walking from lecture hall to lecture hall I was excited about what would be next. Coming into Elizabethtown I had no idea I had such an interest in political science. Although since we were emerged in so many different courses I showed me my passion. The impact the people have had on me during this week is how I am able to do whatever I set out my mind to do. I was able to understand how I am able to create my journey however I want. While learning all the things political science entails I was able to connect all the information I previously learned and understand it is all connected. The founding and expansion of Elizabethtown College can be explained by religious and political issues. By connecting the history, I learned all about the founders of the college and how over the years it has expanded. My passion was led by politics along with how and why people get what they get in this society. These experiences gave more of an impact on me than I would have ever of been able to apprehend by myself. I was able to see myself as a passionate strong person to hopefully lead and advise others to find their passions. I gained crucial confidence to lead myself through college with knowledge of where I am and what has shaped the place I plan on spending the next four years. The respect Elizabethtown has for its student has been a continuing theme for numerous years which can be explained by its liberal arts views and strong sense of community. These are the things the Momentum program enhances and helps to form a family. This week I was told how nothing is hard you just must do the work. I found excitement, knowledge, friends, and respect to add to my college journey during this program.

Lucas Cunningham: Etters, Pennsylvania

Four months ago, I nervously waited for the letter to arrive in my mailbox. Day after day, I would check but it was not until I was away on vacation when I received a text from my mother saying I was accepted into the Momentum program at Elizabethtown College. I was honored to be selected into the program as a first-generation student; however, I still had mixed feelings about coming to college. Part of me wanted to stay at home with my high school friends while the other part wanted to begin a new chapter in my life. Nevertheless, whether I liked it or not my summer flew by and it was time to move-in. From the moment I arrived and within forty-two hours the Momentum program has helped me to recognize my potential and pushed me to take advantage of opportunities at college. One lecture stood out to me was on the second day. Professor Benowitz spoke to us about picking a major and selecting college classes. The Kinesis Peer Academic Advisors sat us in a circle and gave each student a decision-making sheet. While we were in the circle we discussed classes on our fall schedule. Professor Benowitz spoke to us about selecting the right classes. This lecture taught me you should think strategically when picking out your courses. By the same token, Professor Nolt inspired me when he spoke about making an impact in the community. Expanding your horizons after college is just as important as doing so during the four years you are present. Going beyond your degree is something we all need to do. Momentum has made me realize I am not alone in this journey to earning a college degree. To my own surprise, I learned through these lectures Professors want to see you succeed. Looking ahead, my long-term goal at Elizabethtown College is to establish a great reputation with my peers and professors. I want to talk to students are more closed-off, I want to break the "status quo," and I want to take advantage of my professor's office hours. My short-term goal is to become the next first year class president and make an impact with my new ideas on how to give students more say in what goes on at Elizabethtown. I want to limit student out-of-pocket costs like parking passes. Momentum has changed me as a person and I feel extremely confident in pursuing my goals and taking advantage of the opportunities ahead.

Madison DeLuca: Lehigh, Pennsylvania

As a first-generation college student, I never really knew what to expect. Although I have always shared a room with my twin sister, sharing a room with a stranger absolutely terrified me. Since I am a twin, I was troubled by the reality of for the first time in my life, I felt alone. The fact of not having my normal support system to remind me about how everything is going to be okay scared me. Once arriving on campus, I initially felt a great deal of panic. "I'm not cut out for this" and "What if I don't succeed?" these ideas were instantly flooding my brain. Thankfully I had my mom to reassure me about how I have worked hard for this and I deserve to be here. As someone who is intimidated by the unknown, I initially saw Momentum as a chance to become accustomed to college early. All I had to define "the college experience" were my older friends who came back to high school to share their horror stories with the rest of us. During the Momentum picnic I was trying to hold my feelings together, it was time to say good-bye. I needed some reassuring, but my family reminded me once again about how I belong here. After saying good-bye to our families, Professor Benowitz took us on an extensive walking tour of Elizabethtown. We visited sites such as the Mars Chocolate Factory, the mill where commercial dog food was originally made, the Amtrak train station, the site where the horse buggies used to be made, and the Masonic Village; and with each site we received enlightening facts about the town. The walking tour around Elizabethtown was important to me because it made me feel accustomed to the area surrounding me, and it helped Elizabethtown feel like my home. Joining Momentum helped ease the worries of moving to college, especially with the friendships and other connections I have made. Dr. Kozimor-King gave a presentation on rally driving. At first, I had no idea what direction she was heading with this topic. Dr. Kozimor-King then continued to talk about how she was studying the social behaviors of society and why society reacts the way it does in certain situations. The concept of trying to understand societal behaviors absolutely fascinated me. During this session, I realized I want to explore the field of sociology. With a career as a pastor, I would like to focus on missionary work and help others without the means of survival to live comfortably. I would also like to help others who may feel lost or having difficulty adjusting to the world around them. Overall, I would like to make the world a more peaceful place through the power of religion. Dr Kozimor-King's presentation sparked an interest in me inspiring me to inquire more to possibly helping the society surrounding me. During Momentum, I learned there are more concepts I would like to build into my major to overall become a better candidate for seminary and my calling beyond. As the week continued, I started to become more comfortable outside of my comfort zone. The Momentum program has positively impacted because it showed me how I still have so much more to grow and learn. I am finally able to grow on my own in a safe environment.

Zoë Scheerer: Glen Mills, Pennsylvania

Momentum has given me opportunities to go lectures where different professors talked about the classes they teach. I took an interest in one that I was, at first, afraid of which is political science with Professor Woessner. I already knew that I should be involved with politics, but she made me have the confidence to finally do something about what's happening in this country. I have met many new people in Momentum and they have inspired me to be more outgoing. This inspiration is important because, for me, to be inspired is to gain confidence in yourself to do something you wouldn't normally do. Our Momentum group has opened me up to new possibilities and with this new-found confidence I will be able to make new goals and meet the goals I had already in place. During the past few days in the Momentum program, I have learned that a person's goals will change throughout their time in college. Mine definitely will but for now my goal is to explore the options and different opportunities available to me at E-town. I have also set a personal goal to continue to be more outgoing so that I am able to engage with other students and expand my horizons. My immediate academic goals for freshman year at E-town are to, at the very least, pass my classes and get a tutor for writing. Long term, I may add a minor or a concentration that compliments or is unrelated to my major. My academic work will help me to learn and grow as a human being, so I believe it will help me make an impact on a personal basis. Looking further into the future I hope that my academic work will prepare me for a career that is not only fulfilling but also allows me to help other people.

Morgan Mohammad: Lancaster, Pennsylvania

The Momentum program has expanded my views of myself, and the world around me. At first, I thought of the week as just a longer more version of orientation. But soon I realized Momentum was more than just a program. During our trip to Philadelphia, Professor Jean-Paul Benowitz told us about the significance of the architecture of the houses aligning the historic Elfreth's Alley and how a small difference in their exterior showed whether the owner was a Patriot or Loyalist during the American Revolution. This trip also taught me how architecture not only reflected peoples' political, and religious ideology but the way they view the world around them. During our sessions with some of the Professors, I learned one can combine any seemingly different fields and created a specialized major to fit one's interest. Many of those sessions were tremendously inspiring and made me realize college is meant to be more than just a bachelor's degree. Many of the presentations this week were interesting and not only highlighted a major or minor which I have never thought of but also introduced me to many new ideas. For example, our presentation with Dr. Woessner. Like many others, I have viewed politics as a divisive issue, however Dr. Woessner's presentation helped me understand how politics can be debated in a respectful and reasonable way. One of the sessions changing my perception of the world was entitled "Successful Biculturalism at Elizabethtown College" with Dr. Celestino Limas. During his session, Dr. Limas reflected on the struggles of being a first-generation college student and trying to fit in a new environment. Before attending Momentum week, I thought I would have needed months before finding a place for myself. I now recognize how Momentum is the place. Through Momentum, I have not only gained new insight and understanding, but I have also gained friends and a new support system I can count on during the many new challenges ahead. Overall Momentum has affected me in the sense I now see college as a less of a frightening place and more of a new interesting and inspiring challenge I would not have to face alone. Momentum has given me the tools of success and I plan to use these tools to achieve success in both Elizabethtown College and beyond.

Kevin Hemingway Jr, Harrisburg, Pennsylvania

The Momentum program has been a wonderful experience in many ways and has taught me several lessons. First, the biggest lesson I learned was to always be true to myself. This lesson was taught to me from the Kinesis Peer Academic Advisors. They discussed their experiences and explained how they achieved their best results when they followed their instincts and were true to their beliefs and core values. My core values lead me to a strong desire to help others, but I think this idea of being true to myself first, will ultimately lead me to help others better. I learned how it is difficult to get to know other people and help them, if you are pretending to be someone you are not or are faking interests. By being true to yourself, you are in a better position to help others because you have a more genuine concern and interests. Second, I have been inspired this week by Elizabethtown College's professors and their strong work ethic. They made me want to also work very hard to achieve my goal of earning a high GPA, a bachelor's degree in math, and eventually a great job. I think the professors were communicating how hard work pays off, and I believe hard work will help me achieve my goals and better serve others. Third, I appreciate the small group of students in the Momentum Program because it has helped me begin to develop some friendships at Elizabethtown College. I hope to make friends here lasting a lifetime. The small setting and activities help to promote friendships, and I found the students in the program very welcoming and friendly. Although starting something new is always difficult, the Kinesis students and the students in the Momentum program made it an easier transition. Finally, this program has left me inspired to help others. I found the attitude and the talks to be very moving and uplifting. I plan on keeping this attitude while I am at Elizabethtown College to help inspire other people as the Momentum program has inspired me: to be true to myself, to do good work, and to be friendly and kind to others. This attitude and work ethic will help me better serve others in the Elizabethtown community.

