

ELIZABETHTOWN COLLEGE

MOMENTUM

IMAGINE, INSPIRE, IMPACT

STUDENT REFLECTIVE ESSAYS AUGUST 2021



*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)

Nestled in the rolling cornfields of Lancaster County sits a small liberal arts college founded by the Church of the Brethren. Academic and residential buildings pay tribute to the school's supporters. The college's history weaves itself into each class imbuing students with the legacies of the students who came before them. All around campus the leaders of tomorrow prepare to serve their communities. The founding message still rings true; every student is accepted regardless of race, class, color, religion, or creed. Elizabethtown College serves as a haven for the persecuted, excluded, and misunderstood. This was the picture the Momentum Program painted of Elizabethtown College. While listening to the lectures, I imagined a world where discrimination was a phrase of the past. Nobody worried what the future would bring. Children could dream of college and their happy lives beyond. Through Momentum, it has become clear this little liberal arts school lives for a purpose: a better tomorrow. The Momentum Program has reinvigorated my dream for a just world showing me my aspirations cannot wait. By listening to the numerous presenters, I know my wish for equality and inclusivity can begin where I am going to call home for the next four years. I can initiate change right on campus, build upon the work of other students, and further the mission of the college's founders. As a Peace and Global Scholar, I will have the opportunity to work with like-minded student peers who are the change-makers on campus. When working as a collective unit, we have the power to make an indelible impact on the Elizabethtown College community. Because of the Momentum Program, I see the opportunities before me to benefit not only the school community but the people of Lancaster County. I have the power to better other people's lives through outreach work in my courses and SCARP projects. I can better Lancaster County in countless ways through the connections made at Momentum. Upon graduating from Elizabethtown College, I will be able to take the skills that I learned on campus to positively impact even more lives. My professional calling is to become a physician who focuses on promoting equity in healthcare. Through medicine, I can bring the college's mission of inclusivity to a wider audience while benefiting patients. This career is how I will do my part to make the world a better place. This past week has been inspirational and a powerful reminder about how we all can improve our surroundings. However, it is up to us to seize the power. The Momentum Program has reaffirmed how I must pursue my dream: to create a just world.

- *Ahsa Sadhukhan*; Lancaster, Pennsylvania

As the child of first generation immigrants, I am also a first generation college student. The opportunity to have an education is a privilege. A privilege, I intend to take full advantage of, to help me achieve my American dream. My parents risked their lives to immigrate to the United States so I could pursue my education. The Momentum program gave me confidence in my education. During one of the sessions, we were joined by a panel of first-generation college students who became professors and now teach at Elizabethtown College. One of the professor's stories particularly stood out to me. Dr. Lancaster, described her journey to finding her path through all of life's ups and downs. She demonstrates what it was like to persevere in the face of adversity and seize the opportunity to expand her knowledge. Dr. Lancaster applied to only one college. One is preferable to none. This one attempt paved the way for many paths in her life. As a first-generation student, it is easy to become lost in a maze of unknowns, but the path to success is hazy. The pressure to complete my goals within a specific timeline or order is unrealistic. My perspective on how to succeed has shifted as a result of the Momentum Programs. I will succeed, though it might take longer or take me down several paths. The Momentum Program taught me how there is nothing to fear in terms of change and failure. I will learn to accept failure and use it to improve my skills. The impact of the Momentum Program's few days of knowledge-pouring was an once-in-a-lifetime opportunity. I learned about various leaders and the impact their actions had on our country. I want to go down the road of fighting for justice in my country. I aspire to be a leader, a woman in power. I want to provide other first generation students the opportunity to have the privilege of an education.

-*Emily Guevara*; Edgewood, Maryland

The very definition of Momentum is: strength or force gained by motion or by a series of events. This is the definition I was met with from Merriam-Webster when I received my invitation letter into the Momentum Program. A few months later, this same definition exactly embodied my experience with the Momentum Program. A force making me take my critical glasses off and appreciate college for what it was truly intended to be, a new world of unlimited possibilities. When I submitted my application to Elizabethtown College all I knew was how I wanted to be a nurse. As a first-generation student I thought my possibilities were limited, but I have unlearned this completely. This Momentum Program is helping me discover there is more to my post-secondary education than just being a nurse. I deserved to feed my intellectual curiosity by minoring in Women and Gender Studies and taking courses expanding my knowledge in Black History and Hispanic Heritage. Nothing has inspired me more than the Kinesis Peer Academic Advisors. Not only do they have their own college experience, but they are here helping incoming Momentum students like me get settled into my own college experience. Their initiative makes me want to follow them as a future Kinesis Peer Academic Advisor. Since nothing is more fulfilling than seeing your impact on those around you, which was enforced throughout all our meetings. I have always known how helping others was my calling and career, however it is also what will drive my purposeful life work as well. This experience has solidified the fact whatever I plan to do in college there will always be people to support me in my endeavors. Each day began with Professor Benowitz introducing us to a historical figure of color impacting American culture. The day Professor Benowitz introduced us to Dolores Huerta, really resonated with me, how she did the same as Cesar Chavez, fight for better working conditions for farmworkers. Nevertheless, she is far less recognized for her fight against the abuse of farmworkers than her male counterpart. Even though Huerta's work was far more impactful Chavez. This struck out to me because it reminded me of all the work still needing to be done for women's equality. I will work as an agent for change on campus by becoming an active member of a group advocating for women's rights and equality on campus. We need more safe spaces of women supporting women on campus not only to learn and spread awareness, but making real change in the community as well. This Momentum week has just barely begun, and I have been inspired beyond words. This all connects to another lesson we have been learning since day one, always try being a part of something bigger than yourself. Even if you are afraid, even if you feel uncomfortable. This Momentum experience has once again ignited the passion for learning I had as a little girl which unfortunately dimmed over time. I cannot thank Professor Benowitz enough for creating such a well-thought-out program and thank you to every person who made this amazing experience possible.

-Lisbel Rodriguez; Lancaster, Pennsylvania

I stare at the screen in front of me and reread the email for the second time. "What is the Momentum Program?" I ask myself. As I read through the Elizabethtown College website learning more about Momentum. I think to myself, "eh why not?" Now I am glad I made the decision. The Momentum Program has already helped me in so many ways. I have begun to imagine what I might actually want to do besides just going to classes. I can see myself participating in all the clubs around campus. I see myself taking other classes than just what I am supposed to take. The Kinesis Peer Academic Advisors really helped me understand how college was not just something I needed to do, but something I can actually enjoy doing. They inspired me to also go outside of my comfort zone. They did this by making us sit next to new people, and asking questions and getting our opinion on everything. They encouraged us to really think outside the box and look at things from a different perspective. I have taken so much away from the Momentum Program already and I hope I can also inspire people to think critically and independently, to meet new people, to intentionally and carefully listen to everyone's opinion, even if it does not match your own. I hope anyone reading this who is not in the Momentum Program goes for it. Say to yourself, eh why not? take the leap and you will learn so much. Not just about Elizabethtown College, but also about yourself. It is definitely worth it.

-Olivia Goebel; Blandon, Pennsylvania

During my time in the Momentum Program I have learned a plethora of information about the curriculum at Elizabethtown College. For example, one of my favorite things about the curriculum is how flexible it can be to prepare me for the pathway I decide to take. And the extensive tutoring options and peer mentoring available for me. I am excited to be a part of the Communications/Marketing programs. I believe these programs are an amazing fit for my intellectual curiosity. I am a hands-on learner, so I am excited to explore the Communications/Marketing Departments while I am a student at Elizabethtown. As I imagine my future, I know I will take all my knowledge and experiences gained during the Momentum pre-orientation week in August to ensure I become the best version of myself into the person I want and know I am. One of the most impactful experiences for me was listening to the President of Elizabethtown College speak. President McCormick is the first woman president of Elizabethtown College which is a huge accomplishment and says so much about her character. The most impactful thing resonating with me is her passion for her work and the importance of growth. She said one thing which stood out to me: she said you need to change to grow. Sometimes I naturally have a hard time with change but as I listened to her life journey. I felt inspired to be more open to change. Another speaker during the Momentum Program was Hosman Uruga who shared his struggles being an undocumented student. I felt very fortunate not to have the same struggles as he did. Hearing his life journey made me step back and think about how lucky I was to be able to attend college without jumping through legal hoops. Sometimes it can be very easy to take things in your life for granted. And as I thought about what I want my college experience to look like. I am inspired to achieve self-growth and grow a network of people who support me in becoming the best student I know I can be and use my resources at Elizabethtown College. I plan to make a positive impact at Elizabethtown College by getting to know new people. Making everyone I meet and interact with feel included. I will work every day to be a good representation of this community. By being a good example and having a positive outlook on my college career. Having the support of my Kinesis Peer Academic Advisor will definitely give me the support I need and set me up for success. I am thankful to be a part of the Momentum Program and cannot wait to see what the rest for my first year at Elizabethtown College has in store.

-Merzadee Buys; Elverson Pennsylvania

As a member of the 2021 Momentum Program, I have learned so much. I can admit my personal perspective of what the college experience was going to be like was very skewed and the Momentum Program helped to clarify what Elizabethtown College was going to be like. In my mind, I always thought college was full of people who partied, did not really care about education, and professors were uncaring and strict; as I learned over my experience in the Momentum Program, Elizabethtown College is full of students of like minds who care about learning and getting the most out of life. Also, Professor Benowitz made me feel confident and secure in the fact how all professors at Elizabethtown will support, nourish, and help me become the best person I can be. Speaking of Professor Benowitz, he has not only made me feel like I belonged before I even arrived, but he gave me the resources to be fully prepared for my future college experiences. I have met many amazing people over the course of the Momentum Program, some being my peers, some being Kinesis Peer Academic Advisors, and some being professors. These people have introduced me into a world of new information from a personal perspective. When learning about the experience of a person of color in America from Professor Takahashi, Mr. Bonds, and Mr. Uruga-Barba, I was inspired to become more inclusive and to make the effort to further educate myself on issues on topics I do not see in my day to day life because they do affect others daily. In the future I hope to become a doctor who can serve my community and treat everyone with respect. So many people have been rejected from medical facilities because they could not provide health insurance or properly communicate their situation. I believe everyone deserves the chance to be happy, healthy, and educated regardless of social, ethnic, religious, or racial background and one opportunity I want to take advantage of on campus is the Center for Global Understanding and Peacemaking. This is one way I can begin to directly change my community as a student today and prepare to change the world in the future.

- Laura Hileman, Jennerstown, Pennsylvania

From Momentum I have learned how I need to make the most of my college experience. I am looking forward to going on a short-term study abroad trip during my time at Elizabethtown College. I have traveled outside the country before with a school group and it was very impactful. Exploring different cultures is something of interest to me. Additionally, I enjoy learning business math. I plan to major in Marketing and I am unsure about declaring a minor. I was introduced to marketing by having an amazing economics teacher in high school. I determined how economics was not exactly what I wanted to major in, but it led me to marketing. Furthermore, last year I did dual enrollment through Elizabethtown College. The professors were very encouraging and wanted everyone to do well in their class. With the small classes it is easier to talk to your professor to get additional help in order to do well. This carries through with the Momentum Program. I have met multiple people through the Momentum which is making the transition into college much easier. I have met more people than I thought I would through the Momentum Program. This gives me the first sense of community I have at Elizabethtown College. I live close to campus. This means I have a little more knowledge of the Elizabethtown community, compared to other students who live further away. I hope to impact the community in a positive way during my time at Elizabethtown College. Momentum has started me on the right path and I am grateful for the opportunity.

- *Anna Laffey*; Mount Joy, Pennsylvania

Many thoughts and feelings come along with change—a term I have come to know all too well. I was nervous—terrified, even—before starting the Momentum Program. What if I made the wrong choice? What if I go into this and regret it afterward? Will it be too much for me? These thoughts continued to run around my head. The first night of Momentum, I rushed back to my home from a get-together with family before my departure for college. Anxiously, I got ready for the very first Zoom meeting of the Momentum Program. I did not know what to expect from this program. However, the longer the week went on, the more inspired I became, and the more I learned about myself and the ways I want to grow. I started my senior year of high school thinking I had a plan for my future—I would major in Neuroscience and Psychology, go to medical school, and become a Neurologist helping children like myself with epilepsy. By the end of my senior year, I questioned myself. Am I cut out for such a demanding job as one in the medical field? Would it be good for me? Would I be emotionally qualified to handle this job? Could I even handle the amount of schooling being a Neurologist requires? Since then, I have come to an understanding of myself; it is enough to understand how being a Neurologist is not a good fit for me. While I plan to continue to pursue a major in Psychology, I have started considering switching my Neuroscience major to one in Early Childhood Education. Even more so, I thoroughly enjoyed learning about the religious background of Elizabethtown College on our first night of the Momentum program, as well as how it shaped the culture and curriculum of the school. The enjoyment I got out of learning about this influence has sparked my interest in learning more about the histories and effects of religion in different cultures and areas. The various speakers who presented to us during the Momentum Program had three important themes in common: change, determination, and being open-minded. I have been inspired to find what works for me in times of struggle rather than letting my fear get the best of me; to let my curiosity take control without pushing limits in pursuit of understanding others and their perspectives. Most importantly, I have learned to accept how change is okay. The word “change” tends to be used negatively, but each of the speakers portrayed it as a positive idea. It has been a major role in my life over the course of the last year, and while it has affected me negatively, I have learned to see it from a new perspective. It is inevitable and necessary for growth. I aspire to share this knowledge with other students across campus and even use it in my future career, whatever it may be. I also wish to share this knowledge with both the community of Elizabethtown, as well as my community at home. It is something tending to be overlooked, and I want to make a difference in another person’s lives—the type of difference inspiring them to continue pushing through when times get tough. I want to make the same difference in someone’s life I never had for myself. Being a part of the Momentum Program has inspired me to learn more about myself, find a plan working for me and my future, and pursuing a career path in which I am working with children, which has been my dream for so long.

-*Ryleigh Durr*; Beaver Falls, Pennsylvania

College is a major time in everyone's life and it can have life-lasting impacts on both yourself and others. Elizabethtown College has such an important and critical history leading to the success of students for many generations. The Momentum Program has given me the chance to really dive deep into the significance of Elizabethtown College and how I can use this knowledge for the rest of my life. The presentation I had witnessed about the founders of Elizabethtown College influenced me in such a unique way. One of the biggest points I took away from this presentation was the importance of civility, inclusion, and diversity within our college. These founders, including G. N. Falkenstein, had this important vision of Elizabethtown College. This presentation overall inspired me to carry these qualities not only in college, but for the rest of my life. Dr. Steve Nolt gave a very influential presentation making me rethink college completely. Before Momentum week started, I thought of college as not so much a place to discover new experiences, but a place to only learn. I quickly discovered from Dr. Nolt there was so much more to college. Elizabethtown College in particular has so much to offer way more than what happens inside the classroom. For example, there are many opportunities like study abroad and service organizations within the community positively influencing on your life and education. Momentum week overall has given me so many learning opportunities I would have missed out on if I had not attended the program. The Momentum Program has allowed me to grow substantially and to develop as a person. I have gained many new friendships this week and I now understand what college is all about. Momentum has had such a life-lasting impact on my life and I know that it will for many years to come.

