

ELIZABETHTOWN COLLEGE

MOMENTUM

IMAGINE, INSPIRE, IMPACT

STUDENT REFLECTIVE ESSAYS AUGUST 2020



*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)

YOU HAVE A NEW EMAIL: “You are invited to participate in the *Momentum* program at Elizabethtown College.” As I read this email, I was curious as to what this program was about and why me. I browsed through the website in hopes to find more information and I came to the decision of “why not?” Now four days into the program, I am glad I decided to accept the invitation. The magnitude of the Momentum program will only be discovered once a person is taking part in the meetings and talking to the Kinesis Peer Academic Advisors. On the second day, I learned how the Momentum program is not just a community but also a family. I did not expect to be a part of a devoted group aspiring to help one another’s future. Inspiration was floating around our Zoom meetings. While around us the world was hectic, the Momentum program was a safe place. If someone was confused or lost, they were redirected. The Momentum program alumni who spoke to us reassured us how they had the same exact feelings as everyone else right now. Confused, excited, a mix of emotions, they felt it all before. Now, they are confident the Momentum program is one of the best decisions they have made. Reading one of the books assigned over the summer, *College Success Guaranteed: 5 Rules to Make it Happen* seemed to have self-explanatory rules, but upon further examination, there are hidden gems. “Make yourself so busy you don’t have time to get into things you shouldn’t get into” was under the third rule, commit to something. Elizabethtown College is full of opportunities if you look in the right place. The last rule, procrastination kills, is eye opening. It kills the most valuable thing of all: time. Time is something we all value. Just as our high school years finished before we knew it so will our college years. We have been waiting for this moment, whether we have been told of all the freedom we will have or because we are one-step closer to our dream life, college is a destination. Yet, we waste this time thinking about the “what ifs” we forget, and fail, to simply enjoy the moment. It is the end of the beginning; a new opportunity will be around every corner as long as we are patient and let time do its thing. I can finally answer the questions going around in my head as I read the email. The Momentum program is an opportunity to experience college at its finest, and they chose me, and my fellow peers, because they see potential in me and want to help me get to the point of my best possible self. The Momentum program is powerful enough to inspire anyone and to have the momentum, which is inside everyone. One must simply have the inspiration to do.

- Anfal Al-Hussaini: Lancaster, Pennsylvania

This year’s Momentum program was unlike anything Professor Benowitz nor any of the Kinesis Peer Academic Advisors had expected it to be like. However, it was still a very meaningful and inspiring experience for me, as I get accustomed to living away from home. Initially, I was a little nervous about going to college. I have never been away from my parents for more than two weeks, so it is a big change. I was the first roommate to move in, so once I finished moving in, I went to the Schlosser Residence Hall lobby to wait for my roommate. In the lobby, I met another Momentum student, Christian. We were trying to connect to the Wi-Fi; however, it was rather unsuccessful. I would consider myself tech-savvy but after trying my best to help, I realized how I have much to learn. Although, through meeting Christian, I was inspired to become friends with my roommate, and I realized I am not alone here in college. As day faded into night, I tuned into the very first Momentum program zoom meeting. I was excited. The reality of being on campus and beginning college was overwhelming. Through the Momentum zoom sessions, I was able to connect to a couple of people who have the same Japanese intended major as me. Connecting with these people before going to classes helps, as I will at least know someone else in my classes. When Kinesis Peer Academic Advisor Eric Schubert was talking about his passion about genealogy and how he has already furthered his passion and interests into the realm of a career, I got inspired to pursue my dreams and further my goals into the realm of now instead of later. If I were to describe my experiences in the Momentum program this week, one phrase pops into my head; “Don’t knock it ‘till you try it.” After hearing from a Momentum and Kinesis Peer Academic Advisor alum who was involved in ITS, I decided I want to make an impact on campus by becoming involved in ITS. I am also imagining more about myself and am hoping to become a Kinesis Peer Advisor, helping, inspiring and influencing future Momentum students with my experiences of this year. Although different, I bet this year’s Momentum program will be an experience in which everyone involved will treasure their memories in for a long time.

- Joseph Arlands: New Milford, Connecticut

The Momentum program solidified what I already knew: pursue what you love. In my case, Japanese is the object of my infatuation. I already fantasized about diving headfirst into any class relating to Japan. In one of the Momentum program sessions we filled out a form considering the pros and cons of majoring in Japanese, my confidence in the decision skyrocketed. This major opens a myriad of paths, including studying abroad. The possibilities are endless, and I am eager to explore them all. Picture this. I sit at my desk, disappointed about the sacrifices made due to COVID, while listening to the speaker presenting sessions. The dull thrum of the air conditioning unit in my vacant residence hall room consumes most of my attention— a constant, distracting white noise. I am operating under the assumption this online Momentum program will be uneventful, enervating, and lacking in opportunity compared to the in-person version of the program. Then, Kylar Harvey, a Momentum and Kinesis Captain alumnus, recounted a familiar setback he faced: his academic advisor recommended he should not apply for medical school, even though it was what he wanted to pursue. Immediately, I start paying attention. Some of my mentors have given similar advice about my path. Kylar Harvey goes on to detail how he did not let his setbacks stop him, and he still discovered opportunities to achieve what his goals. This moment was a critical turning point recalibrating my expectations. My anxieties were alleviated, and I was inspired to stay open to new paths. Nothing is set in stone, and this is a positive concept! Today, I am determined to work to become the person I aspire to be, take obstacles in stride, and create my future. I might not monumentally change the world, but I know and I hope to leave an impression on my professors, my peers, and my community. Discovering my place in the world is extremely important to me, so I am beyond excited to join clubs and attend classes to begin. I am going to actively mold my future so one day I can help others along their paths. This is the impact I am going to leave on the world. The Momentum program has taught me how I can achieve my dreams, conquer my obstacles, and make a difference. Now I have to jump in!

- Alex Baker: Wyalusing, Pennsylvania

My name is Abigail; I am part of the Momentum program. I have learned so many helpful, inspiring ideas, things, and opportunities. My favorite academic session for the Momentum program was about comparing and contrasting mathematics with music, because I love math and music, seeing how Professor Hughes, who teaches math, demonstrated how songs from a musical worked with math. I am the kind of person who does not really talk to anyone or participate, I ended up being assigned to a break out session with people I do not know and tried to talk to them but I was still worried of how they thought of me or what I said. I actually tried to talk to people and I am proud of myself for getting out there and asking questions and talking to people. The Kinesis Peer Academic Advisors were very helpful as well and they were really nice and helpful, I am not used to people being really nice and helpful. The Momentum program helped me figure out more things about myself and as well, as start being myself around people besides my boyfriend and my sisters (not by blood). I feel like my next four years here are gonging to be amazing. I end up having friends whom I trust and who are very special to me, those are the ones who are the ones I call my siblings because it is hard for me to trust people and if you are one of them I trust you are very important and special to me. My goal for while I am on campus is to learn how to be myself, making friends, and learning more about owning my own business and learning to help people more. I hope when I leave Elizabethtown College in four years my fiancée and I hope to own our own business where we help people who cannot afford or if they had a another company put in something for them and they will not come back we will come and fix it if they did not wrong, we had to do it for my grandmother to fix her ramp for my grandfather, they had a company come and put it together and put it in and the did wrong and made them pay for it with so much money and would not come back and do it so we had to do it and this is when we decided this is what we want to do in the future. Thank you, the Momentum program and the many amazing people, for an amazing start to my four years at Elizabethtown College.

- Abigail Bartoli: Exeter Pennsylvania

Starting college is a scary thought on my mind for a while now. The Momentum program took these scary thoughts away. During this time, I was able to meet with other first year students who are in my shoes right now. It was amazing to listen to phenomenal professors who took their time out of their day to give us information about their academic department and what they do at Elizabethtown College. Through these presentations, it gave me a great idea of how the professors teach at the college. While doing session called “Make A Decision,” I realized how I might not be in the right major. I continued to fill out the pros and cons form and started to feel anxious. As I was listening to the Kinesis Peer Academic Advisors and Professor Benowitz talking about how 88% of first years change their major after their first year, I knew I would be a part of this percentile without any doubts. When I got on my lunch break from the meetings, I started to really think about my major. After our sessions, I sat in bed reflecting on the day and what I enjoyed about it versus what I did not really like. I can tell you; I had all positives. Everyone in the Momentum program has inspired me. There is no way I can pick just one person, one presentation. Listening to the Kinesis Peer Academic Advisors, Momentum alumni, professors, classmates, and Professor Benowitz has made me feel very calm about starting college on the right foot as well as knowing I can go to someone for anything. I learned how you will not do well on everything you do throughout my years at Elizabethtown College. A long-term goal I have is to make sure I always put my best foot forward as well as making priorities for what is important to me by working on my time management skills. I know I will not succeed at everything as I set high expectations for myself. Working on my time management skills will help me put my education before working off campus. While thinking about what my future in college will look like, I could imagine how I will meet more people and be able to get a degree to continue my education. I cannot say how much the Momentum program has benefited me. I am honored to be a part of this spectacular program.

- Abigail Belzner: Hershey, Pennsylvania

Although my time with the Momentum Program had to be on Zoom, I have learned many wonderful and educational facts about my new home and family. Over the many interactive online meetings/sessions, a few certain activities have broadened my mind to the possibilities and opportunities at Elizabethtown College. One of the more impactful experiences we participated in was the “Make A Decision” activity, where we all weigh the options of our intended major. During my recruiting process for college, I had a much-narrowed mind where I wanted to pursue mechanical engineering. However, this lesson made me see how rigid my view was and how there are other subjects and classes I loved. This has also caused me to rethink my major in a more positive way, focusing on happiness rather than looking at financial benefit. My overall goal is to find a career path allowing me to reach my fullest potential. During the academic session comparing and contrasting mathematics in the world of music, I realized how there are uncommon combinations of subjects, for some, would never seem possible such as including geometry in music. I believed my knowledge of music and what goes into making songs was above average, but during this session, I was exposed to something I could not have imagined. This was eye opening for me because it allowed me to understand how my major does not have to stop at an engineering office. It can take me to all sorts of career paths, which at first may not seem like it requires someone in an engineering background but it does. The Momentum program is a group of leaders who, through their own experiences, come together to motivate and inspire others to make an impact on those around them. I wish to follow the footsteps of these amazing peer academic mentors and become a person from whom others seek guidance. The next four years of my educational career will be nothing short of learning and working hard so I will succeed in whatever I am devoted. Through my time in the Momentum program, the biggest lesson they preach is to find my true happiness and I feel the most joy through the cheerfulness of others. Therefore, I will be the one whose footsteps people follow when they feel lost.

- Joshua Blades: Cambridge, Maryland

In the two years of living in the United States as an international student, I have never experienced being a part of such a close-knit community as the Momentum program. Many friendly faces making me feel very welcomed, everyone is very kind and helpful, especially the Kinesis Peer Academic Advisors who are there to help Momentum students with questions about preparing for college. My experiences through the Momentum program motivated me to be more proactive when it comes to achieving my academic goals; Professor Benowitz showed this through his excitement when someone is being proactive. There was also a moment where he emphasized to not give up so easily, which is a very good reminder for me, especially at times like this. I was very inspired during the sessions about civility and when President McCormick spoke about her own experiences as a first-generation student in college and her career journey, which reminds me of a saying “nothing is impossible” as long as you work hard. She also placed emphasis on connecting with professors, which I could not agree with more. During the Momentum program, I learned how we could combine different things we are passionate about and make it into a career using an interdisciplinary approach. We had professors from various different academic disciplines presented how different fields of study are related. For instance, Dr. Newell, who teaches Anthropology and Biology presented to us about biological-anthropology; this was very interesting to me because I love Anthropology and Biology. This particular session made me realize how I need to at least minor in Anthropology. Besides, I am going to major in International Business and one day I would like to have a career in Economic Development because my purpose is to make a positive impact by helping others. My goal in the future is to reduce the poverty rate on my island from greater than 42% to a much lower percentage and I think by being in the Momentum program it will really help me to achieve these goals. The Momentum program this year is different from previous ones because it is being held virtually because of the pandemic, however, everyone tried their best to be positive and make the best out of the Momentum program. I am very grateful to be a part of the Momentum program.

– Margaretha Bria: Atambua, East Nusa Tenggara, Indonesia.

