

ELIZABETHTOWN COLLEGE

MOMENTUM

IMAGINE, INSPIRE, IMPACT

STUDENT REFLECTIVE ESSAYS AUGUST 2018



*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)

The Momentum Program introduces students to the college life through activities and discourse between classmates and faculty. My experience of the wonderful time in the Momentum Program changed my regimented high school career to a flexible college lifestyle, and I learned the importance of accepting others with differing viewpoints. From lectures with Dr. Celestino Limas, Vice President of Student Life; to walking tours of with Professor Jean-Paul Benowitz. Their inspiring stories and different perspectives have impacted me. The Biculturalism talk with Dr. Celestino Limas, a man who rose over adversity to be a leader, drives me to understand others. He imparted his learning experiences of hardships to us so we can pass on the message. I connected to the topic on a personal level because I feel the need to change for others to be inclusive. I take Dr. Limas' bicultural view to heart so I can live with peace. I will forever carry the lenses of Professor Benowitz to scrutinize my surroundings and my beliefs. Professor Benowitz colored my perceived notions of colonial history. I realized often how the truth is worse than the lies told in K-12. At the Philadelphia Academy of Fine Arts (PAFA), Professor Benowitz walked and talked to us about more than just the art, but the architecture of the building and how it has French, Greek, and Roman influences. He taught us how the building itself celebrates the art it contains and how my perceived biases shape the world around me. I learned differing academic disciplines intertwine within each other while absorbing myself in the unique lectures. In preparation for the Momentum program, over the summer we read Paulo Coelho's Inspirations: Selections from Classic Literature. I gleaned insight on how the stories run parallel with our first year at Elizabethtown. Paulo Coelho showed me many aspects of beginning a new journey. *Through the Looking Glass* exemplified our entrance into a new environment whilst *The Ugly Duckling* gives us a reflection of the obstacles and hardships we have faced up until today. I came to the Momentum Program and Elizabethtown with anticipation. I brought an amiable and open-minded attitude, so when I meet new people, I can give an impression of positivity. I heard a great quote by Peggy Tabor Millin, I held with me on the impact we have on others and vice versa, "We never touch people so lightly that we never leave a trace."

- Lucas Stehle; Pottstown, Pennsylvania

Momentum is more than a program where a group of students arrive to college a week early. We are led by our Kinesis Peer Academic Advisors and Professor Jean-Paul Benowitz through tours, lectures, stories, and bonding time. Personally, one of the most inspirational moments was when we toured the galleries of the Pennsylvania Academy of Fine Arts. For me modern art usually looks like a bunch of nonsense. However, I found one piece at the museum which I connected with immediately and was inspired. The longer you stare at it the more you realize its complexity. This piece made me realize how if you focus enough on a task you can make something great from nothing. In this, I realized to look for the positives in any event. At first look the painting made no sense to me, but by keeping a positive outlook and in focusing on finding new items I was able to succeed and was extremely exhilarated by this. In addition to the painting I was also inspired by a professor who lectured on growth mindset. I realized at this point I either adopt a growth mindset, or ultimately fail when things become difficult. By learning to use a growth mindset, I will overcome my stubbornness as I am easily frustrated. I also can more confidently overcome any struggle I could be faced with while pursuing my major in Mechanical Engineering. The combination of inspirations and forward thinking will help me maintain an optimistic outlook and to work hard even if things become difficult. The Kinesis were a true inspiration; they were always happy and ready to help at any moment. Their desire to get to know every student and make sure the students was enjoying their time truly stood out to me. Whether or not I become a Kinesis, they

helped me realize no matter what, I want to have leadership role. This will give me a break from school work and allow me to become a part of Elizabethtown and its campus. Now, I desire to spread the inspiration I have received to others. For this reason, along with my new-found inspiration, I see myself succeeding in a leadership role in college and the future.