- *Samuel Huhn*; Lancaster, Pennsylvania

When I saw the email to join the Momentum Program, not going to lie, I ignored it the first time. I was so confident I had understood everything it did not seem worth it to sign up. But I talked to my parents, and they suggested I at least give it a shot. So, I went to summer orientation. While I was still hesitant about the whole thing, when I went, I was given a very good impression, and the Kinesis Peer Academic Advisors answered all my questions. And so, I decided to stick it out. I mean, what harm could it do? What I did not expect was realizing how much I needed the Momentum Program. Not only did the Momentum Program help me learn about the college and its many facets, but I also met many people whom I was able to build relationships with and even have deep discussions. Also, I was also able to learn the importance of branching out and learning as much as I can, not just topics relating to my majors, while also solidifying my decisions on my majors. I also had the pleasure of talking to many professors over my time in the program, all of which were not only interesting to talk to, but also helped spark civil discussion on complex topics. I mention civility because it was very important to the group, and everyone was always understanding of their peers' views. We all come from very different backgrounds, so it was always important for everyone to respect each other's viewpoint, to allow for civil discussion. The most impressive part is most of this program happened online. Even though the program was mostly online, Professor Benowitz made sure we all got what we needed from the program. So, I do not regret joining the Momentum Program. If anything, I regret being hesitant in the first place. It gave me the Momentum I needed to be confident about college, and even allowed me to meet people I will most likely continue to talk to into the future. So, if you are on the fence about joining the Momentum Program, you should do it. After all, it can only help you.

-*Cameron Hollabaugh*, Newberrytown, Pennsylvania

During the Momentum Program, I was introduced to the Elizabethtown College through the virtual campus tour. I participated in small group book discussions about civility and how we feel about starting college ([Choosing Civility: The Twenty-Five Rules of Considerate Conduct](#) one of the three assigned summer readings for this program). I made a list of my dreams as well. I heard stories from guest speakers such as Momentum alumni. I also got to participate in writing sessions and a library sessions. During the writing session, I learned about the different styles of writing. During the library session, I learned how to use the school library webpage. I also got to watch movies such as *The Motel*, which is a movie about Asian Americans and also watched and discussed documentaries about the Latinx experience in America. I loved learning about diversity and enjoyed the Diversity Dialogues. And I learned about plain dress among members of the Historic Peace Churches and how discrimination against plain people lead to the founding of the college and how the college founders were sympathetic to marginalized people. Doing the small groups and meeting the people in the group got me inspired

by the faculty, Kinesis Peer Academic Advisors, and the other incoming Momentum students. They inspired me by sharing the good things they went through in college. We also got to share our interests. I learned about the Kinesis Peer Academic Advisors experience in college. One thing I learned in this program is there is 0% tolerance of racism at Elizabethtown College, which means we do not allow racism. Another thing I learned is to treat others with respect. As a leader at Elizabethtown College, I will become familiar with the campus. I will work for inclusive excellence by being a role model to the students in the future. I will be an agent of change in the campus and within the local community by being a flexible student. I will make an impact by welcoming new students.

-Kayla Donaher; Hershey, Pennsylvania

In front of me is a dark tunnel. This tunnel is suffocating and covered in cobwebs. Usually, I succumb to the darkness of the tunnel and allow it to completely consume me. Even on days when the sun was hot and shining, I would be in bed, wearing baggy clothing and allowing my surroundings and brain to take control of me entirely. Until one day, during this cycle, I realized how I was a senior in high school and I did not have much of a plan; more of a pipedream. I always knew I wanted to be an educator, not just because of the summer vacation time, but because I love helping and educating others about things they might not understand. My only problem is; however, how I never had much direction because I was uneducated about the idea of college. My mom is a high school dropout, my dad is a truck driver, and my stepfather is a printer. We lived a paycheck to paycheck lifestyle which caused me to become a caretaker for my brother as well as do other household chores. My schooling became more of an afterthought to me until a teacher told me about Elizabethtown College with its "Educate For Service" motto. While it may just be three simple words it carries more than just the simple definition. To me, the importance of service towards others is one of the utmost. Helping others goes a long way, longer than one may think it does. A simple smile can change the mood of someone's entire day. Joining the Momentum Program has not only emphasized these ideas for me, but has strengthened them even more. Being able to spend time with peers who share similar ideas is something causing me to become more confident in myself. The kindness, compassion, and civility within this group of students is what is inspiring to me the most. The idea of college is something foreign to me but I am able to become excited about my future as an educator after listening to the stories of other first generation students; especially those who felt as if they were doing everything on their own. While at Elizabethtown College I plan to be an agent of change by choosing kindness each day. I am not sure where I will be in 5 days or 5 years from now but I know how each day will be filled with warmth towards others. I do not know what I want to do with my life as an educator or my specific goals but I plan on continuing to be kind, civil, and compassionate towards the people who enter my life. As a child, I was the student who was always getting excluded. Whether this be on sports teams, in class, at recess, or lunch, I was always being left out and never understood why. As a leader on campus and an agent of change, I want to make sure no other student feels as if they do not belong. In the future as an educator, I do not want any of my students to feel as if there is something wrong with them. By continually spreading kindness and teaching others about civility, I know my future will be bright and full of different kinds of opportunities. With a little compassion and some hard work, the future is in reach.

- Marlaena Ciabattoni; Media, Pennsylvania

For me, the Momentum Program has been just as the name describes, a program to kick start the momentum in my start at Elizabethtown College. The Momentum Program seeks to encourage students to imagine, inspire, and impact. In the time leading up to and including the Momentum Program week, meetings, seminars, and interviews have been shared to get us to imagine what our lives would look like at and beyond Elizabethtown College, inspire us to reach for those dreams, and impact us to achieve those dreams by giving us the tools and resources to make the process easier. The Momentum Program has encouraged students to imagine their lives at Elizabethtown College. This has been done, most of the time, in conversation or dialogue in Zoom meetings about how day-to-day life will be at Elizabethtown College. We have talked about the concept of exploring majors and programs, imagining which ones may work for us. This has often been in the form of representatives from those departments coming to discuss academic majors and programs. For example, the advisor for the Study Abroad Program at Elizabethtown College, Megan Bell, came to talk about opportunities to travel and study in different countries,

exploring different cultures, living different lives, and experiencing something new. In encouraging us to imagine and dream of what our lives could be like, the Momentum Program has given us a vision to strive for, a cause of sorts. In creating these images, there also comes a desire to achieve. This is also done in conversation and dialogue. The dream in combination with a consistent amount of verbal encouragement created drive within the students, or at least within myself. Finally, after giving us a vision and drive to achieve, the Momentum Program supplies tools and resources to reach those aspirations. Unlike the imagination and inspiration, this often comes in the form of physical resources. For example, when Izzy Carter came to talk about working opportunities on campus, we were supplied with complete payroll documents and business card, putting the start of the process righting front of us, so we can dive right into working on getting the papers filled out. In addition, if we did need any further help, we could reach out to the representative of the Momentum Program via the information listed on the business card.

○ *Abraham Frear*; Macungie, Pennsylvania

When first learning about Elizabethtown College, I did not know much about the Momentum Program. I did not explore the information on the Momentum webpage and I did not pay attention to the emails and letters explaining the program. After accidentally ignoring the Momentum email for about three months, I then received a final notice message. This is when I decided to join the Momentum Program. I am entering Elizabethtown College as an Early Childhood Education major while having many interests in exploring different minors/concentrations. While at Elizabethtown College, I can see myself getting an English as a Second Language (ESL) certificate and getting a degree in Early Childhood Education. Far in the future, I want to either teach in an elementary or middle school or teach ESL in a different country. Throughout the week, we talked about goals and inspiration for the future within Elizabethtown College. Those conversations made me really think about the goals for my future after getting a degree. One of the presentations which stuck out to me the most was President McCormick's speech. She talked about how being the first female president at Elizabethtown College and how it inspired her, along with her journey and growth to get to where she is today. Her speech really made me think about my future growth here at Elizabethtown College. While at Elizabethtown College so far, the Professors and Kinesis Peer Academic Advisors have been doing well when it comes to inspiring me. Hearing about the many pieces of advice the Kinesis Peer Academic Advisors and Professors had about college was inspiring. While being at Elizabethtown College, I am inspired to be successful. I am inspired to be the best person to myself and to everyone else. While in life, the main things that I am inspired to accomplish are all of my dreams and goals. Some of those are traveling, teaching future leaders, and being somebody who is good for this world. Some things continuing to keep me inspired are my friends, family, peers, and professors. Relating back to the Momentum Program, we had to read three books over the course of the summer break. The topics of these books are to inspire and get students in Momentum ready for college. In the short time so far, the Momentum Program has taught me so much about making an impact. The impact the Momentum Program will continue to have on me will always be positive. Making an impact on who you are as a person. There are many people in this Momentum Program who come from different backgrounds. I feel like those varieties of backgrounds will make a major impact on Momentum and Elizabethtown as a whole.

-*Jenny Garton*; Gap, Pennsylvania

The Momentum Program is a great program helping me realize the experiences I will have when I step into college. With the Momentum Program, it has made me imagine and dream of what I could do beyond because it has helped me take opportunities for figuring out what I could do to make Elizabethtown College feel like as if I am home as I am not always the best of speaking up to others. In addition, the Momentum Program has inspired me to rewrite the history of the kind of person I want to be at Elizabethtown College. Furthermore, the Momentum Program has made an impact on me when I can learn how I will always feel like I am home when it is very welcoming when I move in onto campus. Being part of the Momentum Program has helped me in unique ways of how it has imagined me to go beyond what I do, how it inspires me to know what I can do well in the Occupational Therapy Program, and how it impacts my connections from my past and through my future. Accordingly, being in the Momentum Program has motivated me to imagine a wide range of opportunities of the

ideas I could do relating to my intended major which is Occupational Therapy. Before I got into Elizabethtown College, I imagined how this was the school for me because it matched my interests where I want to build a support group fitting into my intended major, how I can find my classes in a small college, and how I want to make new beginnings. Besides building a support group, it has made me dream about how I could help people around the community through the Occupational Therapy Program. The Momentum Program has motivated me to study on my course work where I could find a nice quiet place in my residence hall, and I can make it like home. Overall, the Momentum Program has motivated me to imagine all my possibilities as I plan on using what have I learned to combine my intended major with a minor of Art, and it has made me dream where I can help more in the community. In fact, the Momentum Program has inspired me to make sure I can achieve my goals for college. My goal for college is to complete all my assignments on time and making sure I stay on track with all my material in the course as I have heard from Elizabethtown's Alumni of the Momentum Program. Based on the discussions about the book Choosing Civility: The Twenty-Five Rules of Considerate Conduct (one of the three assigned summer readings for this program) it has really inspired me to become very responsible about what actions I need to take especially when I should learn how to speak up more whenever I talk to faculty or my peers which is very important in college. It has shown me how I should always think about myself when I should be aware of myself and when I should make sure I should have restraint for myself. To summarize, being part of the Momentum Program has inspired me to change my history by becoming more civil and making sure I do not let anything put me down. The Momentum Program has had a huge impact of how I can become a leader in the Elizabethtown College community. The Momentum Program has impacted me giving me the confidence I can let go of the past and I can move on into the future. The Momentum Program has made me think about what kinds of goals do I have for Elizabethtown College in which I want to show equity of knowing I can survive on my own without being at home listening to my sisters argue and hearing my mom telling me what to do all the time. At Elizabethtown College, I plan to be part of the community by participating in clubs, doing community service, and proving to the world I can accomplish college life when I have a disability. Considering how I will have accommodations from the Disabilities Office will help me succeed in all my courses especially for exams and the material being taught. Momentum has impacted on me of how I want to become a leader in the Elizabethtown College community because it impacts the way I want to learn, and it shows how it is okay to come in as a student with a disability. The Momentum Program has done many things for when it has shown imagination, it has inspired me, and it has impacted me at Elizabethtown College. To conclude, the Momentum Program has made me imagine my possibilities when Elizabethtown College was the best school for me because it motivated me to build a support group and where I can dream of what I can be when I would like to have my intended major as Occupational Therapy with a minor of Art. In addition, after hearing from alumni in the Momentum Program, the Momentum Program has inspired me to achieve my goals where I should focus more on my studying in course material and how I should be civil in all my actions by showing I am responsible. Furthermore, the Momentum Program has impacted me where I can work on my leadership goals in the Elizabethtown community by being part of clubs, doing community service, and proving how I can succeed in college with a disability. Throughout this Momentum Program experience, it has shown me my full potential when I know there will be a great deal of help throughout this journey as I make a stand at Elizabethtown College.

-Amelia Cordova; Forest Hill, Maryland

When thinking about how college will be for me, it brings me back to learning how to ride a bike. Everybody else was good at it except for me, or at least I thought I was not good at bike riding Every time I asked someone about it, they would say I just had to jump into it, and I would be fine, yet I was terrified. Until one day, I decided how if everyone else could do it, I could do it too. Now reflecting on it, I realized every time we take significant steps in life, those thoughts will come to our minds, but we must be set on our goals and be determined to accomplish. My ultimate goal is to be better today than I was yesterday. I imagine the person I want to be, and I think of someone helping the community with their necessities. I think of someone who, even if she has to use training wheels at first, in the end, will be able to ride a bike on her own. I know I want to become involved in society and be aware of the new laws implemented. One of the concepts I enjoy learning about during my available time is the law and the government. I am passionate about the different regulations in this country and how they are used

as a guideline to enforce and regulate society's behavior. I want to be someone who keeps enhancing her knowledge by exploring my government and the laws within. The opportunities shown to me by the Momentum Program will help me expand my knowledge and help me with my future career as an immigration lawyer. I have spent little time at Elizabethtown College yet, and I know it is the perfect place. The time I have spent with the Momentum students has helped me to feel ready for college. The fantastic people I have met in this program have helped me with multiple questions. The professors and the advisors are always available to help me. From the different sessions, I have learned the importance of time management. The positivity perceived from this group inspires me to be better every day and keep accomplishing my goals. Their willingness to always help me has inspired me to help others and contribute to my society. I want to be an example to follow and a leader to others. People say I have a natural talent to be a leader yet, I have never believed in such a thing as "Natural Talent." I believe in persistence, determination, and commitment. I know hard work beats talent when talent does not work hard. I want other people to know how with discipline, they can accomplish their goals. I remember this quote, "whoever's purpose is not to serve, serves no purpose." This quote goes with the primary mission of the Momentum Program, helping others. This will be my primary mission as a Momentum Blue Jay. I plan on helping my community by participating in community service. To finalize, as a Momentum student, I have learned to imagine what I can do to be a better person today, inspire others, grow together as a community, and make a positive impact.