I was sick with worry. Late at night, unable to fall asleep. I was lying in bed in my grandmother's guest room; the only sound was my heartbeat and the mechanical hum of the air conditioner. I take a deep breath, letting my lungs fill with the cool air in the room. As I stared up at the textured ceiling, I finally came to grips with my new reality. I watched the sunrise in the morning. Mesmerized by the golden light coming through the trees, greeting me at the window. All at once, a calm came over me, an understanding with myself. As I walked out of the room, I knew more than anything did how I had to be strong. Not only for myself, but also for my family. This feeling stayed with me as my loved ones and I drove to campus and started to unpack into my new residence hall room. Even when my parents were saying goodbye I held onto the feeling of strength. This is where this story begins, and it is the theme of this piece. Feeling beside yourself, almost sick. Fighting to push away from the negative emotions, and towards the strength inside. College was a big transition for me. It took me out of my hometown, out of my comfort zone, and brought me something I had always wanted independence. This new situation has been hard, and there were times I asked myself if it was worth all the trouble. I can confidently say now it has been all worthwhile. My first three days here, I could not even get my computer connected to the Wi-Fi. I reached out for help and was given unimaginable support. My Momentum family has been there since day one, even before I had unpacked my things. It took time and effort to figure things out, but once I did, it was mind blowing how much I wanted to connect with them. Yesterday (my second day here) I realized I had a brutal ear infection. I could not sleep, and this morning I was given an appointment to address this health concern. My roommate, who is also in the Momentum program with me, has also been nothing short of a miracle. She helped me connect to more of the Momentum program sessions, and even took notes for me while I was at the doctor's office. She has been inspiring me to break out of my comfort zone and meet new people. Today was the first zoom session I could join, finally getting my Wi-Fi set up. At first, I was shy, but after a few minutes, I really wanted to get to know these people. I found out I have much more in common with them than I originally imagined. After everything, I have been through these last few days: the fear, the network issues, and the surprise trip to Hershey Medical Center. I look back on the Momentum program sessions I was able to attend (via Zoom), and the amazing connections I have been able to make. In conclusion, by joining this program, I did not just sign up for extra work

and coming to campus early. I realize now my struggles have been small in comparison to the amazing experiences I have had in just these last few days, and will have for years to come.

- Katelynn Cashner: Hilliard, Ohio

When I first received the email of the invitation to participate in the Momentum program, I felt so excited about the different opportunities being offered. However, I also felt nervous about meeting other students and how things will work due to COVID. However, when I moved in, everyone was so welcoming. I felt like I was at home. As we had zoom meetings with the Kinesis Peer Academic Advisors and hearing their stories made me want to strive to succeed. Hearing how the Momentum program help them made me believe I made the right choice. I have learned so much in one week! The Momentum program has taught me to be more outspoken and the importance of asking questions. You cannot get the information to succeed if you do not ask questions. The Momentum program helped me become more of an active listener and this helped me prepare to do the same in my classes. It has also made me want to be more involved with the college and the community. Our college has so much to offer from different work-studies and on-campus jobs to travel abroad programs. The Momentum program has shown me how I still have room for growth, and this is my chance to make it happen. I am so thankful I was able to be a part of the Momentum program.

- Culp-Mason, Cierra: Waldorf, Maryland

I made the right decision. Coming to Elizabethtown College and joining the Momentum program. As I am sitting in my residence hall room, watching professors and Kinesis Peer Academic Advisors provide guidance in these unprecedented times, something struck me: I made the right choice. I learned by listening to the testimonies of the Kinesis Peer Academic Advisors' dedication and hard work is vital to success. Every single Momentum student and professor, who presented, spoke so passionately about something important to them, and it clearly represented their level of dedication to their subject or goals. Especially when listening to the background stories of the Kinesis Peer Academic Advisors, it lit a fire in me. It inspired me. One Kinesis Peer Academic Advisor in particular inspired me with these words: "It does not pay to worry." Listening to this phrase after hearing his story was awe-inspiring, and allowed me to reaffirm my stance on whether or not Elizabethtown College and intending to major in Biology was the right choice. Later in the night, when I was lying in my soft bed in my residence hall room, I thought about my decisions leading up to college regarding my major and decision to join the Momentum community, I had a realization. I made the right choice. I smiled as the crickets chirped and breeze of the wind flowed into my room. Furthermore, after hearing President McCormick's presentation and her story, it inspired me to continue my dedication toward succeeding, and furthered my understanding how the Momentum community is a good fit for me. The Momentum program has been absolutely amazing so far, it has been a huge pleasure meeting the Kinesis Peer Academic Advisors and some of the professors. I feel as if I have a head start on my peers. The program has reminded me why I chose Elizabethtown College and my intended major, and yet, I know how nothing is set in stone just yet, and I still have the opportunity to switch my whole life around. I know I will have the support of many wonderful Kinesis Peer Academic Advisors and professors backing me. The Momentum community of which I have the pleasure of being a part of truly makes me happy. While I am here at Elizabethtown College, I plan to impact the lives of different students by providing them with assistance in any capacity, and to the community through volunteer work. I want to succeed, and I want my fellow peers to succeed as well. I know I will make lifelong friends and I hope I can be a lifelong friend to someone. I am so thankful for this program, for the opportunities, it has provided me, as well as the gift of curiosity, and excitement for the future has given to me. I learned I made the right choice.

- Alec Delgado: Lindenwold, New Jersey

“If you could pick one animal to describe your personality, what would it be?” She asked. I was about to unmute myself and tell a preceptorial full of people whom I have never met before my personality trait is a dolphin. Nevertheless, I learned a great deal about my peers as they shyly described themselves as turtles, sloths, and other various animals. All of these very different animals would not naturally belong in the same habitat but are somehow together in one Zoom call having this conversation, clinging to the only living beings they have regardless of their differences. Starting with the first Zoom session, the Momentum program let me know how important it is for different forces can coexist regardless of their differences. One of the opportunities I look forward to is the opportunity to study abroad. As an Occupational Therapy major, this would open my mind to other cultures and ways of life as well as learning from a well-rounded variety of professors. Traveling has always been something I wanted to do more of so learning about different options through the Momentum program, such as studying abroad with Elizabethtown College, possibly expanding my career with the Peace Corps after college, are some interesting topics for me to pursue, and could be beneficial to me as a person and as a future professional. Back home in Howell, N. J., one of our biggest events in town is Relay for Life. I was fortunate enough to be an ambassador for the past three years. At first, I only saw it is something I do with my best friend. Looking back, it brought the entire town together to help many cancer patients and empower the survivors. Seeing the way the Kinesis Peer Academic Advisors got past their roadblocks and are now helping others made Elizabethtown College feel like my community at home. They really believed in themselves, believed in each other during the roughest points of their academic journeys, and now believe in us. I want to guide others to have a more positive impact on the world and everyone around them. Becoming a future Occupational Therapist with a degree from Elizabethtown College will give me the platform to use my creativity, education, and personality to do so.

- Fredilyn Dong: Howell, New Jersey

I never really knew what I wanted to do for a career. This uncertainty made me feel very anxious for college. Yet, as I sat in my dorm room feeling the breeze from the fan, listening to Zoom sessions, and seeing everyone on the screen, I realized how college is not going to be so bad. This is all because of the Momentum program, the program’s Kinesis Peer Academic Advisors and Professor Benowitz. Eric Schubert, a Kinesis Peer Academic Advisor, started his own genealogy business. He uses DNA and genetic tests to solve old police cases. His results give the victim’s families a peace of mind to know what happened. It also gives the police a sense of closure. I found this immensely intriguing and inspiring. Giving back to a community, which has given you so much, is truly a blessing. The business he talked about inspired me to do the same. In another Zoom meeting, Jaime Ramos, Momentum and Kinesis Peer Academic Advisor alumnus, talked about prestigious grants and scholarships and his time in the Peace Corps. During his presentation, he said, “In order to be rewarded, you must take risks.” Not every risk may pan out, but it might open a new door. I have never really been much of a risk taker. Yet, his presentation inspired me to change my mindset and to begin taking risks. The Momentum program also taught me the value and impact of relationships. Having these strong relationships with the Kinesis Peer Academic Advisors, and professors are extremely important. They have all been through their first week of college. Trust they will not steer you down the wrong path. They are here to help. So, do not be afraid to go and ask a question. This question is what might land you an internship, job, place at a graduate school, prestigious scholarship/fellowship you wanted so badly. The Momentum program has taught me to broaden my horizons and truly think about what I can do to make the world a better place. Whether this means starting a non-profit or becoming the executive of a huge company and becoming a voice for change, it all began with The Momentum Program.

- David Ellis: Mercer, Pennsylvania

In life I have heard, “trust your instincts, this is where true wisdom manifests itself.” Even without knowing the Elizabethtown College campus, I gravitated towards this school, it just felt right. Like any student, I had doubts, “Would I fit in? Is it too far from home? Is this really the right school for me?” Many questions wandered around my mind until receiving an invitation from the Momentum program. I felt honored, on their part, they had known I was a first generation student and were offering me a hand. Along with other factors, I was convinced I belonged with the Blue Jays! Due to the pandemic, many in-person activities were cancelled this year but this did not stop them! I sat excitedly in front of my computer screen, I laughed as I saw my roommate's reflection behind me. She was also getting ready to join the Momentum program zoom meeting. In just seconds, I would meet a group of students who I could relate with. The Momentum program consisted of first generation students, all with different backgrounds. We finally met the Kineses Peer Academic Advisors of the program. Each member of the Kinesis team spoke about their experiences in the Momentum program and hardships in college. In a way, I felt comforted. They said having obstacles in college was normal and taught me how I should never give up and find ways around it. One of the stories I found inspiring was from Kyler Harvey a Momentum and Kinesis Captain alumnus, he spoke about being rejected from a medical program he dreamt being part of. He was not doing too well with his grades yet he did not give up. He said, “I can’t stress this enough, make connections in school,” as he told us how one of his professors helped him find another route into the medical program. He seemed very ambitious; he did not give up on his dreams. He could have easily changed to another career pathway but he stuck to his goal. Most people give up when they receive a rejection, Kyler Harvey showed otherwise. He also spoke about how supportive the Momentum Program was during his journey. Many other Kinesis Peer Academic Advisors had similar experiences; it felt good to know how we could help one another if we ever felt lost or confused. Not many people can say the same, I am extremely lucky to be part of this program and look forward to making memories with my peers.

- Zulma Escalante: Millsboro, Delaware

I think it goes without saying this year was much different from how we all planned. Not just with the Momentum program, but with everything. My time in the Momentum program so far though, has challenged me and has given me many new experiences teaching me so much. Zoom meeting after zoom meeting has its challenges and I quickly became bored of it, craving real human interaction. Sitting on my bed or at my desk in my residence hall room for hours at a time becomes tiring. My roommate every now and then hops up to do stretches and move around, expressing her distaste for sitting around all day as well. I laugh and agree. Despite the quarantine, every speaker in the Momentum program tried their best to include all the Momentum students and make the whole session special and engaging. I never fully felt cut off and at times, I forgot I was in my residence hall room and not in a classroom. Dr. Kozimor-King, who teaches Sociology, started her Momentum program session off by vigorously ringing a bell and moving on like nothing out of the ordinary happened. With this being early in the morning, it was a good way to wake up and accept the day had started. She later explains how sociologists love to go away from the norm and it is the best way to understand humanity, by doing the unexpected. The bell, being unexpected, was her way of giving an example of said fact. This inspired me to look at how I went about many things in life. If I do the unexpected or go against the norm, at times, it could cause me to learn and understand things better. While at Elizabethtown College, I hope I can leave a lasting impact with my experimental ways of looking at going about different situations and finding new ways to learn. With the future so uncertain, especially now, it is hard to picture where we all will end up, but one can only hope for the best and brightest future.