- *Vincent Ribeiro*; Cortlandt Manor, New York

As incoming first year college students know, the transition into a new phase could be tough since students do not know what to expect when they leave a place so comforting and replace it with a whole new environment. Going into the Momentum program, I had no idea what to expect, but this “scary” transition into college has been a fun time of change, respect, and comfort through an amazing week full of different activities which left a life-changing experience. Momentum has transitioned me by placing my attention onto being open to the changes ahead, which can be seen through the common theme, positivity. Entering Momentum, Professor Benowitz inspired me. We were sitting on the floor of the lobby in Leffler Chapel when he instructed us to close our eyes and forget about all the challenges we have faced. He then went on to say, “Live in the moment,” which opened my eyes to see how I am the only person who can influence my decisions and not to worry about the future. Following this, I was able to imagine the impact I would be able to apply to others. About five years ago, my grandmother received occupational therapy, and this sparked my interest to discover the field of improving the quality of life for other people. After some meditation, my goals to become an occupational therapist with a minor in Psychology in a hospital setting have become clearer and has made me want to go after them because I know I am in control. Being an occupational therapist will allow me to have an emotional and physical impact on patients. They might lose their skills, but my job will be to help them learn to get back into their everyday life skills. This goal can be combined with the Civility in Campus Life presentation which showed me the important values of being civil not only on campus, but in everyday life. I better understood why I should be kind to others, especially in the adult years ahead. You cannot judge a person based on their looks because you do not know what is happening on the inside. Being respectful, paying attention, and acknowledging others are three important steps to help you change your perspective on the world around you. Overall, the Momentum program has been a transformative experience helping me transition to college life through dreams, inspirations, and influences.

- *Veronica Martonik*; Conyngham, Pennsylvania

Momentum was nothing like I had imagined prior to coming to Elizabethtown. When I first got the letter explaining the program, I was convinced this was not for me. Surely it was not for someone who barely talked in their high school classes and did not consider themselves a leader. It was move in day on Friday, August 17th where I said goodbye to my parents and started a new chapter filled with fear of the unknown. Moments after our parents left, Professor Benowitz led us on a walk throughout Elizabethtown teaching us about the history the town. The first walk was meaningful to me because learning the history gave me a strong sense of community; I was more than just a student. During the walk, Professor Benowitz told multiple stories about the town, however the stories about him and his students helping save historical buildings within the community resonated within me. Through this I learned, as students, we have the capability to bring change into the community where we see fit; all we have to do is voice our opinions and be leaders. In addition, this walk has also inspired me to step out of the comfort zone I knew in high school and made me realize my true potential. Before Friday I was convinced I would continue to

go through the motions as I had done in high school and maybe join a club or two, however Momentum inspired me to be so much more. The walk as a first time Elizabethtown student led me to strong friendships and a new-found confidence in my leadership qualities. I am inspired to take on leadership roles in which I have not thought of participating in before with excitement and motivation. The impact Momentum had on my college experience was significant despite the short length of time we had together. The college slogan, "Educate for Service" no longer was an empty phrase but had potential to be something great. Instead, it gave me goals and hopes for my future as an Occupational Therapist. Momentum impacted by changing the way I thought about how I can "Educate for Service" in my career. My hope for the future is to not just be an Occupational Therapist, but to truly embrace what it means to help others using the skills and experience I received through Momentum.

- *Kayla Wolf*; Willow Grove, Pennsylvania

My mom is the strongest woman I know. I am in complete awe by the way she lives her life. She has been through so much and continues to persevere and look at all the positive things life has to offer. When she was diagnosed with stage 4 lymphoma she chose not to let this news define her, rather she did research, and she learned about holistic treatments making the tough and courageous decision to work on curing herself naturally instead of conventionally. When we got the letter for the Momentum program she was so excited and believed I, given my self-doubt, would truly benefit from the experience. Of course, she was right. In the Momentum lecture about Psychology given by Dr. Roy we learned about Fixed and growth mindsets. I realized how my mom chose to approach her situation with a growth mindset rather than a fixed mindset. Instead of giving up and accepting her fate she looked for a way to cure herself and persevere in her life. Knowing this has inspired me to take on a growth mindset. Even though I am very hard on myself and sometimes lose belief in myself, the Momentum program has brought me a sense of confidence and belief I can really achieve all I want to accomplish. With this experience I have realized I am not alone. I have connected with and related to so many of the other first year students. I have enjoyed listening to their stories, aspirations, and beliefs. Their unique stories have inspired me to keep my head up and start my years at Elizabethtown strong. I want to go into school with a positive attitude about learning and a desire to improve upon myself. While exploring our stories I have rediscovered one of the reasons I wish to study Occupational Therapy; I want to make a difference in the lives of people who are truly struggling and push them forward and be a part of their journey. I imagine how I will use my abilities to bring the hope and joy my mom maintained through her diagnosis and treatment to people who need help attaining it.