-*Celia Sofia Familia Báez*; Lancaster, Pennsylvania

The Momentum Program stands for innovation and overcoming obstacles. Throughout the Momentum Program I have met with exceptional individuals who have shown nothing but positivity, perseverance, and acceptance. The Momentum Program has helped me envision my dream of being the future teacher students or coworkers could come to if they were struggling. I want to be the kind of teacher who will have an impact on people's lives and does not just teach my students Math, but also valuable life lessons. Life lessons like being okay with not being okay, being accepting of all humans, perseverance, and so much more. As time goes on in my journey here at Elizabethtown College, I will build these characteristics and instill a positive personality into my teaching techniques like a skill. For example, brushing your teeth for three hours one day will not do much, but brushing your teeth for two minutes every day will ensure the desired change. I wish to be a beacon of safety, positivity, and perseverance for everyone in my life around me – especially the students I will teach and coworkers I will befriend.

- *Tainan Nunes*; Yarmouth Port, Massachusetts

To say I am outgoing, is like saying Stitch is not a part of the Disney franchise. With this being established, I wish introductions were easier, or better yet, people came with previews. For example, mine would read "caution anxiety ahead." Having a preview for people, before getting to know them, would be amazing. You would be able to have a heads up about the hardships based on the stereotype given with each warning. Well, the world does not come with previews, but it does come with stereotyping. In preparation for the Momentum Program we read three books. One book was entitled, Choosing Civility: The Twenty-Five Rules of Considerate Conduct. The author, P.M. Forni, discussed the ways to practice civility in everyday life, and created ways for the readers to challenge their own line of thinking. Now civility is commonly practiced, yet when taking a closer look, we all struggle with practicing civility. We have all had a time in our life where we have stereotyped someone, and those assumptions lead to negative impacts on both parties involved. Professor Benowitz further discussed the history of Elizabethtown, creating a safe place for everyone to get an education. In creating this safe space, I aspire to break down stereotyping for myself by getting to know everyone I meet for who they are, and not based on my assumptions. In doing this, the "previews" in life are going to be eliminated.

- *Hannah Smith*; Knoxville, Maryland

Before the Momentum Program I was nervous to go to college, not having had any guidance at home about the experience. The Momentum Program may not have been ideal this year since most of it was remote due to COVID but it was still an amazing experience. During the Momentum Program I learned about the college, from its history, to its goals, and the opportunities and experiences it provides. We spent so much time not only learning about the school but also learning about how to participate better in class. We had group discussions about the books we read over the summer helping to adjust to what class discussions will be like. I am now able to picture myself doing more and having a better career outlook than what I did before. The Momentum Program has inspired me to look into internship opportunities and study abroad options. Everyone should have this chance to be introduced into all of the different aspects of college life. Another big thing we talked about was how to build your support network, who you could go to for help and academic and leadership development. We heard from alumni of the Momentum Program who were at one point in our place, who know what we are going through and offered us their support. I had really still been debating about whether I would really go to college, even into August and this is something the Momentum Program helped me process. After the first few days of the Momentum Program where we all learned about how inclusive the school has always been and how strongly the school believes in helping their students. Learning all of this has made me feel more secure in my decision to attend Elizabethtown College, more at home and more welcome. I am honestly not sure if I would be here today on campus if not for this chance to be in the Momentum Program. All of this put together has had a major impact on my aspirations for the future. Now I know everything is out there for me and everyone who is here for me I feel like I can dream bigger. I hope someday I can help other students feel this way, to be part of the impact.

- *Alexis Lynch*; Loganville, Pennsylvania

In the first few days of Momentum week, we had many new experiences and made new friends who span from all levels of society. Many different socio-economic, racial, and cultural backgrounds. As a kid from a small rural town in Western Pennsylvania, we do not have much exposure to too many cultures. So, coming to Elizabethtown and the zoom meetings for the Momentum Program helped me get a larger grasp on how other people see the world. In being able to see other perspectives, I have been able to further develop my own opinions and values with their life experiences to back up my feelings. Now I have seen the outlooks on racial inequality from people who experience it, I am more equipped to go out into the real world with a more fully flushed out view of how people live their lives and why. Here at Elizabethtown College, I hope to major in Music Education and become a music teacher ideally in a small rural school like my own. If I, a gay man, can become a teacher in a rural school, with the views and ideologies I have thanks to the Momentum Program, I feel like I can be a positive influence on the students in my class. Racism is a learned behavior, children see their parent's usually racial slurs, or hurling homophobic banter at some random couple walking by and they see how this is acceptable because well "Mommy and Daddy do it" because our parents are our number one teachers, they are the first people who teach us how to talk, how to walk, all the monumental first steps of life are taught by our parents. But if we have teachers in our public schools like me or like Daniel Marshall, or any of the other Momentum students, we could slowly but surely educate our students like how we were educated at Elizabethtown College through the Momentum Program. "Educate for Service" is the Elizabethtown College motto, so if we can teach our perspective students the same philosophy and try to undermine the teachings they get at home and make them more broad people, society in general will see a huge boost in civility. Civility was one of the most important words Professor Benowitz spoke about to us, it is the mission statement of the Momentum Program and us Momentum students. Building from this, I will take all my momentous Momentum knowledge out into my real-life after school and try to shape the next generation of students into the kind of people we want them to be, to reach their full global potential. Each generation in America gets increasingly globalized and worldly, so if we can speed up the process with education, educating ourselves and educating others, we can make the universe much more civil.

- *Bryce Matthew Hilton*; Boswell, Pennsylvania

At the start of the Momentum Program, and I was feeling extremely nervous. Can I do this? Am I ready? Do I need more time? Would I be at a disadvantage for still deciding my major? These are just a few thoughts I had beforehand. I took a deep breath and joined the Zoom meeting in my cold bedroom with rain pouring outside. Throughout the Momentum Program, I listened, took notes, and thought about what was being discussed. During one discussion, we talked about all our interests, and I wrote down faith & film, singing, acting/theater, learning about my family's history, and law, government, and civics. This discussion motivated me truly to think about my dreams and goals. For instance, how can I help shape others through my mistakes and choices? How I can give back to the community based on my interests and how I as a person can help people through different scenarios around the world. Later in the Momentum Program, there was a panel of Momentum alumni, and everyone talked about how you should not define yourself by your mistakes and learn from them to overcome your challenges. They also talked about people should not be afraid to change their goals, and to have confidence and persevere through the good and tough times. Throughout this whole week what inspired me the most was the Momentum alumni panel and Kinesis Peer Academic Advisors saying, in separate ways how it is okay to still be deciding on your major and to explore what interests you and shows your abilities. The impact and teachings of the Momentum Program is so much more than I can describe. The Momentum Program has given me the confidence to say yes, I am ready for the next chapter, no you do not need more time, and no you are not at a disadvantage just because you are still deciding on choosing a major. The Momentum Program truly feels like family and the campus truly feels like my home away from home just like all the people before me.

-*Abigail Marks*: Bear, Delaware

Since I was little, I was taught how education was everything. I always dream of attending college and becoming an immigration lawyer. I imagined all the great things I could do. Be part of the change in the campus community. However, as my time to attend college drew closer, I was thinking of waiting to see how my first year would go before exploring new things, joining clubs, or taking different opportunities around campus. Since I am going to be the first person in my family to attend college. There is not much help from my family on how to prepare for college. Nevertheless, my mindset has changed with the Momentum Program. During our sessions on several occasions, we have heard from the Kinesis Peer Academic Advisors and Momentum alumni the advice of not waiting to start being part of the change, not waiting to take opportunities, or getting involved in campus. This makes me so happy to hear from people who have had the experience because it motivates me to take advantage of all the resources available for me. Like I mentioned before, my dream is to become a successful immigration lawyer and make a change in people's lives. I have been in the shoes of the people I want to help in the future. I know what the immigration process looks like and how scary and intimidating it can be. However, failure is something I fear because I have this mindset about if I fail, I am not just simply failing, I am also failing all future immigrants I could help. The Momentum Program has helped me realize how failure is something normal, something which needs to happen in order to succeed. On the session of August 18th, we had Mr. Hosman Uruga Barba for our presenter for the evening. I am happy to I was able to work with Oz since the beginning of my college application journey. He gave a presentation on the Latinx experience in America. A presentation I was able to relate to so much because we listen to stories of Latinx and the struggles of undocumented immigrants have to go through in this country. Thanks to the Momentum Program I was able to be part of this presentation, which made me realize how much passion I have for my dream of becoming an immigration lawyer. Helping immigrants fix their undocumented status in this Country is going to change their lives and the opportunities they will have in the United States.

- *Heizel Monterrosa-Guevara*; Philadelphia, Pennsylvania

Imagination is the most powerful aspect of the human mind. Our ability to immediately and easily picture whatever we want in our minds can drive us to pursue unthinkable levels of creativity. We all have different goals and aspirations in life - we all imagine different things for ourselves and our futures. What I imagine for myself and my future is a cloudy. I do not exactly have an idea of what I want to do with my college years, but I feel as though I have to come up with something soon since I am in college. Luckily for me, there are a plethora of things to throw myself into at Elizabethtown College, so I have no shortage of options when it comes to things I can do, but does it stay the same when it comes to things I want to do? Still, I do not know exactly what I want to do, so the answer to the question is a conditional yes. Despite this, I still imagine myself in a place where I will thoroughly enjoy and make the most out of my time, and I will do what I can to turn my imagination into reality. From listening to the Momentum alumni and Kinesis Peer Academic Advisors, I have seen plenty of people at this college turn their imaginations into reality, and I will be sure to follow them and do the same. It is more than enough to be blessed with the great gift of having an active imagination, but it is even more of a blessing to take such a gift and turn as many of my dreams as I can into reality and not a reality which benefits me, but a reality in which I can support my community as well. I was a counselor at a summer camp this year, and many of the kids considered me to be more of an older brother to them than a counselor, and some of the children's parents even told me their child would come home and tell them what "Mr. Daniel" did with them. Ever since then, it has been a constant part of my day - just thinking about how those kids look up to me and how I may have inspired them to pursue something they may have never had interest in before I came along. Even though I have the 5 star reviews under my belt, I sometimes wonder if the way I carry myself is a way others would want to model. As I have shown you, young kids would say 'yes' to the question, but this is more so for people closer to my age. Can I be an upperclassman who will be a beacon of inspiration to other students? I will never know for sure until one day someone just comes up and tells me I was a huge inspiration for them. This, however, does not mean I just wait for such a day to come, but instead go out and be active and inflict positive changes on not just this college, but its surrounding community as well. We can draw inspiration from many different places in our lives. For some, it is their family members, for others it is their teachers, and for the other third, it is me. Everyone has their own unique source of inspiration, and if yours is not, then the reason why they do is. What inspires me is my family, particularly my mother, because I watched her put in so much strength and effort towards earning her Ph.D. and watching her do it while trying to balance a job and raising two kids made me feel like I could do it myself, and the rest of my family inspires me because I know they all see something great in me and I want to be sure in my abilities and knowing I can be just as great as they know I can. I do inspire myself in a similar way, though, for I want to be someone I myself can be proud of and someone I know my past and future selves will be proud of too. Ultimately, I want to look back on the time I spent here and be happy I got involved. One person can influence one person, or one person can influence thousands, but can one person influence generations? As far as I know, my mother has influenced two other generations: me, and the children who look up to me. How long can this chain of inspiration keep going and how big will it get? No one knows for sure, but hopefully it will go for a very long time. As I begin my college career, I keep her in mind and what lessons she taught me so I may do everything I want to at Elizabethtown College with an assured mindset and my head held high. Impact: Impact: (/ 'im ,pakt/) noun: can mean the action of one object coming forcibly into contact with another or have a strong effect on someone or something. For today, I will be focusing on the second definition. As I begin my days at Elizabethtown College, I plan to have an impact on not just the college, but the surrounding community as well. How I will have an impact - I do not know honestly, but I have seen others make their mark and impact just in their first year - people such as Jalen Belgrave who established campus chapter of the NAACP at Elizabethtown College. He sticks out the most to me particularly because he is another person of color attending Elizabethtown College and he managed to be the change he sought out here in Elizabethtown. Just seeing him succeed lets me know how I can do the same things or maybe even bigger. I will take my usual gung ho approach to things and see what happens when I apply myself to whatever I find interesting. Maybe right there is the impact I may make during my college years; being the guy who is just excited to be a part of everything. Everyone makes their impact in their own special way, and I am no exception and neither are you, dear reader, but we are all inspired by someone else to make any sort of impact at all. But what must one do for them or their actions to be considered "impactful?" For one to make an impact at all, (at least a positive one) then they carefully take in their

surroundings and make note of any problems or situations they notice and then promptly act in order to change what they see. So to be impactful is to strive for change. But how dramatic must change be? Can it be as small as adding a few plants here and there or as big as petitioning to remove a person from a seat of government? Even though these questions may arise, how impactful something is all dependent on perspective. Those few plants may not seem like much, but you might have had to go around asking dozens of people, working your way up the ladder just to get permission to plant them. And who knows about what happens afterwards? You may have unknowingly started a massive project to have much of the campus replanted. Just know no matter what you choose to do, the impact you will make will be greater than you could possibly imagine. Give it time and think it through, but do not be afraid to do anything.