Jean Farley: Philadelphia, Pennsylvania

Presented with an opportunity to enhance my college experience, I joined the Momentum program. After one week of experiencing the program, I learned to be more outgoing. Upon arriving on campus, I was beyond nervous about being reserved and missing opportunities due to my short replies and lack of inclusiveness. However, at the Picnic for Momentum Families and Students on move-in day, I was immediately welcomed by the Kinesis Peer Academic Advisors, and I instantly felt more at ease and motivated to invest in the conversation. As the program's motto goes, "Imagine, Inspire, Impact." I was able to be inspired this week through our assigned reading Paulo Coelho's book Inspirations: Selections from Classic Literature. One reading called, "Tales From The Thousand and One Nights" encouraged me to think before acting, inspiring me to want to make an improvement upon myself either it is school work or participating in a group activity with someone. After becoming more communicative to others I found the group and partner activities were very impactful for me. From the "Telling Our Stories" activity, it made an impact on me by learning about new things about everyone from why they chose Elizabethtown College to their life stories. Also, the "Proust Questionnaire" provided conversation starters which helped me and my partner bond from serious and reflective conversations to more amusing conversations. One conversation, we sat on the bus on our way to Philadelphia and talked about talents we wish we could have which led us to think of our own conversation starters like movies and television shows we watch. At the end of every interaction, I found everyone made an impact on me and I make an impact in return by just having social conversations and giving advice to each other. Being educated and networking through field trips, readings, students, lectures, and Professor Jean-Paul Benowitz, I set long-term goals. These goals consisted of becoming an engineer who makes an impact on society, participate in the study abroad program, and keep an open mind to gain more experiences. I wouldn't have been able to fully enjoy and take advantage of my experience without being outgoing. As Professor Benowitz said, "no one is holding you back except yourself."

Meghan Healy: Manheim, Pennsylvania

I arrived on campus on Friday, August 16, 2019. I began meeting people, professors, Kinesis Peer Academic Advisors (which are Momentum leaders), and peers. I was sitting at the lunch table while two Kinesis joined my Dad and me for lunch. As time progressed, I began to feel less stressed and more prepared, informed, supported, and overall ready for college. This was when I realized joining Momentum will help me succeed and ultimately help me grow as a person. During the evening of the first day, Professor Benowitz invited Kira Kuhar, a graduate who participated in Momentum, to join us for the formal dinner and to present. Kira, the former Captain of the Kinesis Team, works now as a brand strategist. She explained the impact Momentum had on her, in both her college experience and personal life. Without this program and without the connections she made on campus, Kira would not have the job she has today. Kira's presentation assured me to stick with the program and with time, success will come. With integrity and strong belief, Kira stated, "there is nothing you cannot do," which I personally will take with me throughout my life. On Saturday, the second day of the program, we sat in on a lecture from Professor Steven Nolt. The most important topic Professor Nolt stressed during the lecture was integrity and how it plays a vital role in college and life itself. He described two different types of integrity which related to me, one being academic integrity and the other being personal integrity. Academic integrity requires group work, collaboration, and being able to work with anybody. Meanwhile, personal integrity means bringing it all together and remembering where you came from. From being a part of this lecture, it has helped me further understand different types of integrity. As a result, Momentum has taught me a lot and has better prepared me for college. Most importantly it has taught me the importance of integrity and how to incorporate it in my studies and personal life. My overall goals are to become an Elementary teacher, which will require me to stay on top of my time management during college. I also believe having integrity will assist me in teaching my students integrity one day. I aspire to be involved on campus by joining clubs and I hope to later join the Tri-Alpha Honors Society, as a Momentum student. From this program, which was more than just a program to me, I am prepared and eager to succeed, develop long-lasting friendships, and so much more.

Alexandra Kunkel: Rising Sun, Maryland

The Momentum Program is designed for students who belong to backgrounds described as typically under represented, however, there is not a single college student who would not benefit from participating in Momentum. During my time in Momentum, one of the best parts was our trip to Philadelphia. During this historical walking tour we got closer to both the Kinesis Peer Academic Advisors and each other. At the Reading Terminal Market I remember sitting down with Megan, Kyler, and other Momentum students, in the cool air-conditioning, talking about coffee and listening to the busy city. I talked to Megan about cooking in the residence hall kitchens and spending time together meal prepping. I realized how the Kinesis are really just fellow students. While the trip to Philadelphia was interesting, connecting to everyone else was more important. The Momentum group is full of inspiring peers and role models. One person I have met this week which has inspired me the most was a fellow student. We talked to each other and I was just overwhelmed by her sense of self, her positive attitude, and maturity. She told me about her life and the hardships she has experienced; things I never even thought about and situations I have never been in. I was inspired and saw her as an extremely confident and welcoming person when we first met. Hearing her life gave me an entirely new perspective on her and deepened my appreciation for who she is. Gaining new points of views is the most valuable thing I learned this week. I came in with a few ideals contributing to who I am, and this program deepened them. These ideals include education and kindness. Education because I firmly believe it is the best possible way to move up in the world and grow as a person as well as a member of society. Kindness because I know people who are kind add to the world just by being— everything else they do and accomplish is simply extra. What is special about this program is the people; I gained so many new perspectives and furthered my values and beliefs because of the interactions I have had with people in the program. This program allows for students to have a head-start in the college process, primarily by making friends who can be relied on, which is an invaluable part of college.

Cassidi Henderson: Clifton Heights, Pennsylvania

When I got accepted into Momentum, I was not sure what to expect but it has been an experience to remember. I am a first-generation college student so the main thing I wanted take away from the program is a stronger understand of college and it was achieved. The walking tours have provided me with a great deal of information. I have learned the history about Elizabethtown such as there was a mill in town prior to a gas station. We learned how the French architecture such as the sidewalk pattern chevron is in both Elizabethtown and Philadelphia. Out of all the sessions we have been in this week my favorite one has to be psychology compared with sociology. As the sociology professor explained the rally races, I liked hearing the passion within her voice about her field. Listening to the passion in her voice inspired me to find a field I am passionate about. The other competent I liked about this session is how as the psychology professor was explaining his field, I could see how the two intertwined. The one main component the sociology professor talked about was the rally race than during the psychology presentation he explained fixed and growth mindset. While listening to him explain the different mindsets I could see how the rally racers have a growth mindset. Momentum has taught me a variety of things over the past week but the one thing I am taking away is a deeper understanding of myself. With the variety of activities, we did over the week I started to break out of my shell more than I would have without this program. During one of the sessions I figured out I wanted to expand my career further by adding another minor in American Sign Language. My intended major is social work so I think this would help me to create the future I want with a stable job one day. The most of important concept to me is making sure I live my life according to how my stepdad would want me. He died eight years ago and ever since I have lived to his standard. One thing I value is staying true to yourself and I believe being at Elizabethtown and being in Momentum will give me the best chance. By staying true to myself in college I think I can achieve my diploma at the end and get a stable career. All of this is to make sure in the future I have a stable future for me and my one-day family. Another reason I do most things to make sure I can create a good future. Overall Momentum has given me the necessary tools I need to succeed throughout my college career. It has reminded me to find something I am passionate about while staying true to myself. I would not change one thing about this program.

Ruth Jacob: Geigertown, Pennsylvania

What is a home? Is it where our family lives? The place where we rest our heads at night? Is it classified by the aroma of fresh-baked chocolate chip cookies? Or is it simply where we are surrounded by those we care for — regardless of how long we have had the privilege to know them? When I moved in for college, I did not miss where I came from. I did not miss the family who left me on the High Library steps. I did not miss the high school where I had recently graduated from. I did not miss my job. The friends I had loved so dearly in high school were all dispersed like disrupted ants, taking memories with them like scavenged food. Where I spent so much of my youth had become a hollow place, and it was not meant for me anymore. The bus ride back from the Philadelphia trip showed me exactly what I had left. From the turnpike I could see my small town, the high school where I had attended, and the rest stop where we got our dinner was in fact the previous employment of my most recent ex-boyfriend. All of it was so strange and disconnected from me now. And while the day had yielded a great many facts I will never forget — about religious persecution and the early years of America and what different architectural styles denote about the people who utilized them — nothing in the day impacted me quite like the conversation I had with the amazing person I sat next to on the returning ride. I cannot remember how we got to talking, nor the details of our conversation at full-length. I do, however, remember it was the first time I had really laughed since my friends and I had gone our separate ways. It was the first time since I got here I really felt like I had someone I could go to and trust in this new crazy world. I felt like I found someone who I really understood. I felt like I had found my home in Elizabethtown. I have learned so many things this week about the world, others, and myself. Specifically, no one is unapproachable and making friends is not quite as hard as I always made myself believe. The Momentum program has truly opened my eyes to a new world of people and knowledge I know I will take with me for the rest of my life. It has inspired me to step outside of my comfort zone and to do my best to help others do the same. A home is many things to many people, and for me, a home is what I have found participating in Momentum this week and in Elizabethtown College, and I only hope in the next four years, I can show others how this place can be their home too.

Laura Cardona: Broomfield, Colorado

Momentum has been one of the most unique experiences I have ever had. I have always known about the history of our world, country, and even our hometowns was important. Momentum built on my knowledge by showing me how history can inspire us to both achieve our goals and develop new ideas. For me, the field trip to Philadelphia was inspirational because in learning about the history of various parts of the city, I got a closer look into the people who lived in Philadelphia in the past and those who currently live there. Something which really impacted me was when Professor Benowitz explained how the city of Philadelphia, the founding of the United States, and the continuous development of our world has been built on the work of the people before us. He said we, as a society and as individuals, stand on the shoulders of the people before us. He said we owe it to future generations to develop new ideas. To develop ideas to transform our society and foster growth in our world. Ideas, no matter how big or small, have dramatically changed the course of history. Inspiration is a multifaceted concept, which is why I believe one can be inspired by anything and everything. It is with this perspective on inspiration I approached every presentation and tour during Momentum. This enabled me to learn how Elizabethtown College is even more intellectually stimulating than I previously imagined. There are so many different interests on campus, even a conversation with a fellow student can inspire you. I learned how the history of Elizabethtown College continues to impact the school by shaping its values. My goal for my future career is to be a corporate lawyer working in mergers and acquisitions with multinational companies. I have always wanted to become a lawyer, but this specific path has been molded over time. At Elizabethtown College, I plan to major in International Business and Political Science.