- *Sofia Gonda*; Fair Lawn, New Jersey

Through the journey of the Momentum program, I have learned many new things. For one, the Vice President of Student Life gave a lecture, where he explained everyone we encounter and the more frequently, the more of them, we will carry with us. In the same way, we leave apart of ourselves with our friends. This was important to me because it is good to know the size footprint we leave on the world and which most people do not acknowledge. Similarly, I learned from encountering Momentum students. On Sunday, in Philadelphia outside the Reading Terminal Market, part of the history walking tour led by Professor Benowitz, I talked to Kinesis Peer Academic Advisors, Mikenna Lehane and Momentum student Grace Fernandez about music interests. We all love musicals such as *Mamma Mia*, and *Into The Woods*. I discovered they not only heard of, but occasionally listen to Celtic Woman. Sofia Gonda was near and it perked her

interest, so on the ride back, she asked me to show her. Seeing Irish dancing and music made her recall watching *Lord of the Dance* when she was little. It was valuable to me because I love sharing my interests with others and seeing they too enjoy it. The world constantly inspires me. One prime example came from our trip to Philadelphia where Professor Benowitz led us on a historic walking tour. Stone houses lined sidewalks worn with age, speaking to the historical significance of our surroundings. Walking through historic Elfreth's Alley was like walking into a time portal. It inspired me, whispering untold stories into my ears. Likewise, I am inspired by the people around me, for instance, Grace Fernandez who comes all the way from California. I am fascinated and want to learn more about her culture and about the western side of the country. Making the world a better more positive place, is the result I want as my impact. I feel nowadays this world really needs help, and I love helping, so I shall assist the world. I use my writing to convey my thoughts and sway the world, while providing great life lessons woven within. I am going to major in Psychology in hopes of becoming a counselor to give advice to those who need it. Most important to me is to see the world brighten by becoming a better place for humans of any race, background, and difference, to live together in harmony. Everyone has struggles, and not everyone can handle the pressure of solving it on their own, which is where I will step in to lend a hand, to boost their hope, reminding them to persist.

- *Alyssa Marzili*; Hamburg, Pennsylvania

As a first-generation college student, I never knew what to expect in college. The prospect of living away from my family and moving in with strangers frightened me. I did not know how to prepare and could only rely on the account of cousins and older friends who sent texts saying "do your homework" and "girls who grew up with nannies are DISGUSTING." Joining the Momentum Program granted me the opportunity to interact with other students experiencing similar situations. It has allowed me to embrace myself and collect thoughts for my future before having to begin my college life. This fortunate opportunity has enabled me to reevaluate the important aspects of my life. Dr. Limas gave a lecture about embracing cultures and eventually blending parts of foreign college life with those of my familiar home life. The message resonated with me, and I recognized my distance from my wonderful Togolese culture whenever I entered unfamiliar situations. I was reminded of the importance of my culture and the opportunity to educate my fellow students about it. Likewise, the presentation given by Professor Bhattacharya about the Japanese culture and language influenced my attitude toward my International Business major as well as how I will plan my classes in the future. I love learning languages and having the ability to communicate with other people from foreign areas. When applying to college, I searched for a college offering diverse languages and I planned to study both Japanese and Spanish; however, currently, I am only signed up to take Spanish. The lecture pushed me to reevaluate myself and current plans. I now realize I need to accept my interests and not ignore them to focus on my major; I can also incorporate them into my college experience. The Momentum program has positively impacted my college experience because now I am more confident and aware of my standoffish tendencies. Being able to experience life at college without worrying about classes gave me time to get used to my new environment and develop meaningful relationships. In the future, I imagine I will have freedom to travel and converse with individuals in other countries. I want to inspire other children in the country to take their lives into their own hands in hopes of bettering them and to not settle in their circumstances, but to try to advance in life as I am trying to do now.