- *Daniel Marshall*; Philadelphia, Pennsylvania

Elizabethtown College has an approach to education making it possible to learn in two different fields some would find somewhat unconventional. For instance, during the Momentum Program we learned about a Kinesiology Peer Academic Advisor majoring in Biology and has a minor art. Even some of my colleagues in the Momentum Program have decided to combine their love of Japanese culture with their educational paths, choosing to double up on majors and taking advantage of the opportunity to major in Japanese. You can at times build your own major. Some students take the opportunity to take elements of a minor and evolve it into a major. While I am here at Elizabethtown College, I want to major in Marketing and Minor in Communications. However, I also want to learn a few other things, such as learning more about Psychology, History and once again picking up the German language. Now I know this is possible here at Elizabethtown College. There are so many individuals who made an impact on me throughout my time in the Momentum Program. President McCormick went from a student who was told in a college group setting how one of the two people beside her would not make it to graduation to a dean of students before becoming the president of the college. Professor Takahashi aspired to become a teacher at a young age and was headstrong about going to college, which was not talked about in his home, since no one in his family previously attended. Mr. Uruga-Barba had the challenge of attending college as an undocumented immigrant and risking deportation. While I may not fully relate to their stories, these individuals have gone through so many obstacles. In my immediate family, I am the only person at this time who has attended a college. I come from a family of nurses and those who provide services to certain communities in culinary and environmental services, and I decided this path was not the one for myself despite respecting those careers. My goal is to go further into advertising and marketing with the associate degree I previously acquired in graphic communications and printing and the courses I will be learning here at Elizabethtown College. My family may not understand all the challenges will I go through and will continue to go through as a transfer college student but are nevertheless proud of me for wanting to be able to lead my community on campus. While it may be a bit of a struggle for me, I am sure I can. I am a Black Jewish woman with ADHD and Autism. In many ways than one, it can cause obstacles and macroaggressions to occur. Despite this, I will try my very hardest to be civil and the best person I can be not only for myself, but for others. I want to be able to help my peers engage in difficult and challenging discussions. I want to try and connect with my peers through student organizations on campus such as Hillel and NAACP and learn more ways to connect with my roots, my present, and my future. I want to try to connect with primary school-age students the way Elizabethtown students connected with me when I was younger and attending camp to show them how even the girl who got picked on for being different can and will find a home here at Elizabethtown College.

- *Elizabeth Miles*; Lancaster, Pennsylvania

Imagining my life at Elizabethtown College after going through the Momentum Program these past few days has really expanded what I thought was possible for me at Elizabethtown College. My intended academic major is Biochemistry, as well as exploring Psychology. Through the Momentum Program I am considering perhaps even Social Work concentrated courses. The possibilities seem endless for whatever career one intends to achieve. I am hoping how with the correct guidance which surely seems is given at Elizabethtown College I will be able to find myself in my dream career down the road. I imagine myself growing as a person here not just academically but also personally. I feel as though with all the kindness and openness I have received from the Momentum

Program and from many other people I myself may be able to embody some of those qualities. Inspiration has been all around this campus from my perspective, specifically from certain presenters who we met in the Momentum Program. Meeting President McCormick who is the first woman president of Elizabethtown College was very inspirational to me personally. I think it is super empowering to go to a school with a president who is a strong female whom students can admire. I have been inspired by several of my peers at Momentum and many of the panelists, hearing about some of their struggles, and disadvantages in life is very humbling. I am inspired to receive a fulfilling education and to hopefully one day earn my Ph.D. My inspirations are typically my family, my father to be specific. My father worked a full-time job, with excruciating hours to help our family while also going to school to benefit himself. Getting an education and having a purpose in life is so important to me for this reason. Inspiring other people is something which really touches my heart. I try my best to inspire my siblings, having three younger ones who constantly look up to me is a challenge. I am always looking to be the best version of myself, while also staying real so they have realistic standards to look up to. The inspiration for my chosen vocation, is my love for helping others and mental health. Psychiatry is a risky practice; you have to truly understand not only the medicine and science behind it but also the people and minds behind it. Having struggles with mental health and seeing it affect so many loved ones has drawn me to be inspired by this certain career path. Helping make an impact is something the Momentum program has made me think more deeply about. Learning about the different opportunities through the Momentum Program such as Peace Corps and Study Abroad programs helping others in need has made me want to be a part of the impact. To take part in these activities and more, I know I will be making a positive impact on any individual or environment. The Momentum Program has also impacted my perspective on different worldly topics. Opening my mind and heart to different ideals and sides to stories has impacted my judgement on the world in a positive perspective. Each night of the Momentum Program we watched a film or documentary illustrating the experiences of various races, ethnicities, and cultures. Faculty and staff representing a wide variety of races, ethnicities, and cultures chose the films, led us in discussions, and told their stories about race and ethnicity in the American experience. These diversity film discussions opened my eyes to things happening around me; things I never realized. The Momentum Program has helped me understand things we as a society should realize and can impact positively if we chose to do so.

- *Ashley Murphy*; Mount Laurel, New Jersey

The Momentum Program has motivated me to imagine and dream by looking past my anxieties and just living. The Momentum Program makes me feel comfortable which makes me want to keep going and live on my dream. The Momentum Program has its perks for members, the nice people and the knowledge they provide helps me imagine what it would be like in the next year, maybe two years. My dream is mostly to just live and have fun with the people I love. The Momentum Program is making me comfortable enough and it has motivated me to push through and live my dreams. The Momentum Program has inspired me to turn my dreams into goals by speaking it into existence. My dream to live and have fun is a goal but most importantly one of my goals is to graduate from college on the honor roll and I believe the Momentum Program will push me forward. How I am going to reach these goals is to study day and night and believe in myself. When I need help I will reach out to a Kinesis Peer Academic Advisor to help me study or when I need just a bit of motivation and when I need to be inspired. Achieving my goals is going to be my number one goal and the Momentum program is inspiring me to not look back and keep going forward and looking at the positive side of things. The knowledge the Momentum Program has provided me has opened my eyes to many things I did not even know about. Which helps me think I can trust the Kinesis Peer Academic Advisors with whatever I need help with or when I just want to talk about something. The Momentum Program and the Kinesis Peer Academic Advisors have already impacted me in a big way with their kindness and efforts to help as much as they can. The Momentum Program has inspired me to be outgoing and open up to people and get to know the new people around me. The Momentum Program has also inspired me to not be afraid to speak up for what I want for me, also to not stay quiet in situations when I feel like something is wrong or should change. Which is going to impact others in a way too.

- *Amani Washington*; Lancaster, Pennsylvania

Sitting in my room, air conditioner blasting, looking at a sight becoming all too familiar to me, the blue light washed faces of a Zoom meeting. When I was first been invited to join the Momentum Program, I was unsure of what it was all about and what it would entail. Throughout our initial zoom meetings, I quickly realized the Momentum Program surrounds a host of different subjects including, equitability, peace-making, service to the community, and giving inspiration. Aside from this, learning about the history of Elizabethtown College has been enlightening. This college was originally created by members of the Church of the Brethren to participate in higher education because they were not allowed to teach or learn in other institutions due to their religious convictions and plain dress. This fact alone was eye opening. The history and founding of college also transfer into how the college operates today and the values held within the institution as well. Elizabethtown College is open to all people no matter their religion, race, sexual orientation etc., with the expectation of all sorts of people coming here with the idea of service in mind. Hence a much repeated phrase mentioned throughout the Momentum Program: “Educate for Service.” What does “Educate for Service” mean? Well, the meaning is very clear, to be educated for service means to learn how you can participate in helpful and sustainable work in your community. It does not just mean one day of volunteer work, but long term, lasting contributions having a real impact on the people within the community. Knowing how Elizabethtown College not only supports its students in pursuing a sustainable impact on the community but encourages its students to take on the challenge of being involved and active in the wider community is extremely inspiring and motivating to me. For my future, I would like to take on this challenge and live through the “Educate for Service” motto. I am an intended Education major, for me “Educate for Service ” and learning about what an equitable education means was especially pertinent. During the interviews with former Momentum Alumni, listening to their experiences in the Momentum Program and while they were students at Elizabethtown College was very inspiring for a multitude of reasons. One of the Momentum alumni mentioned something one of his friends would always say “fail, cry about it, and move on.” This initially may sound a bit harsh, but when you think about it, it is actually quite inspiring and uplifting. Life is about making mistakes and going through failures and rough times, the objective is to focus on the successes and learn from the failures. I would like to take this advice to heart throughout my time at Elizabethtown College and beyond.

- *Ariea O’Krepka*, Pen Argyl, Pennsylvania

I knew the second I stepped on the campus grounds something felt so prestigious yet so normal. I would go on to ponder the many possibilities and outcomes of attending Elizabethtown College and not once did I ever consider failure. I may be confused in life and be undecided on my major, but after my many visits, calls, and emails shared with students and faculty, I learned how I would find MY way there. I mean truly, what does anyone really expect an eighteen-year-old to be so devoted to in life? Not to say how some young adults are not prepared to answer this question, I believed I knew what I wanted to do when I was fourteen! But I know for a fact there are many others like me. I am beyond excited to discover new options, as I have always been taught I should be a doctor, lawyer, cop, teacher, or I would end up working at a local McDonald’s. I can see myself trying to fit in a minor in something I might find beneficial to have as a back-up for life. When it comes to my “ideal self” I just want to be happy as well as provide for a small family and give back to my parents. It may not be a lot, but it would be nice to be there to give back to my parents for working hard and gifting me everything I have today. As it currently stands, I am still meeting more Momentum students like myself. I currently have a roommate who attends the Momentum Program with me. It is inspirational to see so many Momentum students, in a small college community, are all striving to reach incredible goals as a group. The Kinesis Peer Academic Advisors, faculty, and student body are so inclusive and push for you to be your best self. Within hours of being on campus and being surrounded by the community, I feel at home and can talk to just about anyone. I can see how the Momentum Program has positively affected its students and can confirm it has helped open my eyes to college life. The Momentum Program has helped me to realize it is important to steady yourself and set goals no matter the cost. The Momentum Program gives a “sky’s the limit” quality letting our imagination flow freely. After you have made up your mind on a path, whether it be clear or bumpy, guidance is at your disposal. I hope I can have a similar impact on others in life helping them roam about in life knowing how they can fulfill their goals.

- *Cristian Leon Posada*; Drums, Pennsylvania

Despite starting the Momentum Program in a virtual setting, Professor Benowitz and the Kinesis Peer Academic Advisors still made it engaging and informative. In all honesty, I was skeptical logging on to the first meeting because I had finished the end of my senior year of high school online, and I felt like I had not learned anything at all. I had lost interest in many of my classes, but the first couple of days in the Momentum Program was super interesting and I enjoyed learning about the various opportunities Elizabethtown College and the Momentum Program had to offer, and then learn what I could offer to the community as a student. One of the things really resonating with me on our first couple of days into the program was when we went over the “Make A Decision” activity. As someone who likes to plan a lot, I thought I had a decent idea of what major I was going to study, but I had never looked at it in a way making me weigh the options and writing the steps to the outcome of said options. Seeing my own plan for my major in a whole different light, I was put at ease in knowing how if majoring in computer science did not work out, I would have an idea of the next steps to take in exploring what would work out for me and who to talk to about exploring options. Imagining what lies ahead of me regarding my future in college, known and unknown, has always worried me, but going over this with the Kinesis Peer Academic Advisors and hearing from other new Momentum and alumni Momentum students has definitely helped me in understanding how whether I stick with my major or want to change my mind entirely, I can and will succeed with the help of those in this Momentum community. Throughout the week, listening and talking to the other students, especially in the small breakout groups on Zoom, has both inspired and impacted me greatly. Hearing each other’s different perspectives and opinions on various subjects has encouraged me to share my own thoughts. Normally, I would have tried my best to avoid participating at all because I did not want to give a wrong answer and be judged. Instead, I found myself starting to willingly engage into most of the conversations because I wanted to give an answer, right or wrong. The discussions were interesting and fun due to the friendliness and encouragement of all of the members of the Kinesis Peer Academic Advising team. I felt super comfortable in sharing my experiences and opinions with them, but it was also having nice and accepting Momentum peers helped too. Talking to all of these people has made me want to step out of my comfort zone and allow myself to be excited to actually meet everyone in-person. Already, I feel I am starting to grow, and I am excited to learn and experience more of this positive and supportive Momentum community here at Elizabethtown College.

- *Isabel Pacheco Mattivi*; Broomes Island, Maryland

I never thought I would be most excited for college sitting at the desk in my childhood home on a Zoom call with students I had never met before. One of the best decisions I made was to participate in the Momentum program. I witnessed students excitedly sharing their academic journeys with sparkles in their eyes, had important conversations with Kinesis Peer Academic Advisors, and learning the fascinating history of the values of Elizabethtown College. When listening to the new Momentum alumni and Kinesis Peer Academic Advisors sharing their experiences with SCARP, studying abroad, and the opportunities to incorporate their passions into their academics, I too wondered what I would be able to accomplish at Elizabethtown College. I thought about who I wanted to become and how I could accomplish my dreams and goals. My experience with the Momentum Program is giving me the foundation to organize and refine thinking about my goals. I realized I could do much more than I imagined with the correct advising and planning. I became excited by the prospect of collaborating with my peer Momentum students and professors to make the most of my college experience. I plan on taking the lessons and inspirations gained from the Momentum Program and use them to inspire others. I want to be involved in the Elizabethtown community and make improvements helping our environment, both socially and physically. Overall, I want to be the agent of change the Momentum Program is inspiring me to be.

- *Yudeliz Sanchez*; Bushkill, Pennsylvania

Imagine, Inspire, Impact. These three words have been repeated throughout the Momentum Program with passion, and a will to make a change in this world. I would have never imagined associating myself with a group who have the motivation to be a better person and leader. Throughout this Momentum week, we have learned about leaders who changed and educated people for the greater good. What more inspiration could we add to our lives than to know how no matter where we are from, we can make a change too. Each night of the Momentum Program we watched a film or documentary illustrating the experiences of various races, ethnicities, and cultures. Faculty and staff representing a wide variety of races, ethnicities, and cultures chose the films, led us in discussions, and told their stories about race and ethnicity in the American experience. Personally, watching the Latinx films greatly impacted me and relates to me. Listening to people who are like me gave me more of a push to tell myself, "If they can do it, you can too." My first dream was to just graduate from high school. As simple as it sounds, just being first generation makes it feel like a whole new level. Being accepted to college seemed like a miracle. Now being accepted into the Momentum Program makes it feel like I could do so much more even if I start at Level 0. One constant theme in the Momentum Program message was just to take the first step. First steps are the most important parts you can add to your story or for other people's stories. If I am being entirely honest, I do not know where my first step will take place but I hope with the Momentum Program and my will to help others, my first step can take me there. I almost feel like I have a sense of responsibility to my family for showing how I made it and I can continue to grow as a person, as a sister, daughter, and as a friend. The Momentum Program inspired me to just get out of my comfort zone. I made friends in these past couple of days I did not even think I could ever meet. I hope I can be the same kind of trusted person to others as well, the Kinesis Peer Academic Advisors are doing a great job of reassuring us they are here to help the new Momentum students and are pushing every one of us to make an attempt to talk to new people. Those are true leaders.