Jocelynn Itterly: Pen Argyl, Pennsylvania

While being in the Momentum Program, I have had the opportunity to gain amazing knowledge, create new friendships, and finally be myself. Throughout high school I felt as if I could not be *me*. I was constantly wearing a mask, portraying the person everyone wanted to see. I played sports and had a small group of friends. Everyone cared about the way I look, talk, act, eat, etc. When I first joined Momentum my thoughts were, “am I going to make real connections,” and “is it something for me?” Well it is finally safe to say I made many connections and this program was everything I needed. Transitioning from high school to college is a tricky step. My parents thought my joining Momentum would help me get a head start into the school year and become more comfortable with the area. I will be honest, I was terrified for my first day. As I drove up to the Schlosser Loop on a rainy Friday morning, my nerves were going crazy. I could feel the fire of anxiety and stress flowing in my veins. *Will I like my living space? Am I going to cry when my parents leave? Am I capable of living with a stranger? Is everything going to be okay?* Multiple questions and thoughts flooded through my head. When I got done unpacking the anxiety only grew stronger. I was confused on who to be. Do I put the mask on which I used to wear? Or do I finally show who I am? Throughout the program I have been able to meet new people with different interests and different backgrounds and being able to experience has helped me gain stronger networks. This also helped me reveal my true colors and be confident in myself. Everyone was so comfortable with each other nobody was afraid to really be themselves. The people this program surrounded me with support and cared for me. I was able to laugh and make jokes and not fear I would get judged for it, wear whatever I wanted and not question if people would care, and start a conversation with anyone and always receive a kind response back... I finally felt wanted. I am grateful for all the students in Momentum and the Kinesis Peer Academic Advisors. The people I have met not only inspired me but also impacted me in many ways. I never really understood how different everyone is and how we are raised so differently. Sharing each other’s stories showed me I should never fear who I am and to put the mask the down. I should talk more and not seclude myself in the corner. Without them, I would probably turn back into the quiet athletic girl, who only spoke when spoken to. Momentum is much more than learning the town’s history and getting to know all the majors. It gives you a safe environment with genuine people who want nothing more but for you to succeed. Elizabethtown always showed me what it was like to be wanted, which is exactly why I chose this school. But joining Momentum was the best decision I ever made because it showed me to not fear who I am. I can finally imagine who I am going to be in the future. When my time here at Elizabethtown College comes to an end, I know I can thank the Momentum Program for turning me into a strong individual.

Adam Sadek: Lancaster, Pennsylvania

Momentum has left an impact on me throughout the last week. One experience which stood out to me was our trip to Philadelphia. While we were at Philly I saw many things. From a homeless man sleeping on a bench to where Benjamin Franklin was buried. This trip really allowed me to picture how Philadelphia was back in the day and what made it what it is today. This field trip is important to me because I got to spend time with friends in a learning environment which was really great. One person who really inspired me this week was our Kinesis Peer Academic Advisor Moh. The meaning of inspiration is something which leaves a mark on you and sticks with you. That is exactly what Moh did for me. He helped me stay on task and stopped me from distracting others. Both Moh and I moved to this country and had to start new lives which is something I relate to him. Momentum helped me create friends at college in a short period of time. I have gotten close to these friends the past week. Momentum showed me what college is about and what it stands for. The Momentum program gave me a preview of what to look forward to into college which was really helpful in many ways. I imagine my long term goal at Elizabethtown is to enjoy my time doing what I like. I hope I can graduate from here in around three years so I can complete my long term goal of going to dental school to become an orthodontist. I decided on this path because sciences were something which have always interested me throughout my childhood. Something I value my education which is why I will do whatever I need to succeed.

Meghan Keenan: Archbald, Pennsylvania

The transition from high school to college generates liberal amounts of stress for students; Momentum eases these mental and emotional strains while simultaneously providing students with a helpful boost in the right direction. In just one week, a multitude of people and experiences taught and inspired me. Dr. Michael Roy, for example, introduced me to a well-known self-help book which deals with students' success rates after they received praise either for their natural intelligence or for the effort they put into work. The studies indicate students who are praised for their natural intelligence and talents believe they can continue to work effortlessly and still earn good grades, but later find this is not the case. Conversely, students who receive praise for their effort feel encouraged to continue to work hard. Personally, I have been praised for my natural intelligence as well as my hard work and perseverance; following the lecture, I reflected on these experiences and realized I also respond better to praise regarding my hard work and effort. In a similarly inspirational lecture, Dr. Celestino Limas spoke about his experiences with biculturalism, micro-aggressions, and just simply being different. He shared his personal history with our group, which prompted others to tell their stories; it was a comfortable, judgement-free environment in which we could share freely with each other. Additionally, he invited us to consider how we react to unintentional micro-aggressions; not all offenders act maliciously, but rather because they truly do not know their words and actions are hurtful. Instead of becoming angry or otherwise upset over innocently ignorant comments, we can use humor and kindness to diffuse the situation and turn it into a learning opportunity for the perpetrator. Both lectures were thought-provoking and inspiring; nonetheless, they pale in comparison to the incredible help and care I received from the Kinesis Peer Academic Advisors. Each member of the Kinesis squad took great care to learn all the students' names, intended majors, and a few of our interests. They also put great effort into mingling students together and helping us make friends. They were always friendly and professional, and created a safe environment for all. I knew I could come to any members of Kinesis with any concerns or issues I had and if they could not immediately help me themselves, they would direct me to someone who could. Students who choose to take advantage of this incredible experience gain a variety of skills and knowledge from their time in Momentum. Even only halfway through the week, I found myself employing new behaviors, practices, and mindsets. For example, through Professor Benowitz's guided history tours I learned to take greater notice of minute details and to utilize critical thinking skills to gather additional information from these details. This skill will serve me greatly in my future career in psychology, in which I plan to counsel and provide therapy to children and adolescents. I hope to give back to my community in my profession by providing a safe and trusting environment for troubled youth, and to do so by employing the invaluable lessons and abilities I acquired at Elizabethtown College.

Freddie Sanchez: Phoenixville, Pennsylvania

Coming out of high school I did not think I would be having this much fun at a program meant to help us throughout our college career, but this is exactly what happened. The Kinesis Peer Academic Advisors are amazing people and made the experience of the first week of move-in the best experience. They had us make new friends and talk to people I would have never thought I would have talked to. They did this by having us sit with people I do not have a strong connection or have a relationship with. Before coming to college, I would have never imagined I would be making so many more friends. I also believe the Kinesis will help us in the future. I have a feeling the Kinesis assigned to me will help me achieve the goal of the 3.5 grade point average because I will get the help I need if I ever struggle in any of my courses. The Kinesis will surely inspire me to make my goal happen. Another goal I have with the Momentum program is I want to be able to graduate with a bachelor's degree in Mechanical Engineering with its help. In the future, I imagine myself in a job where I can use my Mechanical Engineering degree. The Momentum program is going to help us by giving us the Kinesis to help with our studies and making sure we are able to graduate with our intended major after these four years. This goal can be achieved by, again, using the knowledge of the Kinesis assigned to us. They have a great deal of experience in writing college papers and I struggle a lot with any kind of writing, so it will be a very useful service to me, and I will take advantage of it. The Kinesis will have an impact on me by helping me write better papers in the future. The Momentum program will most definitely help me reach my goals during college and in the future.

Marissa Lesko: Joppatowne, Maryland

The first year of college is intimidating to everybody, especially to me, a first-generation college student. The Momentum program though helped me to make the transition from high school, where I knew everyone, to college, where I did not know a single person. Due to the Momentum Program, I have a great new group of friends I met on the first day. Many people say we will meet our best friends in college which definitely is true especially because of my new friends Angie, Zoe, and Sean. Our trip to Philadelphia, Pennsylvania was another great opportunity to hang out with my new friends and explore the city. While exploring the city, I found it interesting many of the facts I learned in K-12 about well-known historical figures like Benjamin Franklin and Betty Ross were wrong. While Professor Benowitz was telling us the truth about them, my eyes were open to the possibility in which most of our history is being taught wrong and it is not being corrected. One thing in particular which always put a smile on my face was talking to one of the Kinesis, Carly. No matter the situation Carly always had a smile on her face and made me laugh. Carly's attitude impacted me immensely to look beyond how I am feeling on the outside and look at who I truly am on the inside. Carly also inspired me to be a Kinesis next year. Being a Kinesis will not stop me from becoming more involved in campus life and holding more leadership roles over the next four years. I imagine myself becoming a student ambassador, volunteering at open houses, and joining many of the clubs and intramurals Elizabethtown has to offer. Overall, the Momentum program has been a wonderful opportunity really helping me transition into college life and creating a strong friendships with the other Momentum students.

Conner Lehman: Lancaster, Pennsylvania

It is hard to say what truly inspired me during my Momentum experience because there are so many times I was inspired. However, there is one event which changed my life and I have two people to thank, Patrick Osborne and Lucas Cunningham. It may sound questionable to think two charismatic and interesting guys are going to change my life in a matter of four years and possibly the rest of my life. Going into college, I was nervous I would not make close friends and the social anxiety tore through me like a rusty pocketknife. I could not be farther from the truth. I suppose I was right, I did not make close friends, in truth, I have made brothers. It all started when I met Lucas. It was summer orientation and the gym. My father was with me and we were doing the usual asking questions and just looking around. Not too long after this I had someone tap me on the shoulder and ask me my name and made general small talk. He was about my age, looked well dressed, and had the smile of a politician. Within those first three minutes, I was not alone. It was like I had someone to relate to, someone who was going through the same problem I was going through. His name was Lucas and I made my first college friend. Meeting Patrick was a whole different story and a story I did not expect. When we first met, we were partners in a project where we had to draw each other's silhouette. We talked and joked about how bad our drawings were and from this point on I realized we had formed an unbreakable bond. Patrick was similar to my friends back home and this familiarity took all my social anxiety away. This may sound strange, but if those two events ceased to exist, I would not have the confidence I have now in college. The kindness Momentum has provided for me is truly inspiring and has given me the proper drive to be the best person I can be. The bond I share with these newfound friends is like an unbreakable iron chain and my confidence in myself will not be wavered. In just a few short days I have realized I can accomplish anything.

Bu Meh: Lancaster, Pennsylvania

“Close the gap!” This phrase rings with familiarity for the Momentum students. It is because they know it means “you better run to keep up with the group.” What I remember most from our trip to Philadelphia was it being full of mind-blowing information, mind-blowing considering we have Professor Benowitz as our historian. He made sure it was informational, but also interesting to keep us engaged. Some people will detest you; some will love you, and some will wish the best or the worst for you. But it does not matter. What matters is how you perceive yourself, how you treat yourself, and how accepting you are of yourself. You are the one who will make changes to your life, not your family, friends, or anyone else. They may aid you in the process, but ultimately, the decision is yours. The road to success, the future will be rocky and tough, but what counts is the process. My imaginations are very vivid, and with those imaginations, I hope to inspire as well as make an impact in the world. I do not expect to get there soon. The little things matter and this where I will start. I believe hardship is going to be the tool shaping the future me, and having gained experience and wisdom, I hope to be able to do the same to not just the first year, next year, but also to anyone and everyone I have touched, no matter how brief. I have always been a follower, this time I want to lead. I want to break out of my shell and enter a new enlightened world, and I would not “forget to turn back around, help the next one in line, [and] always stay humble and kind.” Humble & Kind by Tim McGraw. And I can proudly say the wisdom and my new outlook on life were gained due to the Momentum program with their most incredible Director Professor Benowitz, the awesome Kinesis Peer Academic Advisors, and all those who support and wish the best for everyone one of us despite having even met.