- *Estrella Kodjovi*; Effort, Pennsylvania

It was a hot, muggy day. I could feel the sweat dripping down my face and could see it glistening on the faces of my friends. The sun was beating down on all of us. My legs were aching- the shin splints hit me hard again- but I could not get the smile off of my face. Amidst the dad jokes and laughter, I realized my friends were the people I wanted to talk to for the next several years and even after college. I felt accepted and like my input was genuinely appreciated in the conversation. I felt happy, really and truly happy, for the first time in a long time. These newly acquired friends helped me to feel wanted. They helped me to feel like I belonged. They inspired me to continue to live out my dreams because it makes me happy. This was my inspiration for going to college in the first place. I want to live my best life and be the happiest I can be. Momentum has helped me to realize being happy with my life is what's important. Despite everything that I've been told about not choosing yourself first or making money, I am choosing myself for the first time. The Kinesis Peer Academic Advisors have also brought about this realization. One specific Kinesis mentioned I and my friends were just like his friend group in Momentum. The bond we have all created with each other is one I have never had before. I was never quick to make friends and I have never trusted easily, but I let my guard down and met some of the best people in the program. The people involved in this program care about you as a person and as an individual. You are not just another box to check off for the day, you are a human being with real problems and emotions. I value the support I have been given and I know I can turn to anyone in this program and they will be there to support me. This all really inspired me to try to be a more caring person and to show others they are valued, and they matter. It inspired me to make others as happy as I have been.

- *Cheyenne Lawyer*; Upperstrasburg, Pennsylvania

It was a typical hot July day when I walked from my car to the Leffler Chapel with my parents in tow. It was open house, and I had completely fallen in love with the Elizabethtown community. I always envisioned myself going to college and moving out of my small town. I had big plans for myself and had finally found the right college for me. Determined to pave a new path for myself, I signed up for the Momentum program as it would get me onto campus as soon as possible. What I did not realize though, was how humbling this experience would be. It opened my eyes to a whole new perspective towards entering college and the relationships I would soon be embracing with those around me. It taught me how much of an impact one person can really have on another. We are always told not to judge a book by its cover, and this program really taught me how to apply the concept to people as well. When I imagine my future here at Elizabethtown, I see myself succeeding. To me, this is accomplishing my goals and establishing my next path, all while making friends and having a positive mindset. I want to graduate from here knowing I learned all I possibly could and with zero regrets. I am confident in myself and in my ability to meet these goals because of the Momentum program. This program has given me such a strong sense of appreciation for others and for myself. It is the change I want to see in the world, and the impact of those in my past, who have inspired me to pursue Psychology. I have known I wanted to pursue this for the past few years. However, it is the impact of the Momentum program and those I have met here, inspiring me to look forward to my future in Psychology. Whether I become a guidance counselor or a therapist, I hope to hold a positive impact on those I meet just as the Momentum program has left a positive impact on me.

- *Carly Patterson*; Secane, Pennsylvania

The bright sunlight fills the vibrant blue sky as I stand atop the stairs facing away from the lightly-colored building with the rest of my peers. "I'll miss you both," I admit to my parents on the steps. "We'll miss you too," they respond nervously, giving a brief hug before returning to the car. The two people who always stood beside me were no longer within my sight, and it was time for me to truly start living, to start exploring. My parents never completed college; my father working for the United States Postal Service and my mother working in the school district within dining services. Even though both of them were no longer able to guide me further along my educational journey, they inspired me to make the most of opportunities and to treat others politely. With the start of Momentum, we entered the next exhilarating chapter of our lives. We learned the first important task required us to build new relationships. As each day progressed, we developed a deeper understanding and respect for each other. Each day the Socratic Dialogue sessions afforded us an opportunity to individually share our backgrounds in small groups. I presented my background to three other members and was grateful I had not suffered many tragedies in my life. Although I did not experience the same type of obstacles as the other members of our group, I understood the amount of the inner strength required for my peers to overcome those challenges. I did not recognize how fortunate I was to recognize how people should be treated, regardless of their social circumstances. I originally believed college was a place to learn a specific field; now, I understand it is also an opportunity to learn about individuals from both similar and extremely diverse cultures. My peers inspired me to impact and help those who surpassed expectations and fought their way through the abuse. I want to give others around me the respect and assistance for them to succeed after leaving an environment which discouraged them. Throughout my life, I desire to earn respect from my peers using with my compassion and ambition for learning. I want influence the community by building honest relationships with others and hearing the struggles and achievements that make them unique.