--*Samantha Yanez*; Lebanon, Pennsylvania

The Momentum Program. "Dreams come true, and anything is possible no matter where you come from." As a first-generation college student, being a member of the Momentum Program has been significantly beneficial. In one of the group sessions, an outstanding student said something to ponder; he said how we need to appreciate enrolling in an American college, having access to education to academic freedom, and I could not agree more. My family (my biggest inspiration) and I moved to the United States two years ago, seeking a better life and education; now, I am proud to say all our sacrifices were worth it. I am thrilled to say I am part of the Elizabethtown College community. A great community, where you can immediately feel a sense of belonging without feeling judged by your race, ethnicity, language, gender, or socioeconomic status. A place with endless resources available, such as the Momentum Program, helping you improve your skills, achieve your goals and become the person you always wanted to be, academically and socially. Right now, thanks to the Momentum Program, I feel more confident about what awaits me in college. I have certainly learned a lot from the assigned books, especially Malcolm Gould's College Success Guaranteed: 5 Rules to Make it Happen about how to succeed in college to the fact about how a crucial measure of our success in life is how we treat each other every day of our lives, and the importance of civility. Furthermore, during another group session on Sunday, August 15, 2021, the story of an alumni Kinesis Peer Academic Advisor particularly caught my attention because my aspirations are pretty similar to what she has accomplished. She studied foreign languages, studied abroad in Spain while teaching English, and will now be a teacher. It was such an inspirational moment when I imagined myself doing the same thing. I am looking forward to becoming an independent woman, learning new things, representing and impacting the Latinx community. I am looking forward to becoming a Spanish educator. I want to teach students my first language and demonstrate how the Latinx culture is diverse and fascinating. In addition, learning a second language is imperative to succeeding in an increasingly global society. I believe it is crucial to preserve the cultural heritage of the language by supporting bilingual education. I am ready for this new chapter in my life, hoping to be happy and fulfilled, and I wish you all the best!

--*Frida Sanchez-Rosalino*; Philadelphia, Pennsylvania.

The way the Momentum Program has inspired me to imagine and dream is by first introducing me to a whole new group of people. Coming all the way from New Jersey and not knowing anybody is a pretty hard thing to do for someone like me. I like to meet new people, so this was just a new opportunity to make new friends, and maybe even some for a lifetime. I can imagine some of these people I am meeting in my future as close friends or partners in a certain profession. For example, my roommate's intended major is also Engineering so I can imagine us working together at NASA, which is my dream job, or maybe in some lab trying to figure out the world's problems whether it be technology to help with climate change or a quicker way to travel to truly connect the entire earth. Learning about the types of programs here at Elizabethtown College is helping me expand my dreams for the future. I have always wanted to live a life of philanthropy, but for example, the first day on campus, thanks to Mr. Hosman Uruga-Barba, I learned how instead of just focusing on the poor here in the U. S. or in Mexico, I can also help undocumented immigrants achieve an education. The Diversity Film Discussion taught me how there is more to do besides just helping the poor with philanthropy and I am sort of ashamed considering how as a Mexican-American, I should be helping all Hispanics, not just Mexicans, in obtaining higher education. In showing me what else there is to do to help others, Mr. Hosman Uruga-Barba also inspired me to make this expanded dream into a reality. I know it will be hard but as with all things, hard work pays off. So, if he could work up to seventy hours a week to pay for college, I could gather enough money in the field of Engineering to help so many people. Having so many resources on campus to help us new Momentum students will help in achieving these newfound goals these new people around me have helped me discover. Thanks to these new dreams, new goals, and new people, the Momentum Program has truly had a positive impact on my life, what I plan to do with it, and my future. I want to have a positive impact on all types of people thanks to what I do and not for any gratitude or money, but simply because it is the right thing to do. I hope I can help create a world which is more inclusive to immigrant students in the U. S. where I was more fortunate than others to be born. I would like to be in a world where something like poverty is a thing of the past, whether it is helping build houses, creating jobs, or total social change bringing about this change. Something also very important to me is helping the community in Elizabethton College. If it were not for this college, I would not be able to achieve any goals I am setting my eyes on. Because of this I believe starting here, helping new Momentum students like myself, especially first-generation students, is the first step in creating a better world. I hope my peer Momentum students will have also been impacted the way I have so we can all better the world because at the end of the day, changing the world is a group effort.

- *Rafael Sanchez, Jr.*; Berlin, New Jersey

In second grade, I decided I would be a teacher. Back then, my understanding of education was much simpler than it is now, but I have come to love everything about education- sharing my passion for learning, the bright-eyed faces of understanding, and the chance to be a mentor. My favorite teachers have always been so much more than their class subject or curriculum. They connected on a human level, showing interest in our lives and helping us become people, not just writers or mathematicians. I spend an immense amount of time imagining how I can emulate those I admire, so I am ecstatic to learn the philosophy and pedagogy behind it all in my Education classes and put it into practice in my classroom field placements. After dreaming of teaching for so long, taking this next step is almost unreal. My former teachers have not been the only ones to inspire me, though: theatre directors, my Aunt and Uncle- two of the most influential people in my life, who happen to be teachers-, and most recently the faculty, staff, and students presenting in the Momentum Program have all played a part, too. Nicole Gonzalez and Ellis Bonds' presenting in the sessions about equity and education were particularly impactful because although they were talking about how this will affect my education, I was imagining how this will affect my role as an educator. Both Nicole and Ellis, along with Professor Benowitz, kept echoing the same message: inclusion is not enough. Inclusion implies a mere lack of exclusion, which I agree, is not enough. Instead, we should be working toward belonging. We need to create an environment where all students, particularly those from marginalized identities, feel comfortable not only being themselves but carving a place for themselves. But I, or any teacher, cannot be the only ones putting in effort: it is largely up to all students to value belonging just as much. We need to be teaching our students, and each other, to put in the same effort in reaching these goals. Belonging is an incredibly delicate ecosystem: if everyone puts in the effort, everyone will benefit. But even one incident can

bring it all down, and the resulting doubts in students' minds would make it even harder to rebuild. It is undeniably discouraging to think how no matter how much effort one person puts in, someone else could ruin it. However, against my rarely optimistic nature, I am choosing to believe I can and someday will create a classroom where every student feels like they belong. I am choosing to hope I can empower my students to foster an environment not only in my classroom but everywhere they go. Really, I am choosing to have faith in the fact making a difference is not only possible but inevitable.

- *Alexa Scheetz*; Richlandtown, Pennsylvania

I remember getting my first letter about the Momentum program in the mail. Anxiety flooded my body because everything having to do with college scared me. I felt like I was not ready to be on my own and in an unfamiliar place. Immediately, I sent a picture of the letter to my sister and asked what to do. After some time, she texted me a link to the essays of past Momentum students. After reading the essays, I felt my first twinkle of hope when it came to college. I was inspired by these students and reading about all the positives they had gotten from the Momentum Program. Now, I could imagine myself at college and although it still seemed scary at the time, but I knew the Momentum Program would provide me with an amazing support system helping me through this transition. I stopped focusing on what I was afraid of in the moment and started imagining all the possibilities and realized my dreams were not out of reach. After attending the online zoom sessions, it was clear to me I was exactly where I needed to be. I felt extremely encouraged after hearing about everything the Kinesis Peer Academic Advisors accomplished even in their first year. I thought about how I can get involved on campus and spread this feeling of hope to other first year students. As an intended Social Work major, my passion is helping others and the different conversations about civility and diversity allowed for me to feel confident and educated on these topics crucial to understanding when it comes to my field of study and professional aspirations. The Momentum Program provided me with so much inspiration I am able to fully imagine myself following my dreams of becoming a social worker, while also giving me the tools to be able to make a lasting impact at Elizabethtown College, the community, and in my future career. It was hard for me to imagine my future especially at college. I was not fully able to do this until starting the first online zoom session when I was asked to imagine my dream career path. I now felt like it was safe for me to let my guard down and stop asking about what could go wrong, especially realizing how everyone has a dream. Now I can clearly picture myself in the Social Work program and learning about what I love and experiencing many of the community-based learning opportunities. I now have a plan and a clear vision of getting involved in the service-based clubs here at Elizabethtown College thanks to the stories shared by the guest speakers from all across campus and the Kinesis Peer Academic Advisors. To say I was inspired was an understatement. Everything and everyone inspired me so much and I enjoyed soaking it all up. Hearing from the professors from the college who were first-generation college students really made me feel comfortable being a first-generation college student myself. Listening to their journeys really made me feel like I could do this and make an impact. It led me to the realization how everyone's story has a beginning and eventually you will develop your story and end up in the right place. Everyone's unique experiences and perspectives inspired me to look at things in perspectives I would have never thought of in the small community I lived in my entire life. Now I am on campus, I realize I can use all I have learned from Momentum to leave a lasting impact on those at Elizabethtown College. This week brought to light all the different ways to get involved on campus. I intend to spread what I know about civility to my peers and help them practice it in their everyday lives. I also plan on educating myself more on what is going on in the world and maintain a global perspective and open mind, so I can continue growing as an ally and use my voice in advocating in an effective and respectful way.

- *Sheridan Smink*; Shamokin, Pennsylvania

I am a person who does not have a plan, but I have a goal. My goal is to become an Engineer one day. However, I do not really have any idea of what I want to do with my goal or what is even expected of me when I do achieve my goal. I know I have to get a college degree, but I will not be the first person to say the idea of college can be intimidating. Through the Momentum Program, I have found myself being surrounded by people who not only want to help me achieve those goals, but I have found the Momentum Program is helping inspire me to go above

and beyond to truly find what I want to do with my future career. When I was assigned the three books to read during the summer, my initial perception was it was going to be a boring read. I found myself pleasantly surprised to find the books really interesting and helpful. Malcolm Gould's College Success Guaranteed: 5 Rules to Make it Happen, a teacher himself, gave his five main steps to surviving college. I found this book to soothe my nerves about coming into my new schooling environment. Reading it truly made me less anxious about heading into a new stage in my life. Gould's rules inspired me to feel like I could conquer this new challenge in my life, regardless of what is thrown my way. This is all thanks to the Momentum Program. I would have never found this book if it was not assigned to me. Not only was I inspired by this book, but I have also met some of the kindest and most helpful people due to this program. All of the Kinesis Peer Academic Advisors and professors are a part of the Momentum Program have proved to be helpful, understanding, and friendly every time I have a question or problem needing a solution. They are not the only people who have been there though. I feel inspired simply by all of the new Momentum students I met by simply making a group chat with the other first-year Momentum students. Through the Momentum Program, I even met my roommate and we are well suited to each other. Most of all though, I have found myself dreaming about becoming a Kinesis Peer Academic Advisor myself one day. The idea of helping future incoming Momentum students in achieving their dreams and goals is truly something I find to be an important part of my future at Elizabethtown College. Within the Momentum Program, I have found myself able to be engaged and inspired within the community.

-Madison Stewart; Downingtown, Pennsylvania

Each night of the Momentum Program we watched a film or documentary illustrating the experiences of various races, ethnicities, and cultures. Faculty and staff representing a wide variety of races, ethnicities, and cultures chose the films, led us in discussions, and told their stories about race and ethnicity in the American experience. In these Diversity Discussions one of the topics was concerning segregation and the hardships of the Latinx and many others adjusting to American culture. My future classes are going to benefit the job I am looking into studying which is being either a manga/comic artist, an art teacher, or an English language teacher in Japan. Those classes include Japanese Studies, Art, Anime Club, and Western Philosophy. With all of these classes, it will benefit my art career as I study the customs of the Japanese to relate to the people who are actually living there while still creating entertainable artwork. As you guessed, I intend to be an artist, specifically, a manga artist who creates stories others will enjoy reading as much as I enjoy drawing them. As for Japanese, I want to learn as much as I can about the culture, customs, food, and language to get accustomed to how differently they live as compared with Americans. It can be a very big change, but I feel this career path is the one I want to take for the future. I want to be the type of person who works as hard as they can, but in order for this to be true, I will need much self-improvement. Luckily where I am, there is nowhere else to move but up from here. I want to work my way to the top and become one of the best artists to live on the earth. Through the Momentum Program the faculty have inspired me by teaching me there will always be people who have been in your shoes and struggled in the same way. But there are also others who have struggled so much more than we ever will. There are ways to make people's suffering easier and it could be as simple as just by lending a helping hand and giving your full support. The method is obviously really effective when a person knows they have people to trust whenever they need to talk or receive advice. I want to be the person who inspires people through my artwork. It is my dream to make pieces relating well to my audience without losing any of its intended meaning. I am inspired by all of the other people and artists around me. Growing up, I was never really good at anything so many other kids surpassed me in sports, hobbies, etc. I want to be able to reach those people at the top and hang with them being one of the best. And if I cannot be one of the best, I could be an art teacher and teach others what I did wrong. Overall, teaching seems like it would be an interesting job I could take if I wanted to practice Japanese and teach others English or practice my art and be able to give art advice I could never understand when I first started learning about art and I want to be able to be a person to inspire others while not overworking myself. A change in the community has to start with a bit of hard work. Once there is at least someone trying, there will be better results and this is what I want to prove. I will draw enough to be able to draw many things on the spot. As of now, I still struggle with human poses and even getting those smaller details. My improving as a person will in turn make me a better artist and human being at the same time. Self-improvement is the first step towards bettering anything about yourself.

This is my advice for anyone younger and even older than me. It is always easy to give up, but never hard to surrender. This is why we must always be willing to try to improve or else my progress never gets any higher. My point is my dream is one where I will need to improve my well-being physically and mentally in order to move forward. How are you ever supposed to put time into something if you are too worried about your image or what others think of you? The only person who can be there for yourself every step of the way is you and you are the only person who can make a difference to your own self-improvement. The Momentum Program has taught me to be able to think about and start my college and life goals I have or will have in the future.

- *Jaden Andrew Thomas*; Townsend, Delaware

Today is the first day of one of the biggest stepping stones in my college career. Sadly I have to do it from home but I am more than ready. I woke up about 9:00 AM because I can only imagine what I can do with a degree in International Business. Someday I strive to be a C. E. O. of an amazing company helping the world. My eyes fade back to reality as I turn on my camera and hop on Zoom. For several hours we learned about the history of my future home, Elizabethtown College. When Professor Benowitz introduced the next speaker my jaw dropped. He said, "Up now is an amazing Elizabethtown College student who is a CEO, produces Podcasts, and wrote a book all as an undergraduate student, his name is Will Holdren." Hearing this I immediately jumped up in my chair. My eyes darted to the screen with pure focus. I was so concentrated because this is exactly aligns with my aspirations. While Will Holdren told his life story I studied him profusely. Everything about him was prestigious. From the way he sat to the way he talked he was calm, collected and most importantly confident. I remember the timbre to his voice was sensuous and insistent. But here is the thing which really astonished me. He said how he has been working at this since high school. And what Will Holdren said next is what inspires me. "I am human, I make mistakes and fall out of rhythm. There can be long periods of time where I lose my sense of creativity. But I do not give up. I strive to always put in a little work every day." This is how a successful person operates. A busy student with an insane schedule is able to maintain a podcast, write a book, and be a C. E. O. I thought to myself and had a moment of realization. I can start creating impact right now. I can start putting a little extra effort every day and receive tenfold. I also do not have to imagine so far into the future. What I do now can have a great impact. During my time at Elizabethtown College I can accomplish extraordinary feats. I can become an ally and help to serve to educate. From this experience I can set both long and short term goals. During my time at Elizabethtown College I can become a leader who can sit back and analyze then properly adjust to make the most out of my teams. I will also stand up for equality and justice. In the end I will be the C. E. O. helping to supply clean water for the world or help world hunger!