- Sam Ferry: Sellersville, Pennsylvania

This essay is about passion. The words resonated in my head. It was at this moment when I realized what Elizabethtown College and the Momentum program were all about. This week I have been mainly inspired by Professor Benowitz and Kinesis Peer Academic Advisor Eric Schubert, listening to their stories and listening to them speak about what they are truly passionate about really inspired me to make sure I never settle for something I am not passionate about. The first zoom session of the Momentum program was likely the best virtual tour and history lesson I could have possibly experienced. The zoom session was long, but it felt as if only a few mere minutes had passed because I was so fascinated and interested in the history of Elizabethtown College and

interesting facts Professor Benowitz had to share. Another thing I love about listening to Professor Benowitz is the way he answers questions in such a way not only was the original question answered but he also gives lots of historical context to ensure you fully understand the answer. When asked about the history of African-Americans at Elizabethtown College, Professor Benowitz not only answered with the African American student's name, year, and major, but also what led up to the African American student attending Elizabethtown College, where he went after Elizabethtown College, and what significant contributions this African American Elizabethtown College alum gave to society and how this affects us today. This led to the introduction of Kinesis Peer Academic Advisor Eric Schubert and although Eric Schubert has yet to graduate, he proved to me if I am passionate about something and if I work hard enough I can have a large impact not only in my life but an impact in the whole community and maybe even the whole nation. Professor Dolson, who teaches English, instructed a writing workshop for the Momentum program giving us very short periods of time to jot some notes down about various questions and then had us analyze our writing and finish the statement: "This essay is about _____", after a mere five seconds of review I understood this essay is about passion. I learned the whole history of the local Elizabethtown community, Elizabethtown College, and the whole past of administration and students appears to revolve around passion for learning, passion for teaching, passion for what they believe in, and the determination to turn their passions and dreams into reality. This essay is about passion.

- Alexander Fox: Downingtown, Pennsylvania

On Tuesday, I meet a member of the ITS team named Miranda. Correction, I had a Zoom call with Miranda. In addition, I would consider her more of a computer genius than just a member of the staff. I sat in my residence hall room alone as the sun glared through the windows. What I would have done to go outside and meet all my new Momentum friends. Instead, I was stuck in Schlosser Residence Hall room no. 326 sitting next to the air conditioning unit vent as it droned on. I would much prefer the first option where I can see people face to face. I had been without internet for a few hours and was starting to go mad. I did not have a roommate to keep me company as I begged my computer to work. To pass the time I tried fixing the computer and internet issues myself, bad idea. I have never been able to solve a computer problem; therefore, I am not entirely sure why I thought I would be able to solve my issue on Friday. My patience was starting to thin exponentially. In today's world of high-speed technology, it is easy to expect things almost immediately after we ask for them. This has allowed my own patience levels to go down significantly for years without me noticing. I laid down in my bed with no internet, no Momentum program, and nothing better to do but be patient. It was not long until I had finally gotten the call I needed, Miranda from ITS. At long last someone who could help. Miranda was so kind and put me on the Wi-Fi. I saw the patience Miranda had for me as I fumbled through her directions. The Momentum program has taught me the value of patience. I waited continuously for the connection would put me with the support and love which is Professor Benowitz and the Kinesis Peer Academic Advisors. When I was able to connect back with all my new classmates, I had known my patience had paid off.

- Michelle Fox: Wall Township, New Jersey

When I first left my apartment in the morning of August 17th, I felt a great deal of nervousness and excitement as I was beginning to embark on a new chapter in my life which was going to college. Once I arrived on the Elizabethtown College campus to move into Schlosser Residence Hall, the butterflies inside me started to multiply as I started to become more concerned about my well-being. Thankfully, the Momentum program changed all of this for me with the various sessions through Zoom. All the lectures helped me expand my view on certain subjects taught throughout the curriculum. Over the summer, I was reading all three books required for preparing for the Momentum program. Among the three books, one stood out to me and it was no other than *Choosing Civility: The Twenty-Five Rules of Considerate Conduct* by P. M. Forni. One statement from the book, which opened my eyes to what civil means was this: "Being civil means being constantly aware of others and weaving restraint, respect, and consideration into the very fabric of this awareness." When I first read this, I was like, wow, where was this positivity when I needed it! I have been constantly hammered by all the negativity on social media over the past few months, only to find a bright light through all of it by reading the book. This book overall, inspired me to become more positive and open-minded in all my discussions. In addition, the book showed me the effects

of civility and how it can be beneficial in the end. Throughout my time at the Momentum program, I feel everyone, from Professor Benowitz to all the Kinesis Peer Academic Advisors, made a big impact on me. The various lectures and all the group discussions I had with the Kinesis Peer Academic Advisors has helped me to become more comfortable with other students, faculty, and staff. In addition, it helped me learn more about the campus community and what it has to offer. The program in general gave me confidence to pursue my academic goals. I am planning to major in Computer Science and get a career in programming. I feel with the resources around me, I have the utmost power to achieve my goals in life.

- Damian Gauld: Lansdowne, Pennsylvania

When I initially arrived on campus, I was overwhelmed with many negative emotions; dread, fear, exhaustion, and anxiety plagued my mind. As I saw my family leave from my residence hall room window, I felt frustrated with everything. I was frustrated I had to leave my friends behind and frustrated my reward from quarantine was simply more isolation alone. However, when my outlooks were bleak, I remember joining the Momentum program's first virtual meeting and feeling the warmth of everyone's kindness and acceptance. Professor Benowitz explained everything and was understanding of our hardships but was quick to reassure us and alleviate our worries. We had preceptorials with small groups of students, and in them, we were able to express our feelings and share our hobbies with others. Through the messaging groups people emailed me, I was able to gain a few friends digitally within the next day of joining the campus. Amidst the chaos, the Momentum program was there to let us know how we were not alone in our concerns, and this Momentum community here is a compassionate one helping us push forward with our goals. I remember hearing President McCormick's speech and noticing how passionate and dedicated she was to helping students. Even while we were in a time of quarantine, she was devoted to meeting and speaking to us. It helped energize and motivate me to push forward despite the challenges ahead. Not only did this program help me think above my degree and future, but also it made me feel welcome at Elizabethtown during a difficult time of isolation and fear. For the friends, knowledge, and comfort it gave me, I cannot begin to feel gratitude towards everyone involved with it. These remote sessions taught me of civility, and how to respect my professors and peers on a day-to-day basis. It gave me the confidence I always needed and made me be motivated to carry on strong for my first year. The program helped me through this new and engaging chapter of my life, and it was amazing to start my semester with their guidance. With the help of the Momentum program, my goals are to major in biochemistry, pursue a career in pathology, and use my knowledge to help others with their journeys in science. I initially did not think of using my time to tutor and support others with their own paths, but the Momentum program made me realize how I should be open-minded and broaden my perspectives of the campus.

- Jessica Gutekunst: Annville, Pennsylvania.

Sitting at a desk with my computer, I loaded the first zoom meeting for the Momentum program. Fear rumbled within me as I grasped how I did not possess a single clue about college life. Within my moment of anxiety, I heard "Never give up" from Kylar Harvey, a Momentum and Kinesis Captain alum. Strangely enough, I wrote my college admissions essay based on those three words, and when he said those words, I felt a sense of familiarity and focused in. Kylar Harvey elaborated on how he began his first academic year on the wrong foot but continued by saying, "you can get to wherever you want to be." What I found so captivating about his story was how he truly never gave up on his dreams even though he was advised to switch to a divergent path than he desired. Instead, he found solutions, problem solving and communicating with his professors. Never in my wildest dreams did I ever imagine how I would gain inspiration and motivation this early in my college trek. Before even arriving on campus, I thought, "I am going to fail. I am not prepared for college." Fortunately, the experiences told by the Kinesis Peer Academic advisors and the overviews on the academic courses the professors screen-shared really assisted me in my journey of self-discovery, confidence, and the recognition of what I am truly intellectually curious about. For example, I found the Momentum program session comparing psychology with sociology conducted by Professor Roy, who teaches Psychology, extremely engrossing, which prompted me to delve into the deepest part of my mind and reminisce on my memories from my high school psychology class. Subsequently, I remembered why I chose neuroscience as my intended major. Through the Momentum program, I learned to

appreciate the campus and the close-knit community through the connections the Kinesis Peer Academic Advisors explained they possessed with their professors. Now I cannot wait to leave quarantine, walk around campus with my roommate, and begin classes. Overall, one day I hope to establish the same impact these professors and Kinesis Peer Academic Advisors had on me on anyone I come across. In the short time, I spent in the Momentum program so far, my thoughts on college life completely converted to something novel and thrilling. I learned to appreciate the relationships I possess, no matter how small they may be, imagine my life on campus and post-graduation, gain inspiration from the experiences of others, and impact those with the lessons I digested.

- Emma Halteman: Green Lane, Pennsylvania

Being a part of the Momentum program had seemed like a really great opportunity, and it turns out it was. The many different experiences and stories shared with you from Professors, Kinesis Peer Academic Advisors, and alumni of the Momentum Program are all really inspiring and motivating. One of the Momentum program sessions we had was titled "Exploring The Core." In this session, we were able to hear about the success and true value of the Momentum Program, which is helping students become successful in their passions. One of the presenters, Kylar Harvey, a Momentum and Kinesis Captain alum, was proud to share how the Momentum program helped him. He had told us about how his intended major was doubted by others and how he did not receive the support, he deserved. With the Momentum program, Kylar was able to get back on top of his studies, work hard, and even get on the right path to pursue this initial intended major. The Momentum program connected him with all the right people and gave him an opportunity for success he might not have gotten anywhere else. The perseverance showed here is something I want to strive for throughout my college experience. The importance of the Momentum program and the benefits can be provided to me when I am deciding my major and the courses I want to take, is shown to me through Kylar's story. Even though I am entering college as undecided about a major, I know Elizabethtown College is the right school for me. While I am here, I know I will be given the time and resources I need to discover who I am and who I want to be. I also know how getting to know myself will be something can come out of getting to know others at Elizabethtown College. Kylar's story, along with the other Momentum alumni's stories gave me confidence I made the right decision in choosing to join the Momentum program. From being a part of this program, I hope to be able to create meaningful connections with those around me and provide a positive, friendly environment to others. The experiences I will have gained from this program will stay with me throughout my life and I will be able to share those with others.

- Meghan Hampton: Linthicum, Maryland

When I was accepted into the Momentum program I was thrilled. I had never allowed myself to become a part of a community. The Momentum program seemed like the perfect way to get involved early and make some friends. Learning about the history of Elizabethtown College and the local town of Elizabethtown, has been very rewarding. Knowing I am attending a college founded and based on acceptance and inclusivity definitely made me feel like I am where I am meant to be. The transition from high school to college has been stressful and scary, so I took comfort in knowing how the Momentum program would be an opportunity to set me on the right path. Exploring the different opportunities and academic disciplines at Elizabethtown College has inspired me to be aware of my options. I was undecided about a major up until two weeks before I left home to come to Elizabethtown College. I am still not entirely sure what I want to do but hearing from the Kinesis Peer Academic Advisors about their experience has quelled many of my worries regarding majors and where I end up. I feel inspired knowing even though I have decided now, I can change my mind. Knowing I do not have to end on the same path I started on gave me a sense of security. I also hope to become an active member of the community at Elizabethtown College. The Momentum program has inspired me to become involved despite my fears. Many doors are open to me because of the Momentum program and the college at large. My anxiety has been intensified due to the format the Momentum program has taken on during Covid. I feel badly about my lack of involvement due to my nerves, but I have still gained volumes of knowledge about the college and the paths are available to me as a student here. I would love to get involved in clubs and make myself more open to the community around me. I am also interested in pursuing tutoring or something along those lines. The Momentum program has made me feel like I have a chance to be a part of something bigger than myself. I cannot wait to reach my full potential as a Blue Jay.

- Jillian Harrington: Morristown, New Jersey

The first thing to come to mind the most, when thinking of the year 2020, is pandemic. Everyone is in a state of confusion, panic, and uncertainty. Everywhere you go you see people in masks, settling in the new reality of separation between yourself and others. However, the Momentum program, first and foremost, helped me realize how I am not alone in the challenges we face. If we reach out to others in this trying time, while virtual and separated, we can come to a common ground and work together to impact the campus in meaningful ways. Listening to what Kinesis Peer Academic Advisors advise us to do in setbacks, Professor Benowitz guiding us in figuring out our passions, and having zoom sessions about connecting with others in a virtual format allowed me to understand the nuances of living on campus and finding the right opportunities for myself. While on zoom, the lectures and sessions of the Momentum program gave me a vital overview of subjects and disciplines I have not considered before. It inspired me to consider other fields, or possibly, different paths. While mathematics and music is not my forte, the Momentum program session comparing and contrasting music and mathematics, allowed me to understand the connection between the two opposite fields. Another session in the Momentum program: it is not very often you get to have a crash course about your college's history. I realized through the Momentum program how I still have the time to question, learn, and will have the ability to learn new things and be able to change my passions at any time. There are many different things I can explore on campus academically, and even the fellow Kinesis Peer Academic Advisors stories of their college journey made me imagine other paths I could possibly follow. I am intending to major in Japanese, I hope I can strengthen connections between different cultures. I have always wanted to gain a world perspective, and the Momentum program has given me the motivation to take the risk and overcome future challenges. These experiences, including the Momentum program, will allow me to become the best person I can be.