Jeffrey Lapidus: Scotch Plains New Jersey

I watched as my mom and sister slowly drifted off out of my view on their journey back to the car. I am left to myself in what seems like a new world surrounded by mysterious faces I have yet to encounter. Eventually I would venture around Philly, play basketball, sit through lectures and so much more with these faces quickly becoming my friends. When I signed up for Momentum I really did not have a clear idea as to what I was getting myself into and the fears of leaving my hometown were swirling through my head. The doubt of not making friends, not being able to enjoy the things I enjoyed back home, and not adjusting well to this new experience. However, just a few hours into Momentum my fears had almost vanished. These new friends inspired me to open up by sharing similar interests with me and giving me something to look forward to as the school year progresses. One of my biggest hobbies is playing ping pong and on just the first day I was able to take advantage of using the ping pong table in the lobby to play with Alex. Spending just a little bit too much time playing instead of heading to bed. The bonds I have made with everyone in Momentum in just a week was incredible. Together we all learned so much such as the history of campus, the Elizabethtown community, and Philly from Professor Benowitz while trying to keep up with his fast pace walking on all the tours. We learned about many new things but also learned about how certain things we have been taught in the past are false. Did you know Betsy Ross did not design the American flag? Overall, Momentum has taught me a great deal about college, different classes I can take, ways to get through hard times, and so much more. Also the Kinesis such as Joe, Pleasant and Julia have impacted my view of college by sharing with me some of their wisdom they have gained throughout their years. I am so glad I signed up for Momentum because this program has also inspired me to be active on campus throughout the year. I imagine myself to get involved with sports, clubs, and more things Momentum will do throughout the year and who knows, maybe next year I will be a Kinesis Peer Academic Advisor.

Emily Kuhn: Oriental, Pennsylvania

As I got to Elizabethtown College early Friday morning, I was getting skeptical if I did the right thing being in the Momentum program. It was a hot morning unpacking with my parents and sister to get everything where it needed to be. I was practically a stranger to everyone but right away there were endless Kinesis Peer Academic Advisors helping in every way possible. From the beginning, I thought the program would only have us students do activities together, get a better understanding of how college life will be, and how to get adjusted. However, Momentum is a much deeper experience. Traveling around with Professor Benowitz along with the Kinesis through tours, lectures, stories, and team building made an unforgettable experience. At the start of each new session, meals, or activity we were encouraged to talk to new people in the program all the time. I am beyond thankful for being made to interact with a diverse number of people. We all did form little groups of friends but also by the end of the week it did not matter how we were separated because we all came together as one group of forty-some friends. Personally, through my experience this week I have learned so much through all of the Kinesis and having encounters with them has definitely gotten me more ready for college. We discussed the importance of time management, how being early to classes can open more doors, and how they are going to stick with us through our first year. The moments where the Kinesis would take the time to talk with me was important to me because I got a better understanding of how college life is going to be from their perspective. We learned about time management and structure which are important qualities to gain. Momentum has played a huge impact on me and has helped me learn new aspects about myself. The program has taught me how I am able to open up to a bunch of new people and make many new friends out of them. When I first came into Momentum, I did not expect I would be open enough and to get the chance to talk to each individual person in the program at least once. However, I was able to bond with everyone I interacted with. I have a long-term goal at Elizabethtown College to major in Communications and possibly Graphic Design. I want to make connections as I am getting to my long-term goal which Momentum has taught me. When I first got my letter saying I got accepted into Momentum, I did not know whether or not I would do the program. Luckily, I accepted because this program has taught me so much and gave me many experiences I never would have gotten. I hope to impact Elizabethtown College by using what I have learned through this program while staying at campus and beyond. Momentum is a family who is going to continue to be with me through the rest of my time here.

Eric Schubert: Medford Lakes, New Jersey

Throughout the extensive and rewarding Momentum program this week, the amount of knowledge I have learned is just countless. From the small stuff to those big ideas, the information and advice ingrained in me through Kinesis Peer Academic Advisors, presentations, and Professor Benowitz has been on a level I completely was not expecting. As a result of this program, I have learned to be a service oriented individual who only strives for the best in relationships with peers and professors – focusing on respect, thoughtfulness, and inclusion. The many new people I have met and the many new relationships forged through Momentum have really inspired me the most, above all. The program helped my still in process college acclimation go much smoother, and allowed for me to get a head start leading into my vital first year - a reason why I am forever grateful to the program. The extra week Momentum provides is beyond important, from a first year perspective. The socialization, group discussions at presentations, and mealtime talks provided something so valuable across so many different topics. The full impact Momentum has had on me is something in which I truly think will take time to be discerned. Over the next few weeks as college life really sets in, I know I will most definitely be in situations or have moments where the Momentum program, and what I learned within it, will help me no matter the situation. Those key aspects of inclusion, communication, thoughtfulness and respect, just to name a few, taught through provoking academic sessions and discussions, are priceless. With a strong start to college with the help of the generous Momentum program, my impact on Elizabethtown College and my next steps beyond will be as powerful and meaningful as they can be. Momentum is such a unique program and has inspired me to go out and be my best self as I set off on my college journey.

Lizvette Pappaterra: Roxbury, New Jersey

When I was in high school, I had very little confidence in myself and I was often afraid to step out of my comfort zone. Because of this, it was very difficult for me to imagine starting college life, where I was not going to know anyone and where I was going to have to make my own decisions without my family physically being present. When it came time to decide which school I was going to attend, I made the scary decision to go 600 miles away from where my parents lived. I was terrified to be on my own, yet I knew I had made the right decision academically. Through the Momentum program, I was able to overcome my fears and realize I am not alone. Everyone I have met has inspired me to step out of my comfort zone and to want to take on a leadership role. As a music therapy major, leadership is very important because I am going to need to lead one on one sessions with people who are relying on me to help them. As I aspire to work with children someday, I believe this week has been the first step for me to develop enough confidence to be a leader and a role model for the children I work with. One moment when I was particularly inspired was when we were having discussions in our small groups called Socratic Dialogues, led by our Kinesis Peer Academic Advisors. During this conversation, I was challenged to talk about my fears, hopes, short term goals, and long term goals for college and beyond. While talking about this, I felt a deep mix of emotions because I was excited for the opportunity to pursue my dreams but I was nervous to be on my own. As I listened to the other people in my group share their stories, I realized I am not alone in my struggles and we are all here to support each other. During every moment of this week, I have been surrounded by incredibly supportive people who want to help me succeed including the professors, the Kinesis, and my peers who are in the same position as me. Because of Momentum, I was able to let go of my biggest fears for college and start classes with a strong foundation of support. In the next four years and beyond, I will incorporate the things I learned this week to my everyday life by keeping an open mind and being the support system other people need in order to succeed.

Samantha Phillips: Hummelstown, Pennsylvania

College has always been about new experiences to me, which is exactly what I got from Momentum. Meeting many new people, living in a new place, learning several new things and having my eyes opened to all the possibilities of college and the world. These are just a few of the things I have experienced this week in Momentum. The walking tour of the town of Elizabethtown was my favorite of the walking tours we did in Momentum. I felt like it was a valuable experience to walk around and see the actual town surrounding my home for the next four years. I got to know a few friends during the walk whom I might have not been able to get to know. I have learned a great deal about the layout of the campus and have been able to get to know people much easier and faster than if I had not moved in early and participated in Momentum. Being here for a week before classes start and while the campus is still relatively empty has given me the chance to learn where buildings are and get comfortable with the campus. It normally takes me a while to get to know people, but during Momentum, we have been encouraged to get to know each other very fast. I have also gotten to know a few professors a little bit through academic sessions throughout the week. The political science presentation inspired me to consider other disciplines. To me, being inspired means to have one's eyes open to new experiences or ideas and becoming excited to pursue them. This presentation met my criteria for inspiration because, although I already had a very wide range of classes from studio art, biology, psychology, and religious studies, which I was wanting to take, I am now interested in political science classes, something I did not expect. Beyond Momentum, I aspire to be a Kinesis Peer Academic Advisor and a tutor in the coming semesters at Elizabethtown. I think Momentum has pushed me to be a stronger person, which I think will help me throughout my time at Elizabethtown College.

Kimberly Manning: Newport, Pennsylvania

“Nothing is so painful to the human mind as a great and sudden change.” I believe this holds true, especially through the transition from a high school graduate to a college student. During this period of time, many things have changed: one’s surroundings, level of independence, and everything the individual has once known. Momentum thus far has taught me how change is okay and should even be embraced. In the short number of days I have been on campus, I myself have changed so much. I have changed through inspiration, imagination, and the potential of an impact I could have. Early Saturday morning, the fellow Momentum students and I were instructed to meet at the BSC. We sat and listened as students shared stories about not only their interests, but also their passions. This was a moment of realization; I realized I may not be truly passionate about my major and as a result I became inspired to find the driving force behind my passions. My chest felt tight, and the room felt as though the walls were caving in. Am I really thinking about changing my major before class ever started? There used to be a negative stigma about *changing* majors. No one I know personally ever has. However, Momentum has stressed to each of us how this is okay. Only I know what is better suited for me, and it is my responsibility to find through the academic departments here at Elizabethtown College. Momentum has stressed many things to us as students. It has truly impacted me. It taught us how we as individuals are not stagnant; we as a collective constantly change. If we did not, life would be monotonous. Goals can change, majors can change, and our interests can as well. We must accept these changes and the new opportunities they bring. I plan to take full advantage of all the ones presented to me during the next four years. While I am here, I hope to touch everyone’s lives and not only leave something with them but take something with me as well. A presenter in Momentum compared this desire of mine, to raindrops. “They come together for a moment, only to later split, each taking a piece of the other.” If we are all raindrops on the window of a vehicle, I hope mine triples in size during my time here, as I want to be influenced by those around me. Whether this is through a new perspective, or a new piece of information, I think people learn best from each other. I want my impact to be town wide; by this I mean how I want to make the town of Elizabethtown a better place. Perhaps I will volunteer with ECHOS, or perhaps sponsor community events. No matter what, everyone will be familiar with the name Kimberly Manning. My time here has already brought forth an immense amount of development in every aspect. Originally, I would shy away from this concept. However, now I will embrace the challenge new things bring. For change, no matter how small, will lead to **momentous** growth.