- *Billy Valdez*; Harrisburg, Pennsylvania

Being a first-generation student in college, I have no one to tell me about their experiences or give me some advice. However, with the help of the Momentum Program and the help of Professor Benowitz I am going to succeed this year and, in the years, to come. I imagine myself overcoming so many things and I imagine I can be a better version of myself, and I know with The Momentum Program, the Elizabethtown College community and believing in myself I will be able to succeed. I envision my future giving the best of myself and meeting all my goals. I know it is not going to be easy, but everything is possible when you put your mind to it. Each night of the Momentum Program we watched a film or documentary illustrating the experiences of various races, ethnicities, and cultures. Faculty and staff representing a wide variety of races, ethnicities, and cultures chose the films, led us in discussions, and told their stories about race and ethnicity in the American experience. In these Diversity Discussions one of the topics was concerning segregation and the hardships of the Latinx and many others adjusting to American culture. Mr. Hosman Uruga-Barba, the Assistant Director of Admission for Hispanic and Latino Recruitment showed us a documentary about Hispanic and Latino students and how people put limitations to what we can do based on our backgrounds. The documentary illustrated how the mindset they have can be changed. By this I learned how our backgrounds do not define our academic success. My intended major is Psychology and with the help of the Momentum Program I am discovering the importance of internships and how I can find those internships related to my career. I am thrilled to explore all the resources Elizabethtown College has for me. The Elizabethtown College Community, as I mentioned before, has made me feel safe and accepted.

Both professors and Kinesis Peer Academic Advisors have inspired me to try my best in college as a student and as a person. The things I have learned during the sessions really made an impact on me. Something really standing out for me, is how several people mentioned, “Do not be scared of failure.” Failure is one my biggest fears, but as the presenters in the Momentum Program explained, it is ok to fail. Now I think failure may not be so bad because it will help you grow and learn. Do not let your mistakes define you as a person. This is one of the things I learned from the Momentum Program. I noticed how every student who graduated or is about to graduate from Elizabethtown College has made a significant impact on the Elizabethtown College community, helping others, guiding them. The Momentum Program helps new students like me feel comfortable and let us know how we have support. I would love to be the kind of person making an impact on new students because I know how stressful and scary this change can be. I am beyond grateful I was able to join the Momentum Program Professor Benowitz administers, and I cannot wait for the new experiences Elizabethtown College will bring me.

- *Juleisy Torres*; Philadelphia, Pennsylvania.

Your imagination is one of the most powerful tools you have at your disposal. Your imagination is what you use to create your future. Through the Momentum Program I have been introduced to an amazing array of courses and programs. I have always wanted to have a career as an Engineer; I have been taking things apart and fixing things since I was six. When I saw all the academic major concentrations at Elizabethtown College, I started imagining all the possibilities, and opportunities at Elizabethtown College while preparing for my future. The Momentum Program shed light on many Momentum alumni representing different socio-economic backgrounds all of whom have succeeded. Their successes help me to imagine my own. I have been inspired to pursue a career in the field of engineering by many people in my life, including my cousin (who is an Aeronautical Engineer) as well as public figures like Neil de Grasse Tyson. These people have inspired me to use my engineering degree to not only contribute to scientific advancements helping society, but using my college experience and education inspiring people who have similar circumstances to my own. More specifically at Elizabethtown College I am inspired to achieve a GPA above a 3.5 because I did not have a high GPA in high school. Outside of college, later in life I am inspired to work at an engineering firm striving to create a better society. I have high expectations not only for my impact at Elizabethtown College but my future impact in the world. The sessions we had in the Momentum Program about people who made an impact on the world, (like Lyndon B. Johnson for example) inspired me to make a strong impact on the world through engineering and other sciences. Not so I can be remembered or revered but so I can make life safer and easier for everyone.

- *Derrick Camack, Jr.*; Norristown, Pennsylvania

When I was accepted into the Momentum Program I did not know what to think. The information on the Momentum Program webpage, the letters, the emails, and name sounded prestigious. Since participating in the Momentum Program, I have learned numerous things about my community, my goals, and myself. I have been able to picture the future of my college experience, been inspired to motivate myself, and the Momentum Program has given me a broader view on life in general. The people I have met in the Momentum Program have the potential to be lifelong friends and the sheer variety in their backgrounds makes getting to know them an educational experience as well. I do not know the scope of the impact of the Momentum Program will have on me yet, but I think it will be significant. My intention is to major in Political Science, I am inclined to gravitate toward activities stimulating my intellectual curiosity and fostering group discussions. The Momentum Program has been what I hoped it to be, an indication of what my future at Elizabethtown College will be. I live for discussions focused on social justice issues, examinations on class and economic inequality, and dialogue on how to make the world a better place. The Momentum Program seminar on Global Understanding and Peacemaking from Professor Haley-Mize was one such example. I can imagine myself as a Global Scholar in the Center for Global Understanding and Peacemaking and doing all of those things. These things will help me self-actualize into the person I want to be: one who helps people. One of the most inspiring moments in the Momentum Program by far was the speech given by President McCormick. Not only were her words moving, but her story was relatable to me. Few people know what they want to do at an early age. Plans change, careers change, and we change. President McCormick showed me there is always room to grow. This idea of growth will stick with me long after

I have graduated. The idea there is not a ceiling on what I am capable of is comforting as well as motivating. I see this in the Kinesis Peer Academic Advisors. They have chosen to take on this leadership role and responsibility along with being enrolled in rigorous classes or participating in sports and clubs. The Kinesis Peer Academic Advisors are doing great things and I know I will too. I mentioned previously how I want to help people. I do not think life goals should be based around your desired career. I think life goals need to be simple and abstract. Otherwise you are setting yourself up for disappointment. A broad goal gives you more room to achieve in your own mind. Helping people is not a goal with an end but rather it is forever ongoing. The problems in our world can be daunting. Economic disparities, racial injustice, and intolerance will always exist. We must do what we can to address those issues and it starts on an individual level. If even one person's life is improved by something I do or say, this is an achievement for me. This is the impact I want to have. I do not know what career I want, but the Momentum Program has helped me realize where to start. I am taking this one day at a time, doing what I can to achieve my goal along the way.

- *Nicholas Wiley*; Wilkes-Barre, Pennsylvania

Imagine a world in which our waters are clear, where our sea life can swim freely without constant fear. One where people recognize we change the world, the world does not change us. I have dreamt of majoring in Environmental Science and investing more time into Chemistry. My middle school dream of trying to help our waters, be it by Marine Biology, or becoming an Environmentalist, has been my aspiration. So whether it be needing to take future labs or courses in preparation, or be it another type of Molecular Lab, or even Chemistry in order to pursue my goals. Though, the thought of the Momentum Programming further broadening and expanding my learning opportunities into my goal has given me motivation to further pursue my passions. It seems as if it is a great place for support, considering the warm welcome we have been receiving and the constant encouragement from other presenters and the Kinesis Peer Academic Advising Team. What motivates me within the Momentum Program is the constant reminder, to keep pushing forward. No matter the subject, be it learning about the minorities, or discovering others struggles, and even just being informed of another program opportunity. They all hold the same core point, to try and to never stop trying. To keep going even if it seems pointless or unnecessary. My peer Momentum students and the faculty presenters have been nothing but encouraging and this in itself, is inspiring. To see everyone smiling, always helping, attempting to be on top of everything, is a great thing to see and not common. So no matter what, I am motivated to keep pushing forward. Be it my hope for us as humans to treat our world better, or to further spread the world is not just a thing but something living just like us. Our waters, our lands, our world is falling apart. Whether it be an impact on the planet or on other viewpoints of it is what I wish to change. Even if it is only a simple realization of be it our lands or waters, they simply cannot take anymore. Be it from the pollution, littering, and constant dumping of oil on our lands, overpopulation, or even the extinction of animals. It is all becoming too much and I wish to make it clear. The Momentum Program has impacted me to continue forth. To pursue my goal, and in the future, I am sure the Momentum Program will only try to further push us as students to go beyond our original expectations. It has opened my eyes to problems which have and have not been already told. As for the future, the Momentum Program will most likely only prove to further my surprise into issues I only glanced upon and impact my view on the world, my hope is I can do the same and return the realization.

- *Keilyn Wood*; Philadelphia, Pennsylvania

Growing up, I was always interested in Science and Math. When I began to research careers based on those two subjects, and the one main course constantly appearing was Engineering. I kept looking for challenges to occupy my time during the last couple years of high school. I decided to attend an Engineering Camp at Pensacola Christian College. They focused on the basics of physics and had labs to substantiate what they were teaching us. Throughout the whole experience, I found myself enjoying every second of it, and what I had come to realize was my ambitions were in the right place. I came back inspired to study Engineering. The following year in school, I thrived in Math and Science. What excites me is taking a problem and solving it only by using a simple Math process. Math is so in order, and if you take one process out of order, it throws off your whole problem. Throughout this Momentum Program, I have been inspired to complete my goals with nothing less than my best.

In the Momentum sessions we discussed current events topics about civility exploring how African American, Asian Americans, and Latinx Americans are unfairly denied the opportunity to graduate and further their education. This revealed to me how I have been blessed with this amazing opportunity to further and better myself, my situation, and the community around me. My inspiration is where I want to be in the next few years. I want to be able to further my community into the new era. I know this goal is far from easy, but in order to have a chance, I must commit myself now for what lies ahead. Where I want to go depends on how I start today, and how I continue to spend my time furthering my career. The Momentum Program has challenged us to use our imagination in different situations about the world around us. The issues in this world require you to imagine something to better the circumstances. It challenges your imagination to mature on its own by allowing it to take on legitimate problems. The Momentum Program has inspired me in many ways and the most impactful has been the College Mission Moments integrated throughout the day in between sessions and activities. For years I have stayed in the same mental head space, and I was never motivated to think outside of my comfort zone. In the Momentum Program we had conversations on topics people try to avoid. These conversations are a necessary part in the process of trying to overcome the ghosts of the past. The impact from the Momentum Program has taught me so much on how to use your platform and, to do everything in your power to fight for what you believe. The road to progress is never easy precisely because making positive change is so hard. For many it is easier to give up instead of fighting for what they want to achieve for themselves and others. The Momentum Program is an amazing base for our own knowledge, allowing us to build our inspirations higher from a solid foundation.

- *Joseph White*; Philadelphia, Pennsylvania

Understanding a person based on your world view might narrow it beyond the ability of grasping the full picture. Learning the sciences, the chemicals, and the mechanics responsible for someone's personality, thinking, and deduction abilities can provide a wider view finder, however, it will not solve all the issues. Past experiences, relationships, and even culture may affect a person. This is why I am interested in Psychology. Understanding a persons' mind is a complex thing and studying the subject will help me help others to solve issues with comprehending others viewpoints. I imagine using my Psychology degree working as a therapist with younger children who experienced trauma. Many children who live with trauma while younger, grow up with the trauma being untreated. This causes issues with later in life and often they become victims again or victimize others as a defense mechanism. I aim to attempt to fix this problem by addressing issues like this while children are young and before their wound becomes a deep scar. I am inspired to socialize and become friendlier by the Kinesis Peer Academic Advising Team. They all are reaching out to me and supporting me and it is very awe inspiring as I come from Philadelphia where frankly it is extremely different. It is more normal to ignore someone on the ground there, then to ask someone if they are ok before they even say anything. I am inspired mainly by my favorite singer. When he was younger he was really bullied for his singing voice. It was girly, and high pitched, and they called music girly. This continued all throughout his schooling, including high school and college. It made him very awkward, emotionally stunted, and withdrawn. Instead of shutting down, he transferred those feelings of loneliness and depression into his songs. I aim to do this with my own experiences. He inspired me to turn my issues and trauma into a passion to help others. When I got a call from an Elizabethtown College alum; she heard my major choice, she was immediately concerned. She said many students come in and pick Psychology because they just want something, are not sure which major to pick, and it seems fun. Something I wish to change is the connotation around a Psychology major. I want to be a therapist so it is a huge help for me to major in this field. I want this to be a field people utilize for a proper major, not for a quick and easy thing. This is the impact I want to try to make on this community.

- *Aryana Colon*; Philadelphia, Pennsylvania

The exciting transition from high school to college can be very stressful and difficult. The Momentum Program helped ease this stress by giving me the opportunity to listen to others who have been in my shoes before and are now successful. They helped me understand how the Momentum Program will provide a support system throughout my undergraduate experience here at Elizabethtown College and in the future. Hearing all the inspiring presentations given during this week has helped me imagine what my future can look like here at Elizabethtown

College. Through getting involved in various clubs and programs I will meet different people and establish many valuable connections. Before this week I did not imagine how being part of clubs or adding an academic minor would be possible with my accelerated academic program and playing on the softball team. But listening to the Kinesis Peer Academic Advisors and Momentum alumni tell us about their schedules and what they are involved in made me realize it is possible and even encouraged. Joining different clubs and being a part of a team will give me a chance to meet new people and share the advice and experiences I have learned through the Momentum Program. I believe sharing what I have learned with other students on campus will help make an impact here at Elizabethtown College. Most of the presenters from this week touched on a subject really resonating with me: failure. They stressed the idea how I am going to face failure at some point during my academic journey in college whether it be a low grade on an exam or losing a game during a season. The idea presenters in the Momentum Program wanted to get across when talking about this topic was how I will respond to the failure. They explained how I have to pick myself up and move on because if I do not then I will not be able to reach my goals. This helped me realize how I am going to fail at some point. Hearing this information inspired me to not stress over failure, but instead work harder next time so I do not fail in the same situation again. Learning how failure is a part of life will allow me to encourage others to pick themselves up and give encouragement when I see others fail? I feel this will have a huge impact on me in the playing field as well because in a sport, athletes fail constantly especially while practicing. But I have to understand how practice is for failing and making mistakes because this is how you improve. The Momentum Program has helped me imagine a future here at Elizabethtown College, a future before the Momentum Program I did not believe I could experience. This week has also inspired me to get involved on campus and help encourage others to get involved to make an impact here at Elizabethtown College.