- Lily Harris: Reading, Pennsylvania

Having the opportunity to be a part of the Momentum program at Elizabethtown College has been overwhelmingly positive and inspirational through hearing the stories of Kinesis Peer Academic Advisors, alumni, the faculty, and my fellow learners. Although this year has been far from normal, with the faculty and students having to participate in presentations via Zoom, did not hinder the positivity in the passions and motivations expressed by everyone in the Momentum program. Being a part of the Momentum program greatly helped me solidify my passions, much in contrast with imagining my future in high school. While in high school,

I was urged by my guidance counselor to put financial stability at the forefront of my mind when picturing myself in the future, rather than focus on my personal aspirations, which transformed my anxiety into a roadblock, as I no longer knew what to do with my passion for art. There was a Momentum program session where we completed a form/worksheet called: “Make A Decision” with Professor Benowitz greatly helping me sort out my thoughts regarding deciding on my major and what I imagined for my future. The reality of the closeness of my future truly began to settle in my mind in those moments. However, no matter how significant considering the future is, one of the most important pieces of advice I received was from Kira Kuhar, a Momentum and Kinesis Captain alumnus, who said to “follow your passion and to not stress about the future.” Furthermore, Ramon Rios, a Momentum and Kinesis Captain alumnus, detailed his journey through several different opportunities, which eventually led him to his goals. A wave of serenity seemed to rush over me during those presentations and in seeing the successes of these alumni. I have spent so much time worrying over where I will end up, but the reality is I should not focus so much on the long-term, and put more energy into considering the opportunities I may encounter on my path toward my passions. After being a part of the Momentum program, I have truly realized how I want to have a positive impact at Elizabethtown College, and I greatly wish to focus less of my energy on negativity and stress. I want to consider the many opportunities and scholarships available to me; I have dreamt of studying abroad in Japan for years, but I never would have thought of this as a realistic opportunity due to my limited vision of only seeing the anxiety over my future. After hearing the presentations from faculty and seeing the success of Kinesis Peer Academic Advisors this past week, I have been tremendously inspired to pursue my passions, but I have learned it is okay to take every day step-by-step, it is okay to not have every decision made, and it is okay to make changes down the line to eventually reach aspirations best fit for me in the future.

- Darby Haynes: Irwin, Pennsylvania

Imagine: This process is new to me. It has been seven years since I have been in college and it was nothing like this experience. The process is new and exciting and full of surprises. I never thought I would be going back to school at the age of forty. Some of my classmates could be my child. Elizabethtown College has opened my eyes to something new and exciting. Just the history of Elizabethtown College alone has me wondering and wanting to learn more. I am born and raised in Lancaster County my whole life and never knew anything about Elizabethtown or its history. I do not know if I want to minor in something yet or not. My major is Social Work and this might even change depending on what I learn in the Momentum program and my time here at Elizabethtown College. Inspire: I want to make a change in my life, and I want to change someone else’s life too. This is why I want to major in social work. I hope my time here at Elizabethtown College changes my life and will help me change someone else’s life. Professor Jean-Paul Benowitz is very friendly and motivated to see you go far. Professor Benowitz is very friendly and wants to see everyone go farther than just the college. Impact: So far Elizabethtown College and had a big impact on my education and me. The Momentum program session about study abroad has me thinking and wondering if this is something, I would want to do one day. The daily small group book discussions on civility has me wanting to be a better person and see how I could change myself. I like the three books assigned to be read for the Momentum program even though I did not finish reading them yet, but I will. I feel Elizabethtown College will make me a better and stronger person educationally. The professors want to see you go far. They want to see you succeed. They want to be more than just a teacher they want to be your friend and see you go far. They have an open-door policy. They want to see you go far.

- Coral Heim: Lancaster, Pennsylvania

“Change is terrifying” is a phrase I know all too well. This phrase continually goes through my head and seems never-ending at times. I have always had difficulties with change. Any type of change coming my way would pull me into an abyss of stress and anxiety. I was worried this college transition, one of the most considerable changes in a young adult’s life, would make me feel like this, but it did not. To my surprise, this over controlling emotion left my mind after only one day in the Momentum program. My journey into this realization all started when I heard the stories of alumni of the Momentum program. I heard proof this is where I am going to feel secure. All of them have a life they did not have set in stone when they arrived at college however, through the Momentum program; they were able to find a job perfectly suited for them. I started to look into my future. I

could picture myself being one of these alumni, highly succeeding in my career and thinking of the Momentum program with only the fondest of memories. The more Momentum program meetings I had throughout the week, the more I felt like this place is where I will succeed. I started becoming more interested in looking into the study abroad programs and other courses I can get involved with like Psychology and Sociology. The Momentum program is the reason why I feel more confident than ever about my future in teaching. Imagine being so anxious for college and then going onto Zoom for your first Momentum program seminar, thinking about all the things which could go wrong, but instead, all you see are smiling faces and choruses of, "Welcome!" This welcome flipped my entire thought process about how change could be. Instead of feeling stressed, I feel confident in who I am and what I am going to achieve. I am going to get my Early Childhood Education degree and use the tools the Momentum program has provided me to not only succeed in college but also strive in my field. So, let me rephrase my first quote, "Change is hard, but in its core, it is beautiful."

- Madeleine Hower: Lebanon, Pennsylvania

Throughout the Momentum program, I have realized my true passions. Not only did I realize my passions but also, I forged a pathway to pursue them. By connecting your passions to your academic studies, you can make a career out of them. The Momentum program is the key to the gateway of success here at Elizabethtown College. I imagine being a lawyer and later being a judge. My passions are law and justice. I dream of becoming more than a paralegal. I see my future is as bright as the sun's rays. I know I can achieve this because it is my destiny and my passions depend on it. While working as a paralegal intern at the Pennsylvania Department of Aging I was able to witness a chief counsel and deputy counsel who were African American Women. I never felt more inspired to go to law school then at this moment. I really was inspired during the Momentum program by President McCormick's welcome speech. She was a first-generation college student like me. She spoke about having to work hard because of this. She worked for her passion and had a law firm pay for her paralegal and law schooling. I felt so inspired while hearing her speak. I felt so ready to take on the challenge to turn my passions into a career. Kira Kuhar, a Momentum and Kinesis Captain alumnus, really moved me. She talked about passions she said, "Take passions and make a life out of it." I truthfully believe in this quote because law is my passion and I want to be a lawyer. I believe the Momentum program can create a path leading me to success. Kira also said, "Stay on your path and never give up." This was important to me since I know my academic journey will be a tough one. I am going to have to be resilient and never give up. The Momentum program is the key to the gateway of success here at Elizabethtown College. Passions help link the drive in us to succeed. I will have an impact on Elizabethtown College by being involved in mock trial and student senate. Beyond Elizabethtown College, I plan to become a public interest law lawyer for criminal and family law. I hope to later become a judge and be the positive change the justice system needs.

- Karreara Jackson: Harrisburg, Pennsylvania

I was very excited when arriving on the Elizabethtown College campus. Normally I tend to be nervous but this time everything came to me as a chance of improvement, change, and development. The one thing I really want is to learn. Someone told me the best you can ever do is listen and gain knowledge nothing else is important then gaining knowledge. I intend on studying computers and how they work; the building aspect and the programming required to make it function. Computers are everywhere and continuously growing, changing, and becoming more useful in the world today. I am good at math and have a great interest in computer programming. As my education continues at Elizabethtown College, I imagine becoming a computer expert and obtain a career in computers can lead to a successful life. If I am able to become an independent man who can grow and developed, and learn new skills and experiences, then Elizabethtown College will be the right choice. After becoming in contact with multiple faculty and staff members through the Momentum program zoom sessions, I feel more inspired to try something different and new. Jamie Ramos, a Momentum and Kinesis alumnus, talked with the Momentum students about his experiences. He first did study aboard and went to Spain, and then later on worked for a government-sponsored program called Peace Corps and got hired for two years. Through this job, he was able to learn and experience something new and different then what he usually would expect. It seems amazing to have the chance and opportunity to do what he did and gain many benefits from it. Before this he applied to for a

prestigious scholarship, but it did not work out. Although this did not work, he was still able to get the job from Peace Corps, which worked out better. Jamie Ramos taught me how taking risks is important because you gain the opportunity for something good to happen and if it does not work out then learn from it. Now I feel like I can do much more, which I can give more and gain more from Elizabethtown College. I want to do study abroad and internships, learning everything the Elizabethtown community taught me so far I feel like my dreams can come try or discover new dreams.

- Adam Johnson: Darby, Pennsylvania

One of the academic sessions of the Momentum program was presented by Professor Roy, who teaches Psychology, he took time in his lecture to discuss fixed, and growth mindsets and why people have their respective mindsets. This places us all in an interesting situation, as my fellow peers and I all act a certain way, most of us have not stopped to think why, and if we have, we may not have found the answer to our question. Right or wrong, my childhood laid the groundwork for what usually becomes a fixed mindset. Once again, right or wrong, my intelligence and talent was often praised more so than my efforts for my entire childhood. This, in turn, caused me to fall into Professor Roy's outline yet again. Throughout my earlier years in school, I began to stop informing my parents of upcoming assessments and would raise the score a few points if they asked about them. I started to put in a decreasing amount of effort, and never started to study; but I did okay. I might have gotten 10 points or so less than the best kids in the respective class, but it never bothered me, as some of my peers and I would boast about not studying. The Momentum program, however, has allowed me to not only see the error in my ways, but see why I acted this way. I realize now I was *afraid*. I had been praised as intelligent, athletic, and talented, so I felt people were counting on, and expecting me to be those things. I was afraid if I put in hours of time with my teachers, completing all homework with maximum effort, and studying for my tests, I would still fail to live up to the expectations I believed I carried. Putting in no effort gave me an excuse to say, "I didn't do as well as they did, but I didn't even study!" This counts for something, right? No. The Momentum program has not only caused me to look inward and see what I have done wrong and why I became this way, but it opened my eyes to see how the start does not determine the finish and I have time to change. Now I know the root of my situation, I will not use it as an excuse to hold myself back, but as knowledge, I now have to solve problems. Additionally, I have always been hesitant to pursue certain fields of interest, perhaps because those careers do not live up to "the expectation." However, after doing the introspection with Professor Benowitz, I realize I have nothing to lose by chasing my interests, and have become more determined than ever to reach them. Additionally, the various Momentum program alumni have inspired me to understand it is okay to change directions to find your path, and I hope to set the same example to future students.

- Devin Johnstone: Blairstown, New Jersey

The night before I came to Pennsylvania, I remember the butterflies dancing in my stomach to a violent tune, the hairs on the back of my neck standing up and proud, and my heart thumping at an inconstant pace. As we were driving to start the new chapter of my life the uncertainties of what is to come kept seeping into the back of my mind a question which has been lingering in my mind as well as my heart ... Am I really cut out to do this , Should I go back home and try again next spring, what will happen to me? Those questions kept my mind racing and no matter what I tried to do to ale my wondering mind those fears kept coming. Coming on to the Elizabethtown College campus made it seem real how all my hard work finally led to a place I know is going to help me better myself as well as my future. Learning I have the Momentum program to give me the tools to which I can use to help me achieve my goals in life really makes me feel I have established a new family here at Elizabethtown College. After the long tiring day of moving into my new residence hall room and going on back-to-back zoom sessions, I was starting to lose hope of me finding my place at this school. Everything changed when we went into the zoom meetings with the Momentum alumni they told us all about their journeys and hardships they had to go through to get to where they are at now, most of the Momentum alumni either thought about changing their majors, or have changed because it was not a good fit. After they told us about what they went through, I did not feel scared anymore because now I know I can always go to someone who has experienced or have been through the same things I am currently going through right now. I learned through all the Momentum program zoom

meetings how I can trust my intuition and I know I will fall sometimes but the outcome is going to be amazing and I would not have been able to get through these troubling times without the Momentum program, the Kinesis Peer Academic Advisors, and all of the speakers/presenters I have been able to meet through the Momentum program. College can be stressful at times, but the outcomes outweigh the struggles and we must push forward and keep working harder. The tools the Momentum program has given me I am so thankful because without them I would still be the same scared girl who would not take risks and would be too terrified to take my education into my hands, learning there are people like me gives me the courage to move forward and keep pushing on the reach my ultimate goal and becoming a social worker and no matter what I will always follow my heart with my dream in mind.