Quinn Muzzio: York, Pennsylvania

College has always been something I have dreaded because of the underlying feeling I would not be prepared. I had been anxious for most of my high school experience and struggled to communicate with my fellow classmates. Going into the Momentum program, I was anxious about meeting other people. In high school, I was liked by just about everyone, but lacked the socialness to hang out. I was excited to find the students in Momentum were all very friendly. Not only this, but the program encouraged people to get to know each other in the form of doing lots of group activities. My parents and my older brother went to Penn State University, so I expected it was going to be difficult to make friends. I did not fully realize how much a difference the size of the college would make until I got here. Unlike somewhere like Penn State University, students are encouraged to interact with professors and generally every upper classmate seems to know every teacher at least vaguely. Everything at Elizabethtown seems more personal and even at a distance you can tell everyone gets along. During the next few years, I hope I can return the same kindness these people have given to me. During the program I also got to learn a ton about the Elizabethtown community. Two separate two hour tours were given exploring the area. During the tour, I learned just how much the school and students contributed to the larger community. I heard a tale of the students stopped a couple of buildings from being demolished entirely. I also was reminded community service is highly valued among the faculty and older students. It was to the point where the talk on integrity eventually found itself teaching us about a selfless woman who helped refugees. Professor Steven M. Nolt, who directed the presentation told us integrity is more than just not cheating. He encouraged us how in our time here, we should do what is right even if it is daunting. In the psychology presentation, Professor Michael Roy encouraged everyone to focus more on effort rather than natural talent. He seemed confident anyone can

accomplish a great deal as long as they worked hard enough and did not take stuff for granted. These two presentations spoke to me because they made me reflect on myself. I have always viewed integrity as being honest, but staying true to yourself and honesty are surprising a bit disconnected. In the past I have always had the mindset about certain things I was just terrible at them and it was not about to change. After the presentation, I took a little time to think about it. I realized I actually had the opposite view on writing; which was anyone can become great at writing, they just have to fail time and time again until eventually they make something great. As long as a writer learns from their mistakes, they will only make better work. When I thought about it, this really applies to everything. I have always wanted to become a key member of a community, and with this view, this might be possible. Ultimately I hope, if anything, I can give back to the community; and I have good faith everyone else in Momentum will do the same.

Emma Nalesnik: Frackville, Pennsylvania

When I started this program with no idea how extraordinary this experience would be or how helpful it was to my college experience. Straight off the bat we were welcomed by the Kinesis Peer Academic Advisors, with such enthusiasm for the program they were truly inspiring. Pleasant was of the most inspiring to me personally. I felt she had a really good understanding of what we were feeling and she kept a smile on her face the whole time. One of the moments which will stick with me is during our Socratic Dialogues discussions, led by the Kinesis, based on our assigned reading Paulo Coelho's book Inspirations: Selections from Classic Literature, we were sitting in the cool shade of a tree and Pleasant looks at us and says "It takes more energy to be negative than it does to be positive." She has inspired me to be positive even in the worst situations because it gets better. Momentum has taught me how to be an active part in my community as well as my campus for example taking leadership positions, helping other people and taking an active role in the classroom. This program has helped me feel more comfortable with my position as community representative of the March for Our Lives chapter of Elizabethtown, by teaching me how to communicate in large groups and bring up specific topics of importance. Momentum has made me feel more comfortable with this transition, by making us mingle and create friendships. The friends I had made in Momentum have been there through thick and thin. Especially when the homesickness begins it is very helpful to have good friends and guides by your side when you begin to struggle. I believe I can have an impact on all of the incoming students by being able to guide them in the right direction. Knowing how I felt just leaving home and being scared to talk to anyone gives me a good understanding how the incoming first year students will feel. I can try and connect with them or even just sit and eat with them if they do not have any friends yet. Learning so much about the community and the campus will definitely help me help other students learn and grow and I can leave a lasting impression on them. I believe everyone you come into contact with leaves a small impression on you good or bad and you can learn from those impressions hope to better ourselves and others around you. One of my favorite lectures this week has to be the sociology presentation, Dr. Koz kept the crowds attention so well. She connected such an interesting topic to sociology it really kept my attention. She inspired me to add a minor in sociology, it was also very nice to be able to meet one of my professors for this semester before it even begins. Furthermore, I believe this is the most extraordinary program on campus just for the simple fact it prepares you not just for campus life but also to be an active member in the classroom and community as well as preparing you for after graduation and related challenges. Momentum has taught me how to push through the toughest times and learn to make friends. Without this program my first year would have been much harder more difficult.

Mimi Nguyen: Manchester, Pennsylvania

When I got a letter inviting me to Momentum, I was curious and unsure. I have always been a quiet and shy person for most of my life. For me, it is extremely hard to socialize with others and it takes time for me to open up. I decided to look up the Momentum program and read some of the essays previous Momentum students wrote. Reading about their experiences at Momentum encouraged me to participate and convinced me to join. I thought this was a good opportunity for me to try to talk and meet new people, and to change. During my time in Momentum, I was nervous but was able to make some small conversations with others. Surprisingly, I was able to ask questions back. Usually, I would only answer whatever people ask me and the conversation quickly ends there. I also noticed I was able to talk more to people during my time in this program compared to high school. I believe Momentum is beneficial because it allowed me to engage with others and it made me realize I am capable of improving my social skills if I try. The Kinesis Peer Academic Advisors are also very friendly, and I can tell they care about the students. In addition, I also learned a great deal of new information, especially on the trip to Philadelphia. I saw many buildings and statues, and learned about the history of designs and structures. Professor Benowitz also told us the truth about some of the lies we heard when we were in K-12. For example, I was surprised to learn Betsy Ross did not design nor sew the flag, and Abraham Lincoln was not as great of a person as I thought he was since he would have put the slaves back on the ships if he had not been assassinated. Moreover, there were also lectures I enjoyed. One lecture which inspired me is Professor Rankin's. She talked about civility and how people should be able to live with others who are different from them. Humans should be respectful, open minded, and restrain ourselves when we disagree with someone. If we hold back instead of lashing out onto those with different views, we could possibly learn new perspectives. People would also be able to keep peace because holding back and remaining calm will cease conflict. I was in awe when she told me how the Democrats and Republicans on the campus get along well despite their opposing views. This inspired me to become a better person and to not react angrily towards those who have different views than me. Instead, I should just listen to see what they have to say and try to understand their view. If more people were able to respect and restrain, there would not be as much conflict. Another presentation I enjoyed is the Asian American presentation held by Professor Takahashi because I could relate to it. I thought it was interesting how he chose not to get offended in a situation where people were staring at him since he was the only Asian. Instead of being negative, he was positive by waving to the people. His lecture taught me how I could choose to be positive instead of negative in certain situations. Overall, I had a great time at Momentum. I had new experiences, learned new information, and did activities which were out of my comfort zone. It was scary at first, but I started to get used to it as the days go by. I definitely need to work on socializing more, but I met new people and had some nice conversations. Everyone is friendly, and I am happy with my decision on joining Momentum. Even though it will take some more time, I imagine I will be able to change myself due to Momentum helping me start. I want to become someone who is social, helpful, and dependable. Hopefully, I will get to experience more and create new memories with others. Additionally, I also hope I will know what I want to do in the future and be able to do work which is both meaningful to me and to others.

Diemmi Nguyen: Manchester, Pennsylvania

“If you want something you have never had, then you have got to do something you have never done,” is a quote perfectly summarizing my thoughts on Momentum. When I saw this unique opportunity showed up at my doorstep, it took an interminable time before I decided to accept it. This was completely out of my comfort zone and I was not certain with my decision. I found myself having a dark cloud raining over my head as the days drew closer to Momentum. However, I had a long-term goal: try to be less shy and less quiet. I was very determined to - at the very least - talk to one person and prolong the conversation. It was as if a light just flickered in the darkness, and I soon found myself feeling alright. The first two days of Momentum went decently. Despite this, I felt empty and lost; I miss my family and friends back home, and I felt as if I did not belong here. All I desired was to go back home and stay there forever but I understood this was not possible. I decided to just stay positive, even if it was a fake positivity. The trip to Philadelphia occurred the following day. The bus ride to the city was pleasant! I was partnered with someone I have never interacted with before and my anxiety meter skyrocketed. We ended up conversing throughout the whole bus ride sharing many interests and stories. As for the city walk, I enjoyed observing the buildings, stores, and nature itself. Philadelphia is filled with vivid, sundry flowers and numerous towering buildings with a hidden story behind them. The Reading Terminal Market was congested, but it was a nice place with a diverse selection of foods. I learned a ton of new information this day and had fun overall! There were some lectures which were memorable to me, one being Professor Takahashi’s Asian American presentation. As an Asian American myself, I have experienced many things just like him and understood the pain and anger which boiled within. Additionally, the Political Science lecture was intriguing. Professor Kelly-Woessner was engaging and I concurred with her fully, especially when she said we should care about politics because it affects us. What really touched and inspired me was the Biculturalism lecture. Celestino Limas said we should learn to be open when it comes to meeting people who differ from us; I believe those words were so significant. Initially, I had mixed feelings regarding this program. Even though there were some rough moments, I am still glad I tried this program out. It forced me (in a positive way) to talk to others and learn about them. There were many opportunities to bond with your peers and many of them showed kindness towards me and spoke to me; the small talks made me immensely happy. Participating in this program made me realize I do have the potential to change myself gradually; being able to make conversation with some people is a small step towards reaching my goal. I hope to always spread kindness and to have a positive impact on others in the future.

Sriya Vontela: Exton, Pennsylvania

Here at Elizabethtown, they told us to be more inspired. And I was, but not the way I had imagined I would be, daydreaming during the lazy summer days, longing for Momentum to begin. It was not the discussions of Benjamin Franklin next to majestic buildings, or the panoramic walks through Elizabethtown, but the passion and kindness I saw in the presenters. Every academic session I saw showcased a professor who genuinely loved their job. Standing tall beneath the pressure of bright lights and expectant gazes, I watched each professor smile broadly and begin to speak their passion, all bright eyes and eager gestures as they readily shared their ardor with strangers. Though I was not interested in every subject of the session, their unfettered enthusiasm never failed to draw me into the lecture. This was doubly true for the lectures which spoke to my own passions: face tilted up into the glow of the screen like a sunflower turning toward the warm glow of sunrise. For the first time in a while, I felt academic enthusiasm, unburdened with the exhaustion of neglectful students, budget cuts and bureaucracy I saw in high school. Instead, I felt myself leaning forward in my seat, my own reciprocal enthusiasm pressing against the boundary of my ribcage, begging to be set free. And it was not a kinship I only felt with the professors. This type of passion, the rare selfless kind which solely wishes to pass their joy onto others, was a sight I saw mirrored in the Kinesis Peer Academic Advisors around me. They returned this program to give back, mentoring out of an honest gratitude and selfless kindness. Every day, they foster the seeds of friendship between Momentum students, offer friendly and much needed advice, and welcome us into this new family. The role models in Momentum inspire me to make the most of my college education, developing my own passions and skills and encourage donating my time to service. They give me hope and excitement for my own college experience as they describe their own struggles and joys they found in their years at Elizabethtown.