- *Kadyn Crisswell*; McVeytown, Pennsylvania

ELIZABETHTOWN COLLEGE

KINESIS

STUDENT REFLECTIVE ESSAYS AUGUST 2021



Eric Schubert '23



Sam Phillips '23



Faith Sale '24



Fredilyn Dong '24



Carly Patterson '22



Nicholas Mich '22



Ruth Jacob '23



Alec Delgado '24



Madeleine Hower '24



Sean James '23



Tristan Mabee '24



Marissa Tunan '24



Meghan Keenan '23



Nicole Ringwald '24



Evan Shaffer '24



Kayla Wolf '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 I complete my fourth Momentum week, and third as a Kinesis Peer Academic Advisor, I reflect on my time in the Momentum Program. This Momentum Program has opened many doors for me and brought me deep bonds lasting a lifetime. I have had many ups and downs and this Momentum Program has supported me through them all. It has given me a community on campus. I have witnessed my Momentum students go through ups and downs and stood by their side through them all, just as my Kinesis Peer Academic Advisor had done for me. I owe my college success to this Momentum Program and feel grateful I have the opportunity to help other Momentum students succeed here at Elizabethtown College. This Momentum Program helped me build the confidence and determination to strive throughout my college experience. I went back and read the Momentum essay I wrote my first year and it is crazy to see how far I have come. From a nervous and insecure college first-year student to a senior on campus holding several leadership positions and a member of the Tri-Alpha honors society. These are things I never imagined achieving before coming to college. In my first essay I discussed about how I thought Momentum was only an opportunity to get here early, but once I experienced the Momentum Program I was deeply impacted and gained a new perspective. Every year since then, I have mentored new incoming Momentum students whose beliefs, backgrounds, and personalities have continued to change my perspective. As a Kinesis Peer Academic Advising Team we have faced many challenges including transforming the Momentum Program from being a weeklong in person, to being in the remote due to the pandemic. Seeing my Momentum students persevere every day last year throughout the challenges of the coronavirus pandemic inspired me to push myself above and beyond for them. Knowing how those students still had an amazing experience in the Momentum Program made me feel less worried about the hybrid format we were taking on this year. Last year the Momentum program was totally in the remote, via Zoom, with the new Momentum students living on campus. This year the Momentum program was in the remote, via Zoom, but with the students living at home. Only the last day of the Momentum Program was on campus and in person. Our Kinesis Peer Academic Advising team really pushed ourselves to provide the best experience and transition for the class of 2025. I look forward to meeting with my new Momentum students this year and getting to be a mentor one last time. I hope to take the impact this Momentum Program had on me and use it to make an impact in my future endeavors after my time at Elizabethtown College. The college journey was daunting as a first-generation student, and I feel those anxieties arising again now as I apply for graduate programs. The difference is this time I have the belief in myself to overcome the anxiety and find a graduate program and new journey which is right for me. Thank you, Momentum, for transforming my life and making me a better person and student.

- *Carly Patterson; Secane, Pennsylvania*

As I walked through the long corridor of my residence hall, I encountered the large wooden-framed door. I slowly opened it to gaze at the vacant room before me. From study abroad in Costa Rica over the spring semester 2021 to a summer internship, it had been almost a year since I lived on campus. I was enthusiastic to see another cohort of students entering the Momentum Program and the effect it will have on them. It is the last year I will get to have a part in the upcoming future leaders of the college and the campus community. It was also the first time we would have the Momentum Program as a hybrid in the remote and in-person. Last year the Momentum program was totally in the remote, via Zoom, with the new Momentum students living on campus. This year the Momentum program was in the remote, via Zoom, but with the students living at home. Only the last day of the Momentum Program was on campus and in person. Although the world around us was filled with uncertainty, we were still dedicated to providing the greatest Momentum experience we could deliver to the new Momentum students. The three questions of imagining, inspiring, and impacting relate to Kinesis Peer Academic Advisor in the same degree as everyone else involved. We imagine where we have been and how our experiences in the Momentum Program have brought us to where we are today. We strive to inspire those who want to work towards success academically, socially, and personally. We dream of impacting those around us; guiding those we mentor, teaming with other Kinesis Peer Academic Advisors, and appreciating those who once guided us. As the week concludes, two main points captivate my attention; I hope to emphasize them to my future Momentum mentees and future Momentum cohorts. First of all, global perspective is everything. We live in a global village, and the impact of one person affects entire regions. Dr. Ozkanca's presentation always captures my attention; her global awareness, experiences, and passion of travel encourages others to witness the world's culture and what it has to

offer. We are all more similar than we believe, yet we each have a unique story to tell. From the cultural sessions, nobody fits into a stereotype, and we are very fortunate to share our experiences with others to have an impact on their views as well. Although we operated the Momentum program in the remote, I could see many examples of new Momentum students cooperating, connecting, and building solid relationship amongst themselves. In addition to a global perspective, I strongly encourage everyone to find somebody else who will keep you learning. Each time a professor presents during Momentum week, I transform back into a new Momentum student, curious and desiring to know more. Even if stories were repeated, I want to hear them again; I want to learn more. I hope everybody from Momentum will find a professor, faculty member, or peer who will challenges them to keep learning and gives them a spark. Three years ago, in my reflective essay I wrote about how I had not suffered many of the same challenges and obstacles my peers in my Momentum cohort had faced. I understood I was a first-generation college student, but most importantly, I realized how fortunate I was to recognize how people should be treated regardless of their social circumstances. It is my passion for guiding others, sharing my stories, creating laughter, and building those connections with others which fueled my intent to become a Kinesis Peer Academic Advisor. Throughout my life, I want to influence the community by building honest relationships with others and hearing their struggles and achievements that make them unique. I chose to enter the Momentum Program my first year, I chose to become a Kinesis Peer Academic Advisor for the Momentum Program, and I choose to be a leader and mentor for those who are understand the Momentum experience. After I leave, I wish others will make those choices as well.

-*Nicholas Mich*; Ephrata, Pennsylvania

In my years as a Momentum student and Kinesis Peer Academic Advisor, I have seen the initial Momentum Week conducted both in person and in the remote; because of this, I have seen the successes and challenges which come with both modalities. As such, I had some concerns regarding how a hybrid-Momentum Week would play out: How would we prevent Zoom-fatigue? Will the students be able to connect with each other online as well as they would in person? How will the transition from the remote to being fully in person affect how well the students adapt to their surroundings and stay present in the moment? Ultimately, these fears proved to be unfounded. Through hard work, patience, and a deeper understanding of civility, the hybrid format of this year's Momentum Week did not prevent the students from enjoying the full Momentum experience and grasping the meaning behind our work. The Kinesis Peer Academic Advising team and Professor Benowitz the Momentum Program Director put their maximum effort and attention to every aspect of the work; likewise, the students paid attention to each speaker and contributed meaningful thoughts to group discussions. Watching the first-year students not just discuss Paulo Coelho's Inspirations: Selections from Classic Literature and P.M. Forni's, Choosing Civility: The Twenty-Five Rules of Considerate Conduct (two of three books assigned to Momentum students to read over the summer) but also apply them to everything they did this week was a great source of inspiration to me. These students, coming from all different locations and backgrounds, bonded and learned to understand each other by practicing the lessons they learned throughout the week. They have inspired me to continue to practice the various rules of civility in my day-to-day life, as I can be a rather excitable person. In addition, they have inspired me to look for the beauty and meaning in life and in everything I do. I will continue to spread the messages of the books we read and the lessons we all learned this week to others, beyond the students I interact with in my role as a Kinesis Peer Academic Advisor. 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 some of the key messages of Momentum Week. I anticipate I will see these students continue to be merciful and civil towards others, especially in situations when they or others are frustrated or under stress, and to share the lessons of Momentum Week with others who need them.

- *Meghan Keenan*; Archbald, Pennsylvania

What is civility? Well, a lot of things. Last year we incorporated into Momentum programming, P.M. Forni's, Choosing Civility: The Twenty-Five Rules of Considerate Conduct (one of three books assigned to Momentum students to read over the summer). This Momentum Week I truly understood what it was I had been preaching to the Momentum students all along. Last year the Momentum program was totally in the remote, via Zoom, with the new Momentum students living on campus. This year the Momentum program was in the remote, via Zoom, but with the students living at home. Only the last day of the Momentum Program was on campus and in person this worried me a lot. I was worried the new Momentum students would not get to foster relationships like they could in person, and I was worried they would not feel connected to the campus community like in years past. I had seen some gems throughout the Momentum week with new Momentum students telling stories about selfless acts of kindness and sharing, but I was worried the mission of the Momentum Program would be lost on a lot of the new Momentum students with this hybrid format. When the new Momentum students arrived in person, everything seemed to fall into place. Being with the new Momentum students in the same room, I saw how quickly they resumed the Momentum Program and greeted each other like old friends, even though they had never known each other in person before. They were unconfined to groups, and continuously made efforts to get to know the others. When we took the time to discuss difficult topics about the issues facing minorities, the students rallied behind those who would relate on a more personal level. This Momentum week has helped me to understand and imagine better the hardships many Momentum students and their families have had to endure, as well as the growing list of resources we have on campus to help them. Most of all, though, it has inspired me to get more involved and try to make a lasting impact. In the Socratic Dialogue perceptorials when we discussed civility with the new Momentum students, a common starter question we used was "What is civility to you?" Civility to me over the Momentum week has evolved into something much deeper than being tactful, simply lending an ear or respecting the opinions of others. Civility to me is being able to step in another's shoes and not only understand the magnitude of their struggles, but to selflessly support their pursuit of a better life and a better future. Civility is telling a story of a time you felt changed in a positive way, and having someone not only take in every word, but to respond as if you also deserve the world and then some without any notion of who you are on a personal level. Civility is giving second chances and disregarding past biases for the sake of a new beginning, and in the belief about how growth is always possible. This incoming Momentum class was among the warmest I have ever witnessed, and this week my inspiration came from them. Inspiration I intend to use to get more involved and be a more deliberate force for positive change on campus and the world.

- *Ruth M. Jacob*; Geigertown, Pennsylvania

When I was asked to join the Kinesis Peer Academic Advising team, I was a little hesitant because I was not sure how the Momentum Program would go in a hybrid approach beginning in the remote, via Zoom, with the Momentum students at home and then only having the Momentum sessions on campus, in person, for the last day of the program. Also, I was not sure how I would fit into the team because I was not involved with Momentum Program in the capacity as a Kinesis Peer Academic Advisor last year. As it turns out, I am very glad I agreed to join the Kinesis Peer Academic Advising team. This year's Momentum Program, although unusual, was extremely transformative for me. In my first year experience, as a student in the Momentum Program, I did not think I fully understood all the good the Momentum Program could do for students. On this side, as a Kinesis Peer Academic Advisor, I am able to see the Momentum students truly grow as individuals as they are oriented to college life. When I joined the Kinesis Peer Academic Advising team, my fellow Kinesis Peer Academic Advising teammates welcomed me with open arms and helped me feel confident in my new role as a leader. The Momentum Program has always been a place of acceptance and inclusion, and once again it proved to be a home for me. This year we invited professors at the college who themselves are first generation students. I related to their stories more than I anticipated and they really inspired me to reach for my dreams and not let anything stop me. On the last night of the Momentum Program, we had all the students read their essays. Listening to them speak really moved me. They have all overcome so much to get this far in life, and I am confident they will continue to overcome any obstacles they may face in their next four years here, and I will do everything in my power as a Kinesis Peer Academic Advisor to help them succeed.

- *Samantha Phillips*, Hummelstown Pennsylvania

It is always one of my greatest honors here on campus to welcome new Momentum students to the Elizabethtown College community, and this year it was even more special considering my new role as one of two Captains of the Kinesis Peer Academic Advising Team. During the Momentum Program, one lesson I really took to heart was just how quickly the Momentum Program can work regardless of format. The content is what mattered, and regardless of a hybrid modified format, it was such a pleasure to watch the students thrive during our sessions. Last year the Momentum program was totally in the remote, via Zoom, with the new Momentum students living on campus. This year the Momentum program was in the remote, via Zoom, but with the students living at home. Only the last day of the Momentum Program was on campus and in person. The success of the Momentum Program in spite of the hybrid format was solidified in my mind on the last night of the program when the new Momentum students read their reflection essays, proving how much the Momentum Program has helped them thus far in such a short amount of time as they adjust to campus life. The content and lessons learned in the Momentum Program prevail regardless of format, and Momentum students are just so well equipped to begin their campus lives here at Elizabethtown College. I am constantly inspired by the students, hearing how many now want to take on leadership roles throughout the campus, start a club, get an on-campus job, and more. This is so important to note, as it is a two-way street. The new Momentum students are saying Kinesis Peer Academic Advisors and the Momentum Program inspired them, while Kinesis Peer Academic Advisors say how much the new Momentum students have inspired them. It is just so amazing to see and hear, every year. I cannot wait to see all of these new Momentum students flourish throughout the upcoming academic year and make those dreams a reality here on campus. With all of this inspiration, it will be amazing to see the energy moving forward. Watching all of these new students become inspired has in itself inspired me to imagine and dream as to how I can continuously become more involved on campus and make a positive impact not only here, but within the world at large and within the lives of others. I am looking forward to continuously motivating my new Momentum students, inspiring my new Momentum students, and watching all of our new Momentum students grow as student leaders here on campus to positively impact the world at large. Onwards, always! Go Blue Jays!

-Eric Schubert; Medford Lakes, New Jersey

Working as a Kinesis Peer Academic Advisor this year has given me a much deeper understanding of the Momentum Program and of myself. I discussed in my previous essay my realization about science and research should not be the only significant part of my college experience. Believing in the importance of giving back and of branching out, I decided to become a Kinesis Peer Academic Advisor. Momentum helped me imagine a time where I could be a good advisor and valuable member of this team. As a first-year Kinesis Peer Academic Advisor I have done my best to be valuable while learning how this Momentum Program comes into being. While Pasteur disproved spontaneous generation nearly two centuries ago, it is not out of order to say aspects of the Momentum Program are spontaneous. This is by design, as discussions and even some activities, are best when not rigorously planned beforehand. This leaves ample room for the mentees and mentors to learn and grow from each other. Through the discussions with the incoming Momentum students, I was reminded of the importance of imagining a positive future for myself and for this Momentum Program. We faced numerous challenges this year, each a serious threat to the value and survival of this Momentum Program. Yet I saw those around me rise above. I am especially inspired by the determination of my Kinesis Peer Academic Advisors teammates and Professor Benowitz, along with the Momentum students for constantly pushing us to do our best for them. Not all challenges were serious though, some were downright hilarious, such as the disappearance of our professional photographer on the night of our annual traditional group photograph. Regardless of the severity, meeting and overcoming challenges stems from our core values. One must imagine a solution, be inspired to act on it, then ensure said solution has the desired impact. I plan to continue impacting Elizabethtown College by serving as a Kinesis Peer Academic Advisor to the Momentum students in addition to my other activities. One quote from Dr. Bowne, during the panel by professors who were first generation students, especially resonates with me, “you can be a kind, caring scientist or a rude one. I would rather work with a kind one.” Through Momentum and my academic pursuits, I believe I can become just this kind of scientist.