- Madison Joshua: Clayton, North Carolina

The Momentum program has provided a powerful lens allowing me to reevaluate what I find important from the college experience. Prior to the Momentum program, I believed wholeheartedly how science alone would be my key to success. One cannot study all their life and the Momentum program reminded me how the connections you make on campus are equal in importance to academic pursuits. Interviews from Momentum alumni and successes of current Kinesis Peer Academic Advisors remind us all how we can succeed in college despite unique difficulties experienced by members of the Momentum program. The obstacles they have overcome are ones I can see looming over the horizon. These Kinesis Peer Academic Advisors not only saw and learned much; they all constantly leap at the chance to help. The Momentum program also connects you intimately with staff and professors in varied academic fields. Each professor gave presentations ranging from how math and music aligned to the sociology of rally races, yet I found the most meaning in the fact I was connecting and learning from these professors before the first semester of Elizabethtown College started. This unique opportunity was something I had never heard of when looking at other colleges. To my surprise, I connected effortlessly with my peers. I wrongly assumed the rules of social distancing of the time would make forming friends far more difficult than normal. I was glad to have been so wrong. It is late on the first night of the program; everyone is tired from moving in and from a few unbroken hours of online meetings. The mood was like an insomniac praying for sleep. "Any funny stories?" Meghan, the Kinesis Peer Academic Advisor and leader of the activity, could not imagine the power of this opener. I nonchalantly brought up how I grew an extra bone in high school. Unexpectedly, Sarah begins discussing how she was born with an extra bone, while Alec, an intended biology major, did his best to parse out how this growth formed. We talked about this weird connection for half an hour then moved on. We found out there are two pairs of twins in the same group, and another single twin. All these unique traits ultimately lead to us becoming more connected as friends. I have been inspired by the Momentum program to not only continue to love science, but also to branch out and put equal effort in making friends out of those I meet. Through solid knowledge and strong connections, I shall work to improve the world around me in a sustainable manner.

- Tristan Lee Mabee: Elizabethtown, Pennsylvania

"Have a vision." Dr. Benowitz stated this as President McCormick's speech ended. I thought about how I have been told to have a vision of my future. To achieve the life I strive to have, I must be able to see the path, which will lead me. After listening to President McCormick's speech her voice was still in my ear saying, "make the most of every opportunity...and start today." I believe "relationship" can be substituted for "opportunity" in her quote. It is not always, about what you know, but about whom you know. Read this again. Coming into Elizabethtown College I was very confident of what I wanted to do and being in the Momentum program solidified my confidence for success even more. While I was listening to the Momentum alumni speak about their experiences, I felt many different emotions, but kept a straight face on camera. They all had setbacks and failures. The common ground throughout all the stories was they made it through those unplanned times surpassing their expectations about the future. I took a deep breath in settling more into my wooden chair, realizing I will also face hardships. However, I have learned I do not need to see the exact path in front of me. If I were to see the entire path, I might try to avoid the sad or sacrificial challenges. When I cannot see the path, I take every moment as it is knowing whatever happens next will get me to where I am supposed to be. After listening to many unique backgrounds, I learned to continue making worthwhile relationships with everyone I meet in the rest of my college

experience. Expanding my connections with people who are different from me is the factor I believe will make me the person I dream of becoming. My intention is to major in early childhood education and minor in social psychology this sets me up towards my vision of understanding past generations and those to come. Professor Benowitz encouraged me to follow my passion of, “wanting to know why people do everything they do.” What more can a new student ask for than the amazing support from staff and influential students around them. The longer I am at Elizabethtown the more thankful I am for the family in the Momentum Program.

- Christian McCartney: Oxford, Pennsylvania

Is it possible to be passionate about passion? If so, I think I am. Listening to people talk about things they are passionate about makes me so happy, and it inspires me to work towards my own passions. This week, the Momentum program has allowed me to listen to a plethora of people speak on their passions. Tuesday Morning, Kira Kuhar, a Momentum and Kinesis Captain alumnus, spoke about her career path at Elizabethtown College. Her story differed from the other speakers, as she knew what she wanted to do her first year and stayed with her intended major. Kira told the group how the Momentum program helped her plan her career path at Elizabethtown College, taking the classes most helpful for her in the future. She directly credits this and the Momentum program for helping her land a post-graduation internship with a marketing company in Harrisburg. After completing this internship, the company offered Kira a position, where she currently still works and has clients such as Turkey Hill Dairies and Herr’s Snack Foods. As soon as Kira began talking about her career field, you could tell she was passionate and confident about her work. As someone who aspires to have such success, passion, and confidence, her story was incredibly inspiring to me. While the other speakers had very good and inspiring stories to share, her story resonated with me, and will continue to stick with me into the near future. The others had stories of how they changed their paths and still made it work, while Kira had a story of confidence from the beginning. I feel confident in my intended career path, and hearing the story of someone who felt the same as me in the first year and found great success with the help of the Momentum program helped me imagine all the possibilities for my future and gave me new confidence. I feel how I share the passion for my intended field which Kira has for her career. Within the Momentum program and moving forward, I want to do good in the world. I want to move forward and succeed with confidence and with passion. I want to use those qualities the Momentum program helped me learn to help others with both my work and my free time. From listening to Kira, to hearing professors and alumni speak about their passions, I feel I will leave this Momentum program with a new vigor for my schoolwork and passions, both existing passions and new passions reigniting while listening to the Momentum program sessions.

- Brelynn McCarty: Milton, Pennsylvania

“The college shall be the student’s home” comes from out of my phone audio and settles into my heart. I smile as I know this home is where the heart is, and how Elizabethtown College is my new loving home. The quote was part of a presentation about the history of Elizabethtown College; the quote is from the founder of the college. Starting college in a pandemic is certainly a unique experience. Staying quarantined in the residence hall rooms, having meals delivered, and getting to know others only through zoom communication are all adaptations from the norm. While adapting to this new way of life, the Momentum program has still been able to instill a sense of imagination, inspiration, and impact for myself of what I hope to become in my time at Elizabethtown College and beyond. One of the Momentum program academic sessions was about comparing and contrasting Psychology and Sociology. I took AP Psychology in high school and was intrigued by this Momentum program session. Professor Roy, who teaches Psychology, presented in the zoom session some of the different branches of Psychology. Perhaps I may pursue a Major in Psychology, but perhaps not. I feel it does not fully matter what subjects I plan to dive deeper into as long as I love learning about them and feel compelled to learn more. Through the Momentum program, I was able to understand whatever passions I have will help guide me to live my best life. When I pursue passion and calling over financial security, it means all the difference when it comes to living a fulfilling life. I can make a more valuable contribution when I love the work I do. The motto of Elizabethtown College, “Educate for Service” are the words, which touched me. To dedicate one’s life to helping others is such a noble pursuit. Elizabethtown College is only the beginning to my life spent loving and caring for those in need. My time and experiences of serving, learning, and loving others at Elizabethtown College will surely last with me for the rest of my life as I go on to pursue my passions.

- Catherine McMahan: Lancaster, Pennsylvania

Another day seemed to drift away as the global pandemic scribbled over the structure of our lives, but even as I quarantined with my roommate, I did not feel alone. An encouraging support system--the Momentum program--of students, professors, and mentors stood before me. The Momentum program provided me with the benefits of new knowledge, new faces, and new confidence, for I came into move-in day quite nervous on how I would fit in. In fact, the encouraging statements flowing from Dr. Benowitz proved how he (and others) wanted to assist me in my personal dream, making me feel included and appreciated. Even when I began to doubt the seventh hour of Zoom’s ability to hold my interest, Dr. Benowitz and the Kinesis Peer Academic Advisors always brought their energetic personalities to the table, understanding the unusual circumstances before us. However, as the ninth hour of Zoom arrived, the clouds huddled to hide the shy, disappearing baby blue sky--forcing the sun give up its prized possession. Feeling the food coma intrude, I depended on the one thing to satisfy my focus requirement: the Momentum program diversity film session. I thought “I really hope this is going to be interesting” as I could feel my focus slowly slipping away; however, the lively character of David Stewart, from Elizabethtown College’s diversity programming offices, reassured me the film would prove worthwhile. The instrumental music and a deep male narrator voice accompanied the 1940s black-and-white film *Lost Boundaries*, but more importantly, it addressed key struggles associated with the racial inequality of the early 1920s (a topic still relevant today). The characters. The dialogue. The message. All these components brought a different perspective to a broad issue, therefore allowing many of my fellow Momentum peers to share their views on the details of the film--highlighting the flaws and embellishments of the film. Both the film and the discussion reiterated Elizabethtown College’s commitment to being inclusive, and this heightened my social and physical confidence. During my stay at Elizabethtown College, I hope to grow as a person by striving to always be inclusive, as shown by my friends through the Momentum program, while consistently being influenced by the diverse opinions around me. I cannot wait to apply the knowledge and experiences I will receive over the next four years to my future career, hoping it will be filled with the amount of compassion and diversity represented in the Momentum program.

- Michelle Meyers: Quakertown, Pennsylvania

The Momentum program has made me learn when I engage myself in conversation and note taking, not only do I learn more, but also I feel better about myself. I feel more prepared than if I were to just observe. I learned things about myself academically I have lost through the times of the pandemic. I can now imagine myself having great success, not only with my studies, but also with my person growth. My academics and how I achieve my goals will help me find purpose in my future, letting me accomplish things far beyond my imagination. “Listen to your Kinesis Peer Academic Advisors, most of the things they are telling you are from experience. Talk to your professors, they can help guide your career.” The Kinesis Peer Academic Advisors have shared stories, ranging from a variety of life lessons and emotions. Stories of success and stories of loss. However, without the support of their professors and peers, they would not be where they are now. This presence of a mentor or friend was an inspiration, to not only the Kinesis Peer Academic Advisors, but also an inspiration to us, the listeners. Often times, this guidance was where the lesson was learned. Hearing their stories inspired me to follow my dreams, even if challenges come along the way. As long as you have a strong team behind you, you can do anything, and inspire others in the process. The Momentum program has given me the opportunity to meet professors from all across the various academic departments. One lecture standing out to me in particular was about comparing and contrasting Psychology with Sociology. As an intended Psychology major, I already knew this was going to be a lecture of interest to me. The main take away for me was “Mindset Matters.” How far you get in life and what you put forward all depends on how you want to play the game. If you go in with a positive mindset, you will get out positive results. This can be displayed with how I carry myself throughout my service. If I have a positive mindset, I will be able to lead people much better than compared to being a leader with a negative frame of mind. I can impact Elizabethtown College positively, teaching me how to bring my attributes to the real world, allowing me to leave a positive impact out there as well.

- Sarah Moscoso: Baltimore, Maryland

During middle school and high school, I always imagined how college was going to be, but a few days ago, I could not believe I was already a college student, and honestly, I was not ready. Thankfully, after all the lectures provided to us this week by the Momentum program, I feel like I am finally ready to start. The Momentum program has been beneficial and has taught me how if I work hard and do not give up, I can reach all of my goals. The session comparing and contrasting Psychology with Sociology offered to us was exciting for me. I took a Psychology class in high school and loved it. In this particular Momentum program session, I learned all the different kinds of Psychology and their differences. Additionally, the Momentum program session comparing and contrasting Biological Anthropology with Chemistry was fascinating. When the Professor Rood, who teaches Chemistry, talked about forensics, he caught my attention because I also took a forensics class in high school and loved it. When I think about myself ten years from now, I see a professional forensic chemist and a forensic psychologist working for the justice system and helping people. I have known I wanted to work on the justice system, but I never knew what. I learned what I wanted to do when I started watching crime shows, like *Criminal Minds*, *Bones*, *NCIS*, and *Forensic Files*. It always caught my attention the way they solved crimes and how Forensics and Psychology help. Moreover, I loved watching how many people they helped, and I like to think I can do this; I can help people by solving crimes and assisting people in receiving the justice, they deserve. For this reason, I would say Kinesis Peer Academic Advisor Eric Schubert inspired me a great deal when he told his story. When Eric talked about his work in genealogy and how he used it to work in some cold cases for the police, it inspired me, because as I said before, this is something I want to do and have always found fascinating. Values are essential in life; I value determination and compassion, among others. These values will help me through college and throughout my whole life. Determination will help me get through college. I just think it is so important to be determined and never give up, because like William O’ Brien said, “I rather try and fail than not try at all.” Also, compassion is essential because it gives us the ability to be empathic towards other people. Finally, the Momentum program has helped me immensely, and I am fortunate to be in it; also, values are fundamental in life.