Alexander Petrocelli: Severna Park, Maryland

During my Momentum experience I had the pleasure to listen to many of knowledgeable people from many different fields of expertise. Although every professor gave a noteworthy speech, the person who appealed to me the most was political science professor, Dr. Kelly-Woessner. I had already taken a Government and Politics course in high school and I really enjoyed it, so hearing her speech reminded me the interest I have in the subject. Also, I had a nice talk with her at the end which gave me more confidence going into my first semester comparative politics class. The person who inspired me the most this week was my resident assistant, Cece. Inspiration, for me, means finding motivation even in the most unexpected of circumstances and or times. To exemplify, move in day was a very nerve-racking occurrence for me because I did not know anybody going to Elizabethtown. On the eventful day, the air felt like needles pricking my skin and the sky resembled grey, stretched out cotton balls. Frankly, the depressing meteorological conditions did not prove to quiet my angst and just as I thought all hope was lost there she stood, a ray of positive energy amidst a void of undesirable darkness. She came right up to me and introduced herself in a spirited, bubbly voice, "Hi! My name is Cece and I'll be your RA for this year. We're going to have so much fun together!" This sincere yet simple introduction immediately made me feel more comfortable and my anxiety about college and being independent lessened. In this moment, she inspired me to be a light for others down the road who may find themselves in a similar situation. From the moment I moved in and met Cece to every other event afterward, Momentum has truly had an eye-opening impact on the way I see myself at Elizabethtown. For the longest time I was afraid of going to college, mainly due to my own self-doubt. Upon entering the Momentum family, I soon came to realize, thanks in part to Professor Benowitz, "the only thing holding [me] back is [myself]." After leaving the blue jay nest I hope to reflect the same positive impact Momentum has had on me no matter what field of work I chose to pursue. Overcoming my fears and uncertainties to come to Elizabethtown College is by far the best choice I have ever made. I know the experiences I have, classes I take, and friendships I cultivate, will not only prepare me for life after college but have an immense impact on my future relationships and aspirations.

Patrick Osborn: Middletown, New Jersey

It is Thursday, August fifteenth. Five-thirty pm on the dot. Half an hour before we hit the roads. My heart is racing faster than a car. Only problem was I could not tell if it was from fear, excitement, or possibly both. I was going off to college. I was about to be living on my own with only a small sense of direction and no mother to tell me to do something. All we were doing was waiting for my brother to get home. Out of all the days to be late coming home, of course it was the day we were leaving. I was almost happy he was taking so long only because this would be the longest drive I have ever done. Driving through an unfamiliar area of New Jersey and Pennsylvania. Six pm comes around and brother finally gets home. It is time to leave. This is the story of my Momentum week! It is move in day at Elizabethtown. How exciting! Driving under the Elizabethtown sign over the arch entering Schlosser Loop and the first person I talked to was Kylar. At first I was kind of awkward but it all changed very fast. Everyone knows how strange it is to meet someone new for the first time. Next Professor Benowitz was there with his clipboard to get everyone checked in and telling us where to go. He was so enthused about the week starting. I do not think I had ever seen someone so excited to teach and guide us on our new beginnings. Fast forward to after lunch. We now had to take a walking tour of downtown Elizabethtown. I will be honest. I was not excited for this. I just wanted to finish fixing up my room and relax and sit on my bed. But I can say my thought process about the town changed from start to finish. I honestly can say I look forward to going downtown and seeing more than just stores and houses. We went on a trip to Philly a couple days ago. While we were there we saw where Ben Franklin lived, where Betsy Ross lived, the Liberty Bell, and more. I was not too thrilled about going because I thought it would be like a fifth grade class trip but it turned out to be an amazing day. A cool thing we got to see were the different houses which indicated if the owner was a loyalist or patriot during the American Revolution. Or if they had slaves or not, and how it all depended on having an extra slant in the roof and the extra window/s. This trip is where I really started to talk to Moh. And I will be completely honest, Moh is the man. He is fun to talk to and we got along great. He made this trip so much better. I have actually told him I loved him a couple times and told him how he opened my eyes so much. We have a good bond which grew this

week and I plan on keeping it this way. What I have learned about myself at Momentum is what most of us do not know. We all impact each other every day. Our thought process and imagination are all very different except for when it comes to academics. We all have our minds set on success these next four years. Professor Benowitz has shown us how to see almost everything around and how it might inspire us in different ways. I thank him for this experience and thank him for the push to meet what are now my closest friends.

Paige Keyser: Downingtown, Pennsylvania

My essay is about the comfort of my past but the excitement for the future. I have had several people in my life serve as an inspiration. The first person on this campus to inspire me is someone who I had never spoken to but gave me such inspiration, I had to talk about her in my Momentum essay. This week, I saw many great presentations sparking inspiration in me. My favorite was at the formal dinner when Kira Kuhar, former Captain of the Kinesis Peer Academic Advisors team, made a presentation about how she became so successful so early in life, graduating a semester early and getting a secure job position even before she graduated. She talked about the connections she made with people and how it led her to where she is now. Coming to Elizabethtown, I planned on meeting new people and what she said only motivated me even more. To me, inspiration is this beat in your chest and this fire in your heart when you see or hear what had inspired you. It makes you want to get started immediately and make the dream a reality. A common thought people have is: "If they can do it, I can do it." I think anyone can do anything they put their mind to. Seeing someone do what I dream of doing, helps me with my dreams and aspirations for my future. During Momentum, we went to Philadelphia. We took a tour and learned a great deal about the historic symbolism in the architecture of the buildings. I really liked learning about the meanings behind simple things like the pattern of the sidewalk and designs on the side of buildings. It was important to me because I have grown up visiting this city and now I have a new perspective on it and its history. This week I went on a tour of the campus and, like Philly, learned the historical significance of the architecture. I found humor in stories like how we got our rock museum and the dramatic idea of tearing down the Schlosser Residence Hall. That family was not letting that happen. I learned how the buildings are more important than what I initially thought. I first thought of them as just buildings and I was surprised to realize how they hold such an important place in the hearts and memories of families. In the duration of my adventure at Elizabethtown, I plan on making my long-term goals a reality. I want to make a living writing and sharing stories. I have always had a passion for horror and sci-fi and I am currently writing a book with a combination of both. I am very excited to continue writing and receiving credit for my work. Momentum has helped me get ready for my college career and therefore make my life in the real world possible.

Robin Shultz: Middleburg, Pennsylvania

Imagine a program which allows you move into college a week early to get your bearings. A program which helps you make multiple friends before classes even start. A program which gives you historical knowledge of everything around you. The Momentum program has provided me with everything I stated there and more. The fact I get to know everyone, understand why they believe what they believe, and have it impact my perspective and views makes me cherish these moments. For instance, when there was the tour of Philadelphia, I learned so many interesting facts. These facts really opened my mind to why people do what they do. Such as, architecture. Architecture has inspired me to realize there is more there than what meets the eye. For example, the columns on buildings have meanings. When a column is curled at the top, it represents females. Usually supporting a "male" column, which is strong and sturdy. When bricks are in a chevron pattern, it means the French settled there. In Philadelphia and even on campus, I really got to know the rest of everyone in the group of Momentum. Everyone has honestly impacted me in some ways. Professor Benowitz has inspired me to be open to the truth of history, even if it is not what we have been told or believed. My friends through this program even inspire me to be a better person. They just push me to do better and accept me as I am. Even just casually debating with my friends gets me more energized and expands my thought process. It excites me to know why people believe what they believe, so just casually debating politics or anything really impacts me. This program just makes me open to everyone's perspective. It honestly just gets me out of the perspective of my small town mentality and gives me

way more opportunities than what I would have had in Middleburg. I strive to impact the Elizabethtown college community in the way which this program has benefitted me. I want to learn as much as I can throughout my years here and give back to the community like this program. I want to advocate for truth and historical knowledge like this program has provided me. I have learned time management through this program which I want to carry with me through any political jobs I can get. To conclude, I am so honored to be in this program and experience everything before typical first year students do.

Kayla Schultz: Owings Mills, Maryland

An eighteen-year-old girl from Owings Mills, a U Haul, and silver Hyundai sat outside the imposing bricks of the place she now called home. Her parents Samantha and Dean behind her as she sat on the hot metal of the car and held back the tears in her icy blue eyes. With boxes in her hands, she knew she had to say goodbye to everything she knew. As an only child, she was sheltered. Only allowed to go out with friends on the weekends, often not even able to go out at all. And now, she was leaving behind her friends, the family she had built back home. But as she unpacked her boxes, she felt her wings begin to grow. She began to learn where home truly was. She would meet the people who accepted her for who she is, nine girls she knew she could trust soon spread to her new family called Momentum. This is my story; the story of how a closed off child finally became "Kayla." How the shy girl in the corner became a social butterfly. "Hey, Kay!" This phrase is where it all began. Just a simple phrase filled with kindness. As laughter began filling the room while we joked around, the first night was when I found one of my inspirations. A Kinesis Peer Academic Advisor named Pleasant, a heart of gold. One of the few who greeted me with open arms while listening to all my concerns. She made me feel like I had someone besides my friends whom I could trust. Helped me to learn how I do not need to close off a part of my identity. She has shown me people would love me for my true self. I did not have to put up a facade anymore. I could be "Kayla" again. This was the feeling each Kinesis I have people now who bring out a light in me I did not think I would have ever again. I feel confident in who I am again, which makes me feel like I am finally worth something. Momentum has taught me I was meant for great things. My dreams of working abroad or in a company where I can work as an International Affairs liaison were not out of reach. A dream I held close to my adventurous heart was no longer childish. I had the ability to include my passions for dance and theatre, which had been running in my veins since birth, and combine my French, Korean, and German while using my knowledge to give back to the community.