- Tristan Mabee; Elizabethtown, Pennsylvania

With 2021 being my first year as a Kinesis Peer Academic Advisor, I was excited to begin Momentum week, but also nervous on how I would perform as a Kinesis Peer Academic Advisor, and how the format would turn out. Last year the Momentum program was totally in the remote, via Zoom, with the new Momentum students living on campus. This year the Momentum program was in the remote, via Zoom, but with the students living at home. Only the last day of the Momentum Program was on campus and in person. Overall, the experience of being a Kinesis Peer Academic Advisor was very rewarding and I look forward to the continuation of the Momentum Program. I was excited for the Momentum Program this year to inspire the incoming cohort to make an impact, while educating them about the true meaning of Elizabethtown College's motto "Educate for Service." Most of all, I was looking forward to meeting new students, learning their interests, and seeing them develop meaningful friendships they may have for life. When thinking about how the Momentum Program would turn out this year, I was worried there may be a lack of participation and or interest due to the Zoom factor. I realized after the start of our Zoom sessions, the incoming Momentum class did, and would continue to do a great job engaging in meaningful discussion. One of my favorite parts of the week, were the Socratic Dialogue Discussions about P.M. Forni's, Choosing Civility: The Twenty-Five Rules of Considerate Conduct (one of three books assigned to Momentum students to read over the summer). Another favorite part of the Momentum Program were the Diversity Film Discussions. Each night of the Momentum Program we watched a film or documentary illustrating the experiences of various races, ethnicities, and cultures. Faculty and staff representing a wide variety of races, ethnicities, and cultures chose the films, led us in discussions, and told their stories about race and ethnicity in the American experience. By the end of multiple of these discussions, we had gone past our time limit, because the new Momentum students all had things they wanted to say, but also true lessons learned through discussion or from our great speakers. Personally, I thought our speakers, Professor Takahashi, Ellis Bonds, and Hosman Uruga-Barba did a great job on sharing films and leading discussions to educate students on the perspective, feelings, and hardships other people have based on their background. A big takeaway from these lectures to me, was to appreciate the opportunities we have, and not to take these things for granted. In addition, I think student presenters such as Will Holdren, Jalen Belgrave, and Andrew Furman, gave inspiring insights into what it takes and means to be a motivated leader, what is involved in giving back to the community. These ideas from these presentations were then a recurring theme post presentation discussions. I was glad this year, the new Momentum students got to know each other within the first week, even though it was via Zoom, and I feel the group lunches and dinners on the last day of the program was a great way to get to know the students, but also see them make friendships. In addition, I felt like the new Momentum students had been given all the information they need to get accustomed to the campus community, but also prepare for classes, through the walking tour given after the end of the Momentum Program. My favorite part of the week was hearing students share the selections and or meanings from their essays. I also enjoyed the fact some new Momentum students changed what they were going to share from their original essays to express further takeaways. This showed me even after their "assignment" was done, they were still thinking about the meaning of the Momentum Program and the themes of the whole week; Imagining, Inspiring, and Impacting.

- *Evan Shaffer*; Reading, Pennsylvania

This was my first year as a Kinesis Peer Academic Advisor for the Momentum Program, and I learned how transformative and inspiring this program is for both the advisors and the students. Just last year, I was a first-year student, listening to all the presenters speak and share their stories of how they were inspired to impact and to educate others for service. With the Momentum Program taking place in the remote for the first few days and then being in person for the remaining few days, I was nervous about how things would turn out. However, I believe this week was very successful. The students seemed excited to take part in the program and asked as many questions as possible. My Kinesis Peer Academic Advisor teammates inspired me with their dedication and passion for the Momentum Program. They encouraged me to push on and make an impact in the lives of the first-year Momentum students. Even though the format of the program was different than usual, I still felt honored and proud to be a Kinesis Peer Academic Advisor for these students. I know I will be able to tackle any challenge thrown at me because of the support system connecting every one of the Kinesis Peer Academic Advisors. After experiencing the Momentum Program, in the remote, last year as a student, and this year, in the remote, as an

advisor, I realized you do not have to be in person to have an impact on those around you. I am excited to begin my first year as a Kinesis Peer Academic Advisor and cannot wait to see the impact I will have on the lives of these students. I want to provide my students with support, academic skills, and the necessary guidance to become successful. As I meet with my Momentum mentees throughout this year, I hope to inspire them the same way they are inspiring me. I hope I can inspire students to use their voices and speak up for change. I plan to teach my Momentum mentees skills to succeed academically and the skills necessary to grow on a personally. Above all, I want to take the lessons learned on perseverance, involvement, and civility during this year's Momentum Program and apply them to my guidance for my mentees.

- *Alec Delgado*; Lindenwold, New Jersey

Last year I was a timid first-generation student going into my first-year of college. As both my parents did not go to college, I did not know what it was like. The Momentum Program taught me what college was like and also gave me the confidence I could make it. This year instead of being a timid first year college student, I became a nervous first-year Kinesis Peer Academic Advisor. Last year, what the Momentum Program inspired me to do was to look beyond the academic path of my major. I was inspired to look farther than just graduating and making music the only passion in my life. This year as I reflected on the program's motto, "Imagine, Inspire, Impact," I felt I was not making enough impact. I am constantly imagining what paths I can take in college. I imagine what my future can be and how I can make an impact on others. A huge reason why I chose to be a Kinesis Peer Academic Advisor was so I could make positive impacts on others. However, with the Momentum program being in a hybrid setting, I was unsure how much of an impact I was making. Since this year Momentum students began the program at home and in the remote, they had a greater temptation to distract themselves. We were unable to make sure every student was paying attention at times. When the program resumed on campus and in person, we could see the enthusiasm if the students. On the last night of the Momentum Program when each student reads their essay, reflecting on their Momentum experience, I heard the new Momentum students giving their speeches, it confirmed for me the impact of the program and the level of engagement of the students. As I sat in the Gibble auditorium listening to the students' stories, I was impacted by them. They mentioned how they have been inspired and impacted by Momentum. Many students mentioned how they have been inspired by the Kinesis Peer Academic Advising team. I realized I could make an impact on others. I was also impacted by the stories the students shared as well and how Momentum has helped them. I hope as the year goes on, I can make an impact and continue to inspire the students in Momentum as they have inspired and impacted me. I am eager to see what this year will bring and how I will continue to grow on my path through college.

- *Faith Sale*; Carlisle, Pennsylvania

I was both excited and nervous about my first Momentum week as a Kinesis Peer Academic Advisor. I was looking forward to interacting with the first-year students and having discussions about many relevant topics of today's society. Aware of the challenges people of color, first generation college students, and even first year students face in general, I wanted to ease their transition into Elizabethtown College. I could tell by the first few zoom meetings how some students were intimidated and nervous for this next step. I wanted to create a safe space for them to share their thoughts and their life experiences, especially since I believe their future success is shaped by their past experiences. This task was a challenging one. At first, it took a while for the new Momentum students to be comfortable enough to share those things. They were coming into a new environment with new people and new tasks to complete. There were some breakout rooms where students would be reluctant to participate. I looked to the veteran Kinesis Peer Academic Advisors and was inspired by their leadership example. I saw the way they connected with the students on a meaningful level, and I did my best to try to replicate this in my own conversations. By the middle of the week, not only did the students open up during small group discussions and conversations over food in the Marketplace school dining hall, but they were also sharing their most personal thoughts and experiences to an auditorium full of their peers, professors, and academic advisors. These participating students had a strong sense of pride in their previous accomplishments and a strong drive and excitement to continue their education. I hope to impact these students by offering my guidance in their first-year endeavors. Enrolling in Elizabethtown College can open many opportunities for their social, personal, and

educational development. I will point them in the direction of all the resources they could need at the college. Most importantly, I will encourage them to continue to persevere and take every opportunity to get involved and elevate their academic experiences just as my previous Kinesis Peer Academic Advisor did for me.

-Fredilyn Dong; Howell, New Jersey

When I entered the Momentum Program as a first-year student, I learned so much. I was afraid about going to college and skeptical of the choices I had made leading to this moment. However, the Momentum Program changed me into a more confident individual and I was ready to face my first year of college. When I decided to apply to become a Kinesis Peer Academic Advisor, I was excited to have another opportunity to be a part of the Momentum Program, this time through the eyes of a rising sophomore. Through the many sessions and experiences this year's Momentum program brought, I learned even more about myself and how I want to have a positive impact on the campus and the surrounding community. When I think back to the Momentum Program's motto, "Imagine, Inspire, Impact," I immediately think back to a conversation I had during the end of the Momentum Program with a Momentum first-year student. She told me a story about her experience in multiple ESL classrooms. I am working on getting certified in ESL. The new Momentum student explained how she had a poor experience with ESL instruction, and it negatively impacted the way she thought of her environment in school. The way she talked about her experience opened my eyes to continue my career path in working in an ESL classroom and focusing my attention on the diversity of each one of my students. Another benefit the Momentum Program had for me was the sense of community I felt not only from the first-year students but also from my Kinesis Peer Academic Advisor teammates. Even though part of the Momentum Program was in the remote, the two days we spent together, on campus, in person, made it feel as though we had all known each other for years. The connection I felt with each person guaranteed the observation I had about the Momentum Program last year. This is not just a program for first-year, first generation students from under-represented racial/ethnic communities and socioeconomic backgrounds to learn more about the college and college experience, heighten their interests, and establish a goal-oriented mindset; the Momentum program also leaves each person with a group of people who will always support them, no matter the circumstance. I look forward to advising new Momentum students through their first year.

-Madeleine Hower; Lebanon, Pennsylvania

This was my first year as a Kinesis Peer Academic Advisor, and I could not ask for a more humbling experience. Switching from a student in the Momentum Program to being a part of the Kinesis Peer Academic Advising team was a nerve-wracking thought at first because I did not know what to expect. It was just a year ago where I was in the shoes of the new Momentum students scared to start this next journey of my life. I constantly thought to myself did I have enough experience to be a Peer Academic Advisor to the incoming students. This year the Momentum Program was in the remote, via Zoom, with the new Momentum students living at home. Only on the second to last day of the program did the new Momentum students move onto campus. Therefore our time with the new Momentum students, in person, on campus was limited, but at least we could bond over meal times on the last day of the program. At one of the meals I sat down with a group of Momentum students all of whom had the same intended major as I have declared: Early Childhood Education. Each new Momentum student was asking me multiple questions about the classes and the different programs within the Education Department. When I was able to answer each question with a detailed response and provide information, I realized how I was ready and prepared to take on this role as a Kinesis Peer Academic Advisor. Through the entire Momentum Week, there was a theme about finding your own path and how each experience in your life helps you discover where you want to go in life. Not only did the Momentum sessions and the experience of working as a Kinesis Peer Academic Advisor inspire me to continue to follow my path, but the new Momentum students also inspired me.

- Marissa Tuman; Shamong, New Jersey

When we learned the Momentum Program was going to be a hybrid format instead of our typical in-person Momentum week I had my concerns. Last year the Momentum program was totally in the remote, via Zoom, with the new Momentum students living on campus. This year the Momentum program was in the remote, via Zoom, but with the students living at home. Only the last day of the Momentum Program was on campus and in person. My concerns were about the impact this hybrid format would have on the new Momentum students. However, as the week got started and our zoom sessions were underway, I quickly forgot all about my concerns. During the Momentum sessions throughout the week, I was inspired by the courage of the new Momentum students sharing their stories and their backgrounds. Each night of the Momentum Program we watched a film or documentary illustrating the experiences of various races, ethnicities, and cultures. Faculty and staff representing a wide variety of races, ethnicities, and cultures chose the films, led us in discussions, and told their stories about race and ethnicity in the American experience. Mr. Hosman Uruga-Barba, Assistant Director in Admissions for Hispanic and Latino Recruitment, showed us a documentary about the barriers Latinx students face in the American experience. It really inspired me and the Momentum students to have meaningful conversations about where we come from and what our aspirations. Another moment which stood out to me was leading the many Socratic Dialogue discussions during the preceptorials with the Momentum students, particularly the ones about P.M. Forni's, Choosing Civility: The Twenty-Five Rules of Considerate Conduct (one of three books assigned to Momentum students to read over the summer). I was inspired by the many ideas the students came up with for how to be civil with professors and peers on campus. The impact these civility discussions had on the students will be a long-term benefit to the Elizabethtown College. The impact I hope to have on these students is one carrying throughout their four years at Elizabethtown College and embody the Momentum Program. Being a Kinesis Peer Academic Advisor and a leader requires you to be flexible. This week has given me more confidence as a leader because I know I can withstand changes and still succeed. I am excited to continue advising the new Momentum students and showing them all of the opportunities available to them at Elizabethtown College. The best part about being a Kinesis Peer Academic Advisor is seeing the students act on their interests and develop as leaders, change agents on campus.

- *Kayla Wolf*; Willow Grove, Pennsylvania

Going into my second year as a Kinesis Peer Academic Advisor is both exciting and challenging. Last year completing my first year as a Kinesis Peer Academic Advisor during a completely remote week in the midst of a pandemic presented multiple challenges for which I was not necessarily prepared for initially, but I believe I did my best to adjust and be as flexible as possible. Now in my second year as a Kinesis Peer Academic Advisor the Momentum Program began in the remote, like last year, but with the new Momentum students at home, rather than on campus, unlike last year. This year, the last two days of the Momentum Program happened on campus and in person with Elizabethtown College returning to a slightly more normal setting I was excited. A new initiative, in response to the pandemic, this year we held meetings, in the remote, via Zoom, with the new Momentum students, over the summer. This summer I had a chance to contribute to one of the meetings by making an online quiz through Kahoot about one of the three books assigned for Momentum students to read over the summer; Paulo Coelho's Inspirations: Selections from Classic Literature and the accompanying study guide. Once the Momentum Program began in August, in the remote, I led many Socratic Dialogue discussions during the preceptorials with the Momentum students, and shared my own academic journey. I loved getting to know the Momentum students through Zoom and was excited to see them and spend time with them in person when they moved to campus on the second to last day of the Momentum Program. My favorite part of the Momentum Program this year was listening to student presenters such as Will Holdren who spoke about his success and providing guidance to the Momentum students on how to make the best of their time at Elizabethtown College. This was impactful to me because I never thought I would be able to do something like Will Holdren does and to see someone having so many accomplishments so early in their college experience (especially when they are younger than me) this was inspiring. I am excited to be helping this year with the new Momentum pilot program offering Peer Academic Advising support to Momentum Sophomores and to mentor the new Kinesis Peer Academic Advisors some of whom were my Momentum mentees last year.

- *Sean James*; Shenandoah, Pennsylvania