- Cristal F. Negron Soto: Middletown, Pennsylvania

Coming into the Momentum program, I did not truly realize all the amazing opportunities ahead of me. From listening to all the professors speak passionately about their academic departments, to President's McCormick's talk about her journey to Elizabethtown College and the importance on building and fostering relationships with professors and mentors, and to listening to all the success stories from students and alumni of this program was so inspiring to me and it assured me I picked the perfect place to begin my college experience. The Momentum program has introduced me to so many new ideas and opportunities I would have considered if I was not given this opportunity. One of the Momentum program sessions was about comparing and contrasting Psychology with Sociology. Psychology is a subject I would have never considered studying, but after hearing, Professor Roy, who teaches Psychology, talk about his Psychology classes and different concepts it has sparked lots of curiosity in my mind. Two questions I have pondering since Tuesday morning are, "How does the mind-body connection affect our emotions?" and "Why do we dream?" I enjoy an array of subjects such as Business, History, Modern Languages, and apparently have some interest in some Social Sciences. I plan to continue with my intended major in International Business with a concentration in Finance because it gives me the opportunity to focus on the money management side of Business while also getting a global perspective on how businesses work in the real world. For my minor, I am still exploring many options and I plan on taking more general education courses to help me come to a decision, but as of now my top three are Communications, Psychology, or Data Analytics. With a degree in International Business, I can see myself in the future after I graduate working in some sort of banking position or as a financial advisor. When imagining the person, I really see myself working as a Real Estate investor or starting my own business. I am inspired everyday by my father because he has gone through so many hardships and setbacks in his life, but he did not give up in those tough times and just kept plowing and asking questions and this is what makes him the person he is today. He has taught me the significance of having a positive and optimistic mindset and being around the right mentors who will guide you to your goals. I want to follow his example and hope to achieve everything he has been able to achieve. As a leader at Elizabethtown College, I hope to leave a lasting impact on other students by working as a Resident Assistant and as an Academic Tutor. This would allow me to help students adjust to a new and sometimes scary time in their lives, while also having the opportunity to have an impact on their academic aspirations. In addition, I plan to do community service because I feel like it would be a great opportunity to get to interact with the people in the community, while simultaneously benefitting everyone here. In addition, I plan on continuing my involvement in diversity council initiatives because it is a great opportunity to talk about different issues and then bringing awareness to these problems to the Elizabethtown community. These are just some of the ways I hope to leave a positive, lasting impact on others and the community during my four years here.

- Ryan Nguyen: Lititz, Pennsylvania

I am often not stepping off the same starting line as everybody else. I have learned. Whether it is because of the perception of my identities as a queer, disabled person of color or my academic accolades, I find myself walking either ahead or behind my peers. I was so sure, again, this would be the case; I would smile and enjoy a program because I love academia, all the while dissociating from the experience as someone not entering college anew. I was wrong. The Momentum program immediately threw me into a group of people who were all their own, with established hopes and dreams. It was not just the lovely Dr. Benowitz standing at a podium (nor at all, in a sense, as the whole program occurred over Zoom), but also a group of upper-class students and alumni, the Kinesis Peer Academic Advisors, whom I recognized and could relate to. Being able to see these people who have been in the classes I will be in and have walked similar paths be successful was beyond comforting. Hearing one of the Momentum program alumni works in Japan during the openers was one of the most sobering moments. I remember how I felt myself perk up, start listening a little closer one might argue, and it was at this time it hit me I could *actually* do what I want to. Protagonist realizations are real, folks. The chaotic buzz accompanying last-minute adjustments whirled about the experience, such are the lives of folks in the year 2020, but nevertheless, there was an overwhelming sense of community and understanding I felt were built into the experience through the seminars and projects. The second day's civility and the third's diversity seminars especially proved as much in terms of understanding and respecting others which was something was a real obstacle for me participating in conversations on my high school campus. This is, of course, also not mentioning the personal connections make

everything important to me being embodied in the more eclectic groups. The teams we built (M2D2 for life) were probably the epitome. The amount of space I was given to participate and share my opinions made me beyond comfortable and has further motivated me even more so to continue pushing for diversity and acceptance using education and discussion. In this way, I hope I might continue advocating for intersectional approaches generally and working within the Momentum program and Elizabethtown College on our own policies.

- Darren Osborn-Hodges: Manheim, Pennsylvania

During the couple of days of the Momentum Program, I learned not only what to expect from college but so much about myself and my peers as well as the Elizabethtown community as a whole. I was so grateful to learn there are so many resources here to help me succeed not only in my courses but to reach my goal to be an Occupational Therapist. The Momentum program has really boosted my confidence in my abilities to do well and also allowed me to get a glimpse of the reality of being a college student. At first I was nervous about my capabilities to keep up with the coursework and do well, but after hearing the advice and personal stories from the Kinesis Peer Academic Advisors, professors, and Momentum alumni, I felt extremely relieved to hear how college is not as scary as people make it seem to be and I will have help in making important decisions. Everyone's stories were extremely inspiring and helped me to realize it is okay to hit roadblocks along the way because it is 100% possible to overcome those occur. It is most important we try our best and learn from our mistakes, and I am so happy to have so many helpful people to guide me along the way. The Momentum program "Exploring the Core" zoom session with Professor Benowitz was a very effective way to step back for a second and look at the bigger picture of being a college student. The Momentum alumni shared their stories and experiences including their successes and failures. Several of their experiences included difficulty in finding the right fit as a student and resulted in a professor or mentor guiding them back on the right path. This took away a great deal of stress and anxiety knowing it is okay if there are some obstacles in the future and our professors and Kinesis Peer Academic Advisors truly care about us. I hope to someday be able to share my story and inspire others just as the Kinesis Peer Academic Advisors and the Momentum program alumni did this week.

- Nicole Ringwald: Freehold, New Jersey

Here in the Momentum program we do not just learn about the past of Elizabethtown College and local community but the groundwork for a successful and impactful future. What I have learned here in the Momentum program is how we are never alone here at Elizabethtown College and through this program you find out support comes from not only all over campus but local families and businesses and alumni, all want us blue jays to be an impact on the next generation. My favorite part of school was always math so it comes to no surprise the engineering and stem programs are provided on campus attract much of my attention. I see myself also exploring the business side of the school since it would be beneficial for when my job requires the business familiarity a business minor could assist with. I have aspirations to work for major companies and travel the world as I learn customs from many. Through the inspiration given through these positive discussions, my goals for the future have been set very high. Like the NAACP Elizabethtown College chapter created by Elizabethtown College, many of who are Momentum students, to show Elizabethtown their social injustices and a goal to peace between everyone. Just the pure tenacity of the Kinesis Peer Academic Advisors and the stories I have heard it will be hard to set goals as high given but best believe every goal I set for myself will be achieved. Some of the older stories of the Church of Brethren and their philosophies still stand in the Elizabethtown College's ideals from over a hundred years ago show this strategy and mindset do work and these stories and teachings of equal treatment to all people is the central theme of this college's morals. The Momentum program has taught me a great deal and the experience has been for the best. I cannot wait for the future and thanks to my peers and the faculty, here at Elizabethtown College I will strive to achieve every goal I set for myself.

- Domenic Rodriguez: Browns Mill, New Jersey

It was finally the day I was counting down to since Christmas, move-in day. I was full of excitement and was absolutely thrilled to jump in the car and start this important chapter of my life. After crying about leaving my dog, and making the drive to Elizabethtown, I became very nervous about what was soon to come and what was expected of me, educationally and financially. I was terrified of not making friends due to having virtual meetings and other social distancing restrictions due to Covid-19. Not being accepted by my professors and peers was a constant fear and insecurity. I had obsessive thoughts about failing my classes, being unsuccessful and not reaching my goals. I really wanted to change the way I live and view my life, but I did not know how. I wanted to join clubs and make a positive impact wherever I went, but I would constantly second guess myself about if I had the motivation, work ethic and confidence to persevere through the hard times. The Momentum program has completely changed my perspective and attitude. I have heard stories similar to my own have given me hope and confidence I can also succeed. As a student who has not yet decided my major, it was a great experience being introduced to numerous departments. This experience gave me insight on classes interesting to me and have helped me with my current process of deciding on choosing a major. I feel I have more confidence to be a more outgoing individual and to participate in discussions I may not have volunteered in if not for the Momentum program. Determination to reach out and become an active member of the community is swelling inside me. The Momentum program has opened my eyes to all the future possibilities out in the world waiting for me. I have been graced with a Momentum family who will always be looking out for me and truly have my best interests in mind. They are the people who will encourage me and lift me up to make me into the best person I can possibly be. I hope I will be given opportunities allowing me to do the same for others in the near future. The Momentum program has already helped me grow, and it has only been a few days. I cannot wait to see who I will be a year from now.

- Maddy Rotter: Douglassville, Pennsylvania

I remember the distinct moment I committed to Elizabethtown College. Located in a college auditorium, surrounded by a crowd of unknown high school band students. My day was spent auditioning into the music program followed by entering the band festival hosted at the college. To say I was uncomfortable and disappointed about the day was an understatement. The entire day at my audition, I compared it to my audition into the Elizabethtown College music program. I felt more welcomed in the first ten minutes of being at Elizabethtown College than the entire day at the college I was auditioning for. Due to the extreme negative emotions running through me, I submitted my confirmation in the noisy auditorium, on the terrible college Wifi, surrounded by a sea of students. By sending my confirmation to Elizabethtown College, it allowed me to be able to attend the Momentum program. I would not have learned about The Reverend Dr. Ralph W. Schlosser, President Emeritus, and how he was an inspiration to numerous students despite being blind and deaf. Learning about Professor Ralph W. Schlosser inspires me to create the same impact on others the way he had on students. It is my goal to have a lasting impact on the people I meet by being passionate about subjects I love. The Momentum program reassured me there is nothing wrong with changing majors or concentrations should I choose to. I know the Momentum program will help me reconfigure my schedule should I change my intended major or concentration. Knowing this, I have a sense of security the people in the Momentum program will help shape my future and open doors for me I did not know were available. I have been given the resources I need to create a bright future at Elizabethtown College because of the Momentum program. Before I came to the Momentum program this week, I felt uncertain about the program format being online. I am a person thrives being in person and I did not know if I would be able to thrive as much as I could with the Momentum program online. Over time however, my doubts have been taken away and I know the Momentum program has been effective. I feel grateful for being a part of this program and know Momentum is the steppingstone of my educational achievement at Elizabethtown College.

- Faith Sale: Carlisle, Pennsylvania

The Momentum program is something very few people experience, and never has been done online. When Covid 19 hit, no one knew if we were even going to be able to be on campus during the fall semester. Our days at the Momentum program are spent staring at our screens pushing through zoom meetings and wifi difficulties. Despite all the difficulties, the core of the Momentum program is still present. The Momentum program still has their inspiring speakers and enticing topics. Dr. Benowitz is still encouraging and motivating the Momentum students to find our inspirations and dreams. He is telling us to turn those dreams and aspirations into reality. What I remember most about this week must be when Dr. Benowitz lead us in a session called "Making a Decision." He made us focus and think hard about whether the major were discerning is the right one for ourselves. Dr. Benowitz first made us think about what our passions are and what we love to learn. He asked us how important choosing the right major was for us, and how positive we were we chose the right passion. We wrote out pros and cons of our dreams and weighed the options. When we were done, Dr. Benowitz asked everyone about their passions and majors. He got so excited about all the opportunities we had and where our dreams and passions could take us. It really made me feel like the Momentum program was there to help me achieve everything I put my mind to. I want to be a Music Therapist, and the session confirmed I chose the right major. Music has been something I have done all my life and I want to do something with it in my life. I loved learning about mental health in Psychology class, and I know I have a calling to help people. Not only do I know Dr. Benowitz will encourage me along the way, but I know the Music Department will too. It is inspiring to know there are many professors and people here who have my back. I know I am going to achieve everything I aspire under the guidance of the Momentum program and Music programs. I believe everything happens for a reason, and like Dr. Benowitz has said, "Everything will work out in the end."