Joel Shane: Douglassville, Pennsylvania

If there is one thing I can say about the Momentum program here at Elizabethtown College, it is it has had two impacts on my life. First, it has changed how I view others. Second, it has changed how I view myself. Starting off, I have learned quite a great deal from my experiences this week. I have walked around campus, Elizabethtown, and even Philadelphia. The knowledge I have gained has impacted me in now I know to look beyond what is just at face value. For example, I now know what areas were originally French just based on the chevron patterns of the brick paths. Also, I never would have known the designs at the top of pillars had any significance if not for the Philadelphia trip. This knowledge may seem trivial, but in fact it is not. These lessons are a symbol for people we will meet in our lives. Knowing these little facts about stones or pillars are equivalent to how there is more than what meets the eye with people. It makes me keep in mind something someone may be wearing or how they present themselves or even their behavior is a reflection of things going on in their lives we cannot see. This idea inspires me. I -- and I am sure many others -- are guilty of immediately judging others over small things. We tend to forget the simple idea there is more than what meets the eye. This lesson motivates me to improve how I think of others. It makes me want to be more forgiving, to be more compassionate. So, all in all, it makes me want to strive to be like my role models and be able to be a role model for others in the future, thus making an impact on the world. Now, the impact Momentum has had on me is one I never would have expected. All through school I was decently quiet. Well, not if I was your friend, but if I did not know you, you had to make the first move or else I was not talking. Something I learned coming into this program is there are quite a few people who are also introverted. To counter this -- so I would not be sitting at lunch in silence -- I

started to open up and make the first move I was always so afraid to make. Just the fact I was able to do this impacted how I viewed myself. I never wanted leadership roles in school because I never felt I was outgoing enough to handle them. After Momentum, I realized I might just be able to handle some form of leadership role. This alone has inspired me to take up a leading role in some way, be it a club here at college or something in the form of a community service project. To sum everything up, this program caused me to realize not only am I capable of being a leader and a role model, but also how I could do it and where I am falling short. If I follow what I learned and walk the walk rather than just talk the talk, I could have an impact on a countless number of people in Elizabethtown College and beyond.

Issandra Solano Guante: Mount Joy, Pennsylvania

The Momentum program beginning a week early caught me off guard, however this week has changed and allowed me to truly be able to open my eyes to new concepts, new information and knowledge, as well as new connections established with people I hope to seek a deep friendship with, both with the Kinesis Peer Academic Advisors and the other students who have joined me on this journey. After meeting Professor Benowitz back in the spring semester through Scholarship and Creative Days, I never would have imagined a certain meeting would bring me to an experience worth a lifetime. Within the first two days of the Momentum program, we learned about the history of Elizabethtown and Elizabethtown College, specifically how the influence of the people residing within the town and Church of the Brethren led to the establishment of such an amazing, yet small college known today. We also worked to discredit myths learned at prior institutions. This week, the Kinesis Peer Academic Advisors have inspired me, as well. To be more specific, I was able to participate in Socratic Dialogues group discussion based on our assigned reading, Paul Coelho's Inspirations: Selections from Classic Literature led by Kinesis Peer Academic Advisor Pleasant. She spoke of her own personal story, opening to us within the group, and thus allowed us to practice civility, inclusiveness, and mindfulness as we could apply her story to our own cultural backgrounds and learn from her previous mistakes. The skills I learned in this session are applicable throughout the entirety of my academic journey at Elizabethtown College, alongside my future career path and post graduate plans. In addition, the personal experiences of the Kinesis and the paths they took to develop their current skills and traits are relevant to my own narrative as I am just beginning the venture into my academic career. Momentum has taught me to be open to civility and join the people with us together, as we could create such an impact on the campus itself with our different passions and aspirations as well as creating an impact on each other and developing relationships which would serve as a helping guide through the first academic year until furthermore. Personally, I see Elizabethtown College as somewhere I belong, and somewhere I can make a difference through professors and advisors as well as students to truly make an impact and bring about more passion and diversity to the college. With my dual major in Criminal Justice and Biology with a concentration of Pre-Medical studies, my two majors will provide me the ability to move along with my journey and my intended path with my deep motivation to help everyone I possibly can, as well as bring my own separate talents and dreams to the table and make a better environment for everyone on campus.

ELIZABETHTOWN COLLEGE

KINESIS

STUDENT REFLECTIVE ESSAYS AUGUST 2019



*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)

Samantha Romberger: Middletown, Pennsylvania

I do not know where to begin. As I approach my senior year of college and wrap up my third Momentum week as a Kinesis Peer Academic Advisor, I cannot help but swell up with all kinds of inexpressible emotions. It is no exaggeration to say the Momentum Program has changed my life. I have made incredibly deep connections through this program I know I will never forget; just recently, one of my former Momentum mentees asked me to be a bridesmaid in her wedding. The bonds I was able to form with Momentum students (as well as my own Kinesis my first year) mean so much to me. We have shared laughter. We have shared tears. We have celebrated together. We have consoled each other. There is an indescribable quality in the fabric of this program which creates meaningful, lasting connections between those who experience it. Had it not been for Momentum, there is a good chance I would not be on the path I am on today -- one semester away from graduating early, with honors. Getting here was no easy task. I am humbled by those who helped me. Throughout the college journey, there were moments when I doubted myself or felt lost, and the truth is, my position as a Kinesis was often the deciding factor in whether or not I would finish college at all; I knew there were students who relied on me, who trusted me, who needed me to stay and help them transition into college. I stayed for them. I pushed myself to work harder in hopes of setting a good example for them. I pushed myself through my most difficult moments of college for them. This program made me who I am today, and I owe an immeasurable debt to all of my former Momentum mentees, my fellow Kinesis Peer Academic Advisors, my own Kinesis Olivia, and of course Professor Benowitz. Not to mention, this cohort of 2019-2020 has been a blessing, and I could not have asked for a better group to see me out. I already miss the students I met about a week ago. I cannot wait to hear about the amazing things I know they will do during their time here and beyond. I am so grateful for this program and the effect it has had on my life. So, all I really want to say is thank you. Thank you to all of you.

Joseph Santos: Southampton, Pennsylvania

There are no words for what I am feeling as I just finished my last Momentum week as a Kinesis Peer Academic Advisor. This year hit a little different because I was Kinesis Co-Captain and was held to a different standard from years past. I saw so much potential for the Momentum Class of 2023 and imagine great success in their futures. It was a bittersweet moment as we sent the Momentum students off to Fall Orientation because just one week ago, I still viewed them as high school students. Although, on our last night together I observed the room and interactions between the forty-six students laughing, singing, telling jokes, and dancing; in this moment I saw them as college first year students, and I became overwhelmed with emotion. This was the last Momentum cohort I am going to lead and have the pleasure to advise. This past week brought on many challenges and responsibilities I never thought I would encounter. We had a great team of Kinesis who I would not change for the world. I am not using the word "team" lightly because this past week made me understand a whole new definition of team. Everyone in the program has had an impact on my life in many different ways. Another reason why it was bittersweet was because the other senior Kinesis Peer Academic Advisors with whom I had the pleasure to do the program with since my first year were also doing it for their last time. It is truly inspiring to see how we have all changed together and the difficult times we had to face to be where we are today. I am not the same person I was three years ago as an eighteen year old college first year student. Life brought on many obstacles. Professor Benowitz has impacted all of our lives and will continue to do so years after we graduate. One day I hope to use my knowledge and leadership skills from this program in my future career. My role as Kinesis Co-Captain and President of Momentum Society has given me the confidence to face my fears and challenges in life. The Momentum Program will always be a part of my life in some shape or form through the relationships formed and connections made throughout the years here at Elizabethtown College. Reflecting on the past week inspires me to want to do more to help students succeed in their academic careers. I will never forget what the Momentum Program has done for me during my time here at Elizabethtown College. During the week I try to remind students they are here at Elizabethtown for a reason and they need to take their opportunity because not everyone has the chance to go to college. Now as a senior in college it is my turn to take my next opportunity because my time here at Elizabethtown College is coming to an end.

Meghan Glaspey: Greenwich, New Jersey

I was so honored to serve as a Kinesis Peer Academic Advisor for the Momentum Program this year. Each year I serve this role, I am always amazed at all the wonderful students I meet. Watching the students' passions and interests develop during Momentum week inspires me and reminds me I have the best job on campus. Not only do the students fascinate me with their unique strengths, backgrounds, and life stories, but every member of the Kinesis Peer Academic Advisor leadership team inspires me as well. The Kinesis team has helped me grow as a person these past few years and I have had the amazing opportunity to watch their talents and abilities flourish too. My team has taught me how to use my own abilities and talents to impact my students and I will forever be grateful for their valuable insights and words of wisdom. The Momentum Program is extraordinary, and I know I would not be where I am today without it. My first year of college, my Kinesis met with me each week to explore my passions, discuss my academic classes and goals, and introduce me to service-learning opportunities on campus. I am so glad I can give back to the program and have the same impact on my students. The Momentum Program's motto, "Imagine, Inspire, Impact," has continued to stick with me throughout the past few years of college and I will continue to reference this motto as I start to approach my future career. I have been blessed to be part of such a wonderful program and words cannot describe how much this program has impacted me.

Pleasant Sprinkle-Williams: Orlando, Florida

As my last year as a Kinesis Peer Academic Advisor starts to come closer to fruition, I have reflected a great deal over what civility means to me. I have learned how for me, civility is more than just a word, but a lifestyle. Every year in the Momentum program during our Kinesis led Socratic Dialogue discussions based on the book by Paulo Coelho Inspirations: Selections from Classic Literature, I have the Momentum students answer five simple questions: 1) Who inspires you? 2) What is your greatest motivation? 3) Where do you see yourself in five years? 4) What was your greatest fear going into college? And lastly 5) What is your greatest fear? I have them write them down and then I read them aloud randomly. The amount of similarities the students share not only with each other, but myself, never ceases to amaze me. In the moment, they learn no matter how the person beside them may portray themselves to others, this person is just as vulnerable as they are. The students learn I am just as vulnerable; just as human. If there is one thing I can be proud of, it is how I have inspired the students to consider other perspectives when faced with someone who may not look like them, act like them, speak like them, or live like them. Through this, I imagine a day in which our Elizabethtown community can grow in its diversity through love and understanding.

Kylar Harvey: Easton, Pennsylvania.

Four years ago, I was supposed to drive under the arch in Schlosser Loop, but I arrived on campus too early and I went onto Alpha Drive instead. I know I started in the wrong place, but actually I got to the right place. To be honest this applies to what I thought about attending the Momentum program too. I was not really sure what to expect. Professor Benowitz welcomed me at the check-in tent where I received my room key. I was very anxious to start college because I am a first-generation college student and I did not know what to expect. Starting with the first day of Momentum I immediately became more comfortable with the idea of me going to college. Momentum gave me tools and the determination for me to succeed. This program helped me become a leader in my campus community, and it made me so much more prepared for college than I would have been if I did not go through the program. This year of my four years experiencing Momentum was the most impactful on me. I was Co-captain of the Kinesis Peer Academic Advisor Team with Joe Santos. Being in a leadership role let me connect more with the students and Kinesis as I was someone who both groups of people looked to for advice. Being in the position of co-captain also made the students more open to come to me I took the position of Kinesis Peer Academic Advisor so I can make an impact on the students and give them the necessary tools to excel while going to college. I was able to make connections with many of the students and get to know all of them. Making these connections makes the experience of Momentum more valuable for the students because they get more out of it. Throughout the week I had the pleasure to see many students transform and come out of their shells. This is one of the things I value as a Kinesis. Many of the students came to school not knowing what to expect and were

a bit shy. Since the Kinesis team kept splitting up everyone, all the Momentum students know each other. As a co-captain of the Kinesis team, I was able to see how all the students come from different walks of life and will make something of ourselves. As a Kinesis I want the students to imagine their future, inspire them to make an impact on themselves and the community. I hope this program will continue to thrive in the future keeping in mind the three words *Imagine, Inspire, & Impact*.