- Lisa Sale: Carlisle, PA

This week brought about the biggest change I have ever experienced in my life, (partially) moving away from my parents and starting the journey to adulthood. So far, I have had the pleasure of meeting my fellow first-year students, Kinesis Peer Academic Advisors, and the wonderful Professor Benowitz. This week I have been in awe of the staff of Elizabethtown College. I know conditions are not ideal, but at least students were able to come due to the hard work and dedication of Elizabethtown College staff. In addition, Professor Benowitz was not only, able to have the Momentum students move in early, but also able to plan out a whole schedule while weaving through a plethora of ITS problems. I have truly been inspired by the Kinesis Peer Academic Advisors and Professor Benowitz's passion for helping others, and their efforts to help us emerge from high school into college, which has shown me the true impact of the Momentum program. Another thing inspired me this week was the story of how Elizabethtown College was created. Similar to issues of discrimination today, members of the Church of the Brethren were facing discrimination over dressing in plain clothes and women wearing prayer coverings and bonnets, so they made their own college. I found it also very progressive (especially of the time) how the Church of the Brethren allowed anyone to attend Elizabethtown College. The replication of Brethren architecture was very interesting on the Elizabethtown College campus, using structural designs from Independence Hall and the Germantown Church of the Brethren. The campus itself does have a very nice outdoor feel but I could never place an exact reason on it until being informed of the concept of architectural continuity. I hope to impact Elizabethtown College by forming connections and friendships with everyone. I would like to meet as many people as possible (after Covid), but also know them on personal level. I would like to be helpful to anyone who needs assistance while also creating many fond memories and learning about a field interests me. My main goal at Elizabethtown College is to more or less find a passion I could pursue for the rest of my life. Throughout the next four years, I hope to be able to have the same size impact on Elizabethtown College it has on me.

- Evan Shaffer: Wyomissing, Pennsylvania

Throughout the Momentum program, I have learned many different things. Whether it was knowledge gained from the three books, we read over the summer to prepare for the Momentum program, or from the countless zoom lessons with all the different professors. Learning about what it takes to succeed in life and in college has been my main take away from this whole experience. Through all the zoom sessions of the Momentum program, the comparison and contrast between Psychology and Sociology presentation was the most interesting and impactful to me. I felt the urge to want to learn and study more on this topic. Being an intended Business Administration major and planning to minor in Coaching, Psychology and the study of human behavior could be extremely beneficial to me and my future plans. In life, my goal is to be a coach and eventually own my own sports complex and fitness business. The structure of the Momentum program and the passion shown by the professors, Kinesis Peer Academic Advisors, and all involved was an inspiring example of what perseverance and problem solving looks like. Their passion for this program was very real and I aspire to have the same level of passion and perseverance towards my future goals. The same level of passion was exposed to me by my past coaches and trainers. My parents and all my past coaches inspired my career direction and life purpose. I had one coach in particular who was like a second father to me and was a big role model of mine. He sadly passed away while coaching me at a basketball summer camp back in 5th grade. Like him, I want to make a difference. I never lost the love to be active and to train and work hard. As a coach/trainer, I want to be the second father to my players and guide them to always reach for their goals and instill in them a mindset of leadership, hard work, and perseverance. In addition, I want to create a safe place and a positive environment for athletes and players to feel at home and to understand it is not all about competing and winning, but you should never lose the fun in what you love doing. I am thankful for the Momentum program opportunity.

- Nathan Seeger: Elizabethtown, Pennsylvania

When I think of what I have learned in the Momentum program, there is one defining moment, which jumps immediately to my attention. Over a faltering zoom call, Professor Benowitz instructed us to close our eyes and take a deep breath. I listened, with a little confusion, as he urged us to focus on ourselves. *Myself?* I had to take a moment to think. It is not in my nature to consider myself when making decisions. What was my gut feeling about my dream, to be a writer? “Focus on your passions,” he urged. What did Allie Sipple want to do with her life? The Momentum program has challenged me to think, in a way no other rhetoric has ever done, about my own needs and passions. High school taught me to search the job market for the most lucrative options and pushed me into “promising” STEM courses I did not enjoy. Although my parents encouraged me to look at all the venues for college, I narrowed my search severely because I knew they could not afford it. In fact, although I loved Elizabethtown College from the start, it was never an option in my mind because of the cost. Due to the sacrifices I have witnessed in my parents and grandparents, I never put my own desires first. It is not who I am. Reading Paulo Coelho’s *Inspirations: Selections from Classic Literature* (assigned for us to read over the summer to prepare for the Momentum program) and learning to explore my passions was an altogether different message than I had heard before. Then, with eyes closed and bated breath, I considered Professor Benowitz’s words. Without providing much backstory, there are many situations going on in my life right now, which have lain a burden on my mind about how my actions have affected others. I do not want to be a hard-hearted individual with no concern for people. Our readings in *Choosing Civility: The Twenty-Five Rules of Considerate Conduct*, by P. M. Forni (another book assigned over the summer for us to read in preparation for the Momentum program), have persuaded me to regard civility as central to life. However, The Momentum program has encouraged me not to let others’ needs and wants define me. I am my own person, and yes, I have passions! Through these, I want to explore and inspire others at Elizabethtown College, maybe by joining the school newspaper or other clubs. Someday, when I am an editor or work with a publishing company to launch ideas into the world and inspire others, I will think of my Elizabethtown College and the Momentum program experiences.

- Allison Sipple: Reading, Pennsylvania

Going to college for the first time including during the COVID pandemic, was scary. I had no idea what the future would look like or if I was making the right decision about my major. Being in the Momentum program helped me gain confidence by asking the Kinesis Peer Academic Advisors and the professors all the questions running through my mind. On the first day, Professor Benowitz had us close our eyes. I closed my eyes, listened to the howling from the air conditioning unit, and tried to get into a quiet place. He wanted us to think about what made us happy, what classes we enjoyed from high school, what classes did not feel like work because we just enjoyed them so much. He was asking us to go to our happy place. My mind went straight to my math classes, from Algebra I all the way to Calculus II. I thought about numbers and different calculators and equations and thought about my old math teachers. He then had said those classes should revolve around your intended major, being involved with math. This is when I knew I was on the right track. Listening to the Kinesis Peer Academic Advisors' stories really inspired me because they spoke about how their goals and plans ended up working out. I think everyone is always scared something will go wrong and they will not meet their goals, including for me since I am taking a challenging major. Listening to their stories and realizing your goals are reachable as long as you never give up. The sky is the limit no matter the journey there. Whether it means changing plans, one did not end up working, and then go on to plan two or three until you meet those goals and aspirations. Throughout my time at Elizabethtown College, I plan to not only learn more and more about math but also to try to help others understand. Math is a hard subject for some people so why not try to help others with something I am passionate about: math. During my time in the Actuarial Science major, I hope to learn more about how to move forward in the world-using math. This week in the Momentum program has proved to me what I really am passionate about and how to reach my goals and if I am stuck on the path then where to look for help.

- Adrienne Smith: Seaford, Delaware

Every day the sun will rise, and the sun will set. This is the inevitable. It is just how the world works. I am in college now. I am on my own: studying, living, and navigating life. It is on me now, no more relaying on others to tell me what to do next. It is time for me to create my own path in life. Everything is no longer a dream-it is reality. I woke up from my first sleep in my residence hall room and this is when it all clicked for me. I was not looking for my mom to make me breakfast instead I was opening my email to get so access the morning Zoom sessions for the Momentum program. On my computer screen displayed multiple grid pages with every box filled with someone feeling the same feeling of being on their own for the first time. In this exact moment of seeing everyone else on my screen, I learned how even though I am without my family and friends, even as I am away from home, I am not alone. There are so many people here to support me through this next chapter of my life. A big part of the opening Zoom session for the Momentum program was about how Elizabethtown College was not just a college, but also a home. We learned this in the session about the history of Elizabethtown College and how the founder said the campus would be the students' home. This is why I am here. The faculty and staff here genuinely believe in you as a person and we are not just another number in the class. Elizabethtown College is my school because I wanted to be Marissa Tuman not a number. With every Momentum program session, I could feel myself becoming a member of this family.

- Marissa Tuman: Shamong, New Jersey

In my first days, I have already found Elizabethtown College is a place where you can make your dreams a reality. The sheer abundance of majors, minors, and study abroad opportunities have inspired me to discover myself a little more, even though I came with a very solid idea. "I am double majoring in Legal Studies and Economics so I can go to law school and get a good career," I would say, and when asked about studying abroad, my answer would not be the most positive. "I really want to, but I cannot afford it." The Momentum program has taught me Legal Studies and Economics are not the only options I have and there are ways I can study other academic fields I am passionate about, like music and statistics. I also learned how studying abroad will not be as difficult as I originally thought it would be. Thanks to the Momentum program, I am now in contact with Megan Bell, who oversees the Study Abroad program about potentially studying in Singapore, in which Elizabethtown College currently does not have an established study abroad program. During the Momentum program, I also learned about the stories and accomplishments of Momentum alumni and the Kinesis Peer Academic Advisors. All of them have had success at and outside of Elizabethtown College's academic environment. Many of them had internships and volunteer work, which captured my interest, as well as their leadership positions in extracurricular activities around campus and their professional and personal connections with the professors here at Elizabethtown College. Overall, the Momentum program encouraged me to take a deeper look at my future, both as an Elizabethtown College student and as a person.

- Karah Wishon: Baltimore, Maryland

As move-in day approached the realization started to set in I was soon to be away from my friends and family for a questionable amount of time. I laid in my bed with my life packed away in my mom's SUV reminiscing about my last moments at home, with little knowledge of the future months on the Elizabethtown College campus. In the zoom meetings I have been able to attend where the faculty are so understanding and extremely informational, you can tell how much they cherish their relationships with their students along with their passion of sharing the knowledge they have worked so hard to perfect which can be hard to find. Upon arrival on the Elizabethtown College campus, we were overwhelmed with the friendliest, most genuine people I have met, they made us feel super welcomed and I am excited to see the outcome of the next couple of months here on campus. The Momentum Kinesis Peer Academic Advisors are nothing short of amazing, some internet problems took place so missing some special initial zoom meetings but they were patient and super helpful the entire time, which was making it easy to adjust despite some hiccups in the process. I am extremely excited to start this school year and meet all my professors and having such an amazing support system helping me and my fellow classmates through this new experience. I plan to help future students of Elizabethtown College in the same respect and kindness I have received this week in the Momentum program. I aspire to be like the Kinesis Peer Academic Advisors I have had the pleasure to interact with and apply to my campus lifestyle this fall. With more people like the Kinesis Peer Academic Advisors I have met it will make for a closer-knit community to create an environment to draw more inspiring people to fall in love with this beautiful campus as I have.

- Brittany Wright: Hughesville, Pennsylvania

ELIZABETHTOWN COLLEGE
KINESIS

STUDENT REFLECTIVE ESSAYS AUGUST 2020

ELIZABETHTOWN COLLEGE
Momentum 2020-2021
Kinesis Peer Academic Advisors



Eric Schubert '23



Meghan Glaspey '21



Ruth Jacob '23



Sean James '23



Meghan Keenan '23



Nicholas Mich '22



Lauren Griffiths '21



Carly Patterson '22

*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)

As a third year as a Kinesis Peer Academic Advisor, I was not nervous to be a part of the Momentum program this year. As a first year Captain, I was. With the Momentum program week in the remote this year, I was worried how technology issues would play out or if the students would be engaged in the Zoom calls. This has been a year of firsts for many things, and the Momentum program week in the remote was one of them. Throughout the week, even when I was feeling, crazed and stressed, I was inspired by the dedication of my Kinesis Peer Academic Advisor colleagues. Not only did they complete their assigned tasks, but went above and beyond their roles. They encouraged me to keep pushing and reminded me we were actually making a difference in these students' lives. This year, it is hard to imagine what obstacles and barriers we will have to overcome as a program and as a part in the Elizabethtown community as a whole. I know whatever obstacles are thrown my way, I will be able to push through because I have the Kinesis Peer Academic Advisors and Professor Benowitz right behind me. When the students presented their essays, as they do every year, I was not sure what to expect. The results were overwhelmingly positive. First generation students, students of diverse backgrounds, and Pell Grant recipient students alike all had stories to tell of how the Momentum program positively impacted the way they see themselves and the way they view college. Over Zoom, more students were able to share their perspective and ask questions they may have been afraid to ask under normal in-person circumstances. I know in my role as Captain, I was able to facilitate sessions and help provide some guidance the students were seeking. Looking forward to the academic year, I know I will be able to impact the students and their journeys. I will provide the correct resources when they need help, I will come up with a plan of action for how they want their four years here at Elizabethtown College to look, I will allow students to express their voice and their concerns. Most importantly, I will be a mentor like the one I had in my Kinesis Peer Academic Advisors when I started my academic journey.

- Lauren Griffiths: Joppa, Maryland

I was so honored to serve as a Peer Academic Advisor for the Momentum program this year, even though the format of the program took an entirely different approach. Although we had to navigate challenges with COVID-19, I was still amazed by the relationships formed between the Kinesis Peer Academic Advisors and Momentum students. Through various online activities, the student's unique backgrounds, strengths, interests, and life stories continuously fascinated me. The collaboration and connection between Kinesis Peer Academic Advisors have always been strong, however, I felt we bonded even more this year—it took extensive collaboration and teamwork to create online sessions allowing the Momentum students to reflect on what inspires them. The Momentum Program's motto, "Imagine, Inspire, Impact," was brought to me in a different light this year. I realized you do not have to be face-to-face to have an impact on those around you. You do not have to be face-to-face to live out your dreams and reflect on whom/what has brought meaning into your own life. You do not have to be "in-person" to make a difference. The Momentum program has had such a great impact on my life and words cannot describe how thankful I am to have been a part of it.

- Meghan Glaspey: Greenwich, New Jersey

I feel so blessed to be able to serve as a Kinesis Peer Academic Advisor for the Momentum program. Returning for my third year in the program, my second as a Kinesis Peer Academic Advisor, I was filled with anticipation and excitement. The students we meet each year, and the backgrounds they come from always amaze me. It is fulfilling to be source of guidance for them during their first year and to nurture the mentor-mentee relationship. I feel honored to be a part of their journey. This year looked a little different than the previous years of the Momentum program due to the pandemic. I remember sitting at my kitchen table when I received notification the Momentum program would be completely online. My stomach dropped. Of course, I wanted to provide the students with the best and safest experience I could, but my own doubts and worry clouded my mind. How will we keep their attention for hours on zoom? Will they still feel connected and engaged? I tried to imagine what it would look like. Our training sessions and our dedication to this program prepared us to provide the students with the best experience we could during these difficult times, and despite my worry, I was able to imagine a successful week. Keeping our own Momentum program experiences in mind and leaning on each other and our wealth of resources, we were able to provide an enriching experience for them. Throughout the week, I was able to see the

students engaged and interested in the sessions. They participated in their small group discussion perceptorials, and it was inspiring to see them persevering through the zoom fatigue. Hearing the students read their essays and stating how beneficial the Momentum program was to them felt amazing. Each year the students inspire me to be the best leader I can be and seeing their excitement and engagement in the Momentum program contributes to inspiration. It is a satisfying feeling to know they still received the same great Momentum program experience, despite being in the remote. I am excited to begin another year as a Kinesis Peer Academic Advisor. I hope to provide my students with the support, knowledge, and resources they need to be successful here at Elizabethtown College. I want to continue to inspire my Momentum students the way they have previously inspired me. I will treasure the impact this program has had on me and will use what I have learned through this program to impact others in my future career.

- Carly Patterson: Secane Pennsylvania

As sunlight poured through two transparent, metallic panels, the faint smell of cleaning supplies still lingered while I placed the final few items gently upon my wooded desk. Bidding farewell to my family became routine as I once again put on my Momentum program Kinesis Peer Academic Advising polo. We were all in new territory; we were learning to start over again, and it was near impossible to duplicate what we have done in the past. The peculiar thing about the Momentum program, concerns its literal definition: it is *the constant movement of an object*, and when something changes, the Momentum program changes too. Every year, the Momentum program week transports me back to the first week I started at Elizabethtown College. I was nervous I would have difficulty connecting with others. I was worried about being included, and I had no idea what to expect. Ironically, my first week of the Momentum program addressed all my primary concerns. I made great friends, shared unique stories, and desired to give back to them the way any way I could. Now, the Momentum program, a transformative experience, would have to be offered through Zoom. Options were limited, but everybody agreed we needed to exceed expectations, and we needed to be creative. The new Momentum students frequently mentioned they were inspired by our dedication to make the Momentum program an enjoyable experience, and how we were willing to help whenever they faced a difficult situation. From my perspective, I was inspired by the new Momentum students' willingness to persevere. Many of them left home in the middle of a national pandemic, leaving their families, with no clue what exactly awaited them once they arrived on campus. They displayed patience when they were having difficulty connecting to the internet, or if we needed time to respond back to them with an answer. They were not afraid to ask questions even though others would be too afraid to do so. Their actions inspired me. Their faith in others and their adaptability challenges me as a person to focus on what opportunities exist in chaotic times rather than what is not possible. As I meet with my Momentum mentees throughout the year, I hope to know more about them as individuals. I want to emphasize how they are all capable of making positive and lasting change on others around them. They are in control of their future, and other people here can help them find their path. We will continue to face challenges, but we will persevere.

- Nicholas Mich: Ephrata, Pennsylvania

This year was my first year as a Kinesis Peer Academic Advisor for the Momentum program, and I was not totally sure what to expect. For one I had so much less experience than the returning Kinesis Peer Academic Advising team, and secondly, this year's itinerary was constantly changing with respect to local and federal health guidelines thanks to the COVID-19 pandemic. Regardless of all, I knew I at least had the resources I needed to point the students in the direction they needed to go. I made connections with the students throughout the week, but nothing really stuck out to me significantly. Everything changed the last day. As the students were reflecting upon their time in the Momentum program throughout the week, one student's testimony shook me. Over this past winter break, my father suddenly passed away. And the pain of the day comes right back to the surface every time I see or hear something reminding me of him. When it does, I prefer to think about what I could do to have made him proud. He always went on about how important dreams are, and he supported all of ours (my siblings and me). For me, he always told me how much he appreciated my artwork and how one day I would be a successful woman engineer making a positive difference in the world. However, how does anyone know they are on the right path to achieving those things? The Momentum program this year made me realize even the little things can

make big impacts on where we want to go in life. Whether it be taking a stepping-stone job before we get the one we think is more relevant to our major, cutting down on our procrastination to make the most of our precious time, or using our words to convey even the subtlest of appreciations we have towards those in our life. I cannot say exactly what impact I made on my students this week, but I do hope the student who sparked my realization feels more empowered to use her voice, and more empowered to implement even small actions to make a positive difference. As for the students I will mentor in this coming year, I aim to teach them what I have been taught this week and use this valuable lesson to springboard their successes.

- Ruth Jacob: Geigertown, Pennsylvania

The Momentum program this year, to me, was an overwhelming success. Being my first year as a Kinesis Academic Advisor; I was nervous about living up to the expectations and skills my personal Kinesis Peer Academic Advisor and Kinesis Peer Academic Advising team had when I did the Momentum program my first semester. Throughout the week, one of the most inspiring things I saw, were the students being engaged and active in discussions and presentations. Having the Momentum program week be in the remote was an interesting hurdle to leap over. I do not work for ITS and making sure everyone was connected and engaged was one of the biggest challenges I faced during the week. Being only, a year above the current first year class also helped me relate more to my current students and the ones I had during break-out perceptual sessions. All the students I talked to shared the same anxieties, and fears of not fitting in and not making friends. This is something I could relate to because I also experienced this my first semester. Knowing this, I was able to connect and have deeper conversations with the group, and hopefully eased some anxieties coming into the first week of the semester. The current Momentum program class has inspired me to work hard in my academics, but also to work extra hard as an advisor to them. Over the course of the Momentum program week, I think I made the most impact in my small group discussion breakout sessions. My groups played some icebreaker games, discussed P. M. Forni's *Choosing Civility: The Twenty-Five Rules of Considerate Conduct*, and Paulo Coelho's *Inspirations: Selections from Classic Literature*, and what they hoped to achieve during their first semester. I loved getting to know a little bit about each person and being able to share some of my experiences and knowledge with them. I hope to make an impact on my own students by helping them be the best not just academically, but on a more personal level. I hope I can make this impact, and guide my students to becoming helpful, intelligent, and active members of the Elizabethtown College community

- Sean James, Shenandoah, Pennsylvania

As a first-time Kinesis Peer Academic Advisor, I did not have much experience to which I could compare the Momentum program week, 2020. Even so, I knew going into the Momentum program this would be a unique occurrence. The remote format and pandemic-related circumstances yielded many new and interesting challenges, one of which being the ever-changing schedule of events. I was so amazed by the efforts of the Kinesis Peer Academic Advisors to overcome each obstacle and to respond quickly and efficiently to the students' issues and concerns. Inspired by the words of chef Patrick O'Connell, founder of the Inn at Little Washington (we studied his speeches in Kinesis training) my fellow Kinesis Peer Academic Advisors and I strove to "do the impossible" and "make something out of nothing," by making the restrictive remote format as exciting, engaging, and informative as possible. We knew anything we did had to be extraordinary, and we delivered to the best of our abilities. Our efforts, however, would have been in vain if it were not for the mercy of our students. Their compassion, understanding, and cooperation is what really made everything come together. They never dwelled on the negative aspects, or the "what could have been," focusing solely on the positive elements of the program. They were receptive to our guidance, eager to participate, and respectful to guest speakers, the Kinesis Peer Academic Advising team, and each other. Their patience and civility under these different and somewhat frustrating circumstances inspired me greatly. I do not know for sure what kind of impact I personally had on the students; I hope the help I was able to provide and the bonds I have formed with several of them illustrated one of the key messages of the Momentum program week: the students always have a support system on campus ready to help them, and they can always reach out to us. I am eager to continue to work with my students throughout their first year at Elizabethtown College, and I will apply the lessons in civility which I have learned

from all of them this week to my daily life. My goal for this year is to help my students keep their personal momentum going, in more than just the academic setting. I hope to see them continue to be merciful and civil towards others, especially in situations when they or others are frustrated or under stress.

- Meghan Keenan: Archbald, Pennsylvania

During my first year of being a Kinesis Peer Academic Advisor, I learned the Momentum program continues to be a transformative experience for all involved, regardless of what role you play in it. As a first-year student previously, the Momentum program gave so much to me and I found it to be a wonderful experience to help me begin my journey as a Blue Jay. Many of the opportunities I had in my first year on campus were directly because of my time in the Momentum program, and I never forgot. However, this year, it was much different as I was on the opposite side of the program as a Kinesis Peer Academic Advisor instead of being an incoming student. But again, throughout the Momentum program week, I learned even as a member of the Kinesis Peer Academic Advising team as opposed to an incoming student, the impact is still a strong, transformative educational experience. Beginning my journey as a Kinesis Peer Academic Advisor this year, I was not sure what to expect, especially in a first-ever remote format. I knew regardless, this year's Momentum program would be unlike any other. I was so right, and during this Momentum program week, I have been incredibly inspired in my role as a Kinesis Peer Academic Advisor. Mainly, I was inspired by the resiliency of this year's Momentum student cohort. Despite an ongoing pandemic, quarantine, and remote sessions, students were active and engaged with the Kinesis Peer Academic Advising team, Professor Benowitz, and other presenters. I think this goes to show my point of how regardless of the circumstances, or your position in the program, the impact is just as strong every year, and every year you learn new things. A remote format also allowed for many discussions between Momentum students and Kinesis Peer Academic Advisor such as myself, and I hope I made an impact to the students through those sessions and discussions as the week went on. With this inspiration, I also hope I will continue to make an impact throughout the school year through involvement in The Momentum Society, and student advising. Above all, I will take the lessons I have learned from the students through this year's program of resiliency, perseverance, and engagement, and bring towards my time spent guiding my Momentum advisees this upcoming school year to ensure they have the best academic journey possible. Blue Jays Always!

- Eric Schubert: Medford Lakes, New Jersey