Moh Mohammad: Lancaster, Pennsylvania

Thank you Momentum. Coming into Momentum week as a Kinesis for the third year, I am filled with a great deal of emotions, and I wanted to make it count. While being reflective on my college journey is expected of me as a senior student, Momentum week has reminded me how to inspire, imagine, and impact. Watching the new Momentum cohort unpack their cars, settling into their residence hall rooms, and anxiously starting talking to each other placed me right back to my own Momentum experience. Nothing inspires me more than hearing students reflect on how they overcame their insecurities. The story of the underdog who let go of his/her/their fears, anxieties, and their first impression about others to build everlasting friendships. Throughout this week, I lead a small discussion group based on Paulo Coelho's Inspirations: Selection from Classic Literature. While the purpose of this dialogue is to discuss stories from the book which are relatable to the human condition, I found myself connecting with this cohort on a personal level, and I was humbled by their openness to share their struggles and moments of intersectionality with me. Few of the students in my small group discussion amazed me by their ability to empathize with the fellow cohorts which were part of the small group. One of the most significant impacts I experienced throughout this week was watching my younger sister, Morgan, come into her own. As her older brother, I felt all of sorts of emotions, such as fears and anxieties. What if she does not fit in? What if she cannot find/make friends? Or will she be okay commuting from home? But she showed me how all of my fears and anxieties were for nothing. Her ability to connect with others has also reminded me why I became a Kinesis Peer Academic Advisor in the first place: To have the ability to take on a leadership role on campus impacting the lives of fifty-six individuals, regardless of their position as a Momentum student or a Kinesis Peer Academic Advisor. I am also grateful for the opportunity to work with such an amazing and dynamic group of individuals. While the Momentum week is over, I am excited to develop a mentorship relationship with the Momentum cohort class of 2023, with my Momentum mentees, and I hope to continue to make an impact on them. Since my first year, the Momentum program has inspired, impacted, and pushed me to imagine the impossible through both the friendships and connections I build with my cohort and watching the impact of this program on the cohorts I mentored as a Kinesis. I will forever be grateful for Momentum, and for the friendships which changed me to become a better version of myself.

Julia Middleton: Baltimore, Maryland

As I worked the registration tent in the Schlosser Loop watching the new Momentum cohort move in, the memories flooded back through my mind of my move in day only a year before. The nervous yet smiling faces, cars loaded to the brim with stuff, and already teary eyed parents brought forth a nostalgia in me. This year was my first as a Kinesis Peer Academic Advisor, and I had to be a leader to the incoming students. I had imagined myself in this position ever since I finished my Momentum week, and I was excited to impact students the way my Kinesis had impacted me. However, I was extremely nervous being in my first leadership position on campus. My fears quickly vanished when I realized my year as a Momentum student prepared me for this very day. The seven days I spent getting to know the students inspired me in ways I did not think possible. I want to be a teacher, therefore, mentoring and helping the students made me realize I am truly headed in the right direction for my career. I feel so fulfilled being an advocate for the students and someone they can turn to with their problems. After this week as a Kinesis, I feel inspired to take on even more leadership roles across campus where I can impact others. Without being a part of this amazing program, I would not have come to these realizations. Momentum continues to surprise me with all the ways it has inspired and impacted me. Through celebrating the uniqueness of each person, the program pushes me to imagine all the ways I can better myself. I am honored I was entrusted with the opportunity to be a Kinesis Peer Academic Advisor for this wonderful cohort of students.

Lauren Shakes: Randallstown, Maryland

When I think about the past four years at Elizabethtown College and my experience with Momentum, I reflect on the beauty of diversity. Before being in the Momentum program, I had a narrow-minded view of diversity. Being an African – American woman, when I heard the word diversity I often thought about race. After being a student in Momentum and then a Kinesis Peer Academic Advisor for three years, I have come to relate diversity to a state of variety. This variety can come in many forms such as, but not limited to; socio-economic, racial, academic, gender, sexual – orientation, and religious. Coming into this program helped me recognize, I brought my biases with me about the variety in other people. As a Momentum student, I was inspired by the session on diversity given by Stephanie Diaz when I was a first – year student. She did something different as compared to the other presenters, she listened to us. She asked us to talk about our backgrounds and have a dialogue about what made us special. Throughout my four years in the Momentum program, I am always amazed at how professors from diverse academic backgrounds come together and present to the students about how their academic disciplines are related. This has always served as an important metaphor for me about human nature. If different academic disciplines can find common ground, we should be able to find this common ground as human beings by relating our differences. I have carried this thought with me as a student on campus and as a Kinesis Peer Academic Advisor for the Momentum program. My goal was and will continue to be helping others listen to each other and find common ground. When we listen and find common ground, we can find the beauty in our variety, we can appreciate how special we all are, we can bring people who seem to clash together.

Carly Patterson: Secane, Pennsylvania

It feels like just yesterday I was driving under the Elizabethtown College sign arch over the entrance to Schlosser Loop to start the next chapter of my life. I was nervous just as any new first year student would be, but I was also extremely eager to begin college. I thought I had my whole life and college experience planned out before I even got to campus. I had dreams and aspirations but was anxious and uncertain of how to achieve them. It was through this program I learned how to make those dreams a reality. It was through the small sessions each week and the bonds I made with others, which I really grew to appreciate all this program has done for me. I truly believe in the mission of the Momentum program and wanted to help others have the same great experience. I have always wanted to pursue a leadership role, but after being denied multiple opportunities at my high school, I was anxious to try again. When Momentum began looking for new Kinesis Peer Academic Advisors for this year, I imagined myself helping students the way my kinesis helped me. I reminded myself of the power this program has and the impact it had on me. I decided to go for it, despite my doubts. When I found out I was chosen to be a kinesis, a feeling of joy and happiness came over me. Words cannot describe how grateful I am to have had this opportunity. It allowed me to grow as a leader and as a person. When I imagine my next three years here, I see myself continuing as a Kinesis along with pursuing other leadership roles on campus. This program has continued to open my eyes and give me a true appreciation for leadership and the leaders in the community surrounding me. Throughout this Momentum week, I saw these students grow and become less anxious and more excited for their futures. I am thankful to have played a part in their transition to college. I am excited to begin my year as a peer academic advisor. I hope to provide my students with the support, knowledge, and resources they need to be successful here at Elizabethtown and in their future endeavors. I was nervous my impact on these students would not be strong. As I read two of the student essays and saw they had written about how I inspired them, it hit me how I while I was inspiring them, they were inspiring me. I will treasure the impact these students had on me and will continue to use the inspiration I received from them to flourish in my future roles as a leader. I am eager to grow alongside my students throughout this year and to be a part of their support system going forward.

Nicholas Mich: Ephrata, Pennsylvania

Returning for my second year as a part of the Momentum Program, I was enthusiastic to arrive and work alongside a group of friends to welcome and prepare incoming students for their first week at Elizabethtown College. In the past, I was a part of a college preparation program for high school students. Now, I planned to assist students and help them adapt to life away from home as they arrive through the Schlosser Loop at Elizabethtown College. I decided to join the Kinesis Peer Academic Advising team for two reasons: to serve a program which has helped me in countless ways and to understand the benefits and challenges of working with students who were once in my position. I was now a force of change hopefully offering a positive influence on the Class of 2023. Still, I had little experience participating in a program of this caliber. It was a matter of watching and learning how to manage others. Words of advice are usually offered to prepare, but the greatest knowledge comes from getting fully involved. Over the past two years, I found it inspiring to watch how much of an impact this program has on students. Many members of the Kinesis Team continue to share strong bonds with *their* mentors from years ago. Kira Kuhar, former Momentum Kinesis Team Captain, was the speaker at the opening night dinner. It was inspiring to watch somebody who was once in my position standing at the podium and sharing her story. I began to wonder about where I plan to be in the next four years after graduation. The relationships this program builds are truly special, and the experiences reward anybody who is a part of it. I find myself dedicated to watching this program succeed and desire to continue giving back to the program through sharing, planning, and socializing with those who make it successful. I want to thank Professor Benowitz for giving me the opportunity to be a part of the program and to have an impact on the students who will continue to share the tradition with future incoming students. At the end of the week, I received the most important lesson of my life. I learned to appreciate those who appreciate you. *Everybody is different, and everyone is unique.* I finally had the chance to understand the true meaning of this phrase. I wanted to share my life experiences with students and learn about what makes them an individual. I wanted to build a connection with at least one person and give them the most important thing to have in college and in life, a friend. Most importantly, *everyone is human.* We all make mistakes, but we are also all capable of amazing and unimaginable things. I am excited to see the impact we have had on them, and how they will be able to shape the future of the college.

Kayla Wolf: Willow Grove, Pennsylvania

When I look back on Momentum week I do not think about the fears and doubts I had over the summer, but the joy and excitement I felt throughout our time together. It was just last year when I entered Elizabethtown College as a shy, first generation, college student who lacked confidence. Towards the end of my time as a Momentum student I really started to imagine myself as a Kinesis, however, I was filled with doubts about my ability to lead. Becoming a Kinesis has been the fuel I needed to become more confident and to really embrace my calling to become a leader. Meeting the students as they pulled into Schlosser Loop, I feared my quietness would inhibit me from making an impact. This fear was quickly diminished when I started talking to several students who were filled with excitement and had a clear love for learning. Their bright and energetic attitudes inspired me to match their energy which allowed me to easily adjust to my new leadership position. When it was time to lead the discussion on the book titled, Inspirations: Selections from Classic Literature, by Paul Coelho, I had felt prepared and inspired to share my story with the students. If someone had asked me to lead a discussion a year ago, the outcome would have been different. I was excited to open up to the students and give them space to open up to me. Their stories inspired me to continue pushing myself to try new things, and to pursue more opportunities challenging my comfort zone. The amount of growth I saw in the Momentum students and myself as a Kinesis had a great impact on me. I can say with confidence I will continue to pursue leadership positions and continue embracing new opportunities with the same bright and energetic attitudes as did the students. I am excited to see continued growth in the students I am assigned to mentor throughout the year, and I am curious to see how they inspire and impact others in the Elizabethtown community.