- *Nicholas Mich*; Ephrata, Pennsylvania

In a crowded college cafeteria, I sat, surrounded by strangers and newly acquired yet close friends. It completely rejected any imagination of what I felt my first few days of college would be like. Instead of being in a cold state of loneliness for weeks, I found myself among the warmth of fellowship. Surrounded by the starving college students charging through their cafeteria, a Kinesis Peer Academic Advisor turned to my group with a revelation. "You guys are exactly like my friend group from my year. We all met in the initial groups and stayed close friends." Then it hit me exactly how comforted I should be feeling. Sure, college was a new place, but it was only an unknown to some of us. Kinesis Peer Academic Advisors of the Momentum program were veterans of the entire experience, willing to pass on their wisdom. Luckily, my sage was far different from myself. Not being a member of a single minority in the United States myself, I discussed my future with a man who fit almost all minorities. While just months ago I would not have thought much of this exchange, my new environment brought out an openness allowing me to capitalize on his words. Now I understood I was not alone in my experience, especially knowing my opposite went through the same transition. This was the exact push I needed to feel at peace with my surroundings. It helped me understand how college is a cycle and I fit exactly into its plans. His push in the right direction also helped me understand how I need to follow his footsteps. I should not put off studying or doing work until I receive a bad grade, instead I should heed his words and not suffer through his pain. He was the inspiration I needed to find an intrinsic motivation, a new outlook on my next passage of life. I hope this motivation will hold and allow me to achieve a diversified wealth of knowledge only found at a liberal arts campus like

Elizabethtown. Prior to the Momentum program, my idea of success was based on a dollar sign by my name. I now realize going into a career I dread for decades worth any amount of money and satisfaction with life is what truly matters. I can genuinely say how within five days, Momentum has affected my entire life and those all around me.

- *Clay LePore*; Stewartstown, Pennsylvania

I arrived at Elizabethtown College on Friday morning, it has only been a few days and already I have done so many cool things with my new friends in the Momentum Program. Professor Benowitz led us on walking tours around town and all across our campus teaching about all the rich history within its architecture. During our trip to Philadelphia Professor Benowitz pointed out and explained so much of the architectural detail in the buildings and streets, including amazing artwork from two major museums. Through all of this travel and collective thinking together we also learned to make new friends, communicate, and talk about things together, while having fun in the process. Of all the lessons learned in college aside from the content of the class, an important one would be enjoying the learning process with your peers and building lasting a lifetime. This will make college life and class in general much more manageable, knowing you have support when you need it in your friends and vice versa. I learned it was not as difficult as I thought to open up and be social with people in a college environment, especially since we are all going through everything together as new college students. The biggest piece of advice I got was from one of the Kinesis Peer Academic Advisor with the same major as mine, Psychology. He told me how in order to have the best chance of being successful in college I had to find my passion. The next day while listening to the Psychology presentation, I was impressed by how many professions stem from a Psychology major. The Psychology professor listed off the different branches of Psychology saying, "There are so many ways you can go with Psychology such as Developmental Psychology, looking at the stages of Psychological growth of children into adolescence and adulthood. There is also Clinical Psychology, which is helping and treating people with mental health problems or disabilities." This inspired me in the sense I found the route in Psychology best suited my aspirations; Using what I know and learn to help people solve their problems. This could end up being something I am really passionate about and lead to a successful academic college career as well as a possible future career. Overall, I have high hopes for my time at Elizabethtown College, in academics as well as sports, I can only go up from here.

- *Nicholas Gonzalez*; Clarksburg, Maryland

College has been on my mind for a long time. Ingrained in me since I was little, I knew I would one day earn my undergraduate degree. However, I could never truly imagine visualize being at college until I stood on the steps of the High Library facing my parents who were leaving. Each of us had the happy-sad tears in our eyes as we hugged goodbye. Having never gone to college themselves, they left trusting I would be okay at this institution. I was immediately forced to look around and form relationships with the people around me. All of us hot, sweaty students and Kinesis Peer Academic Advisors slowly started to introduce ourselves to each other. Little did I know, these relationships I formed would provide me with a great confidence and foundation for my first semester of college. During the Momentum week, we attended many lectures and talked to several professors. I loved attending these sessions because I began broadening my knowledge of different subjects. Things I thought I might totally hate peaked my interest and changed my perspective on what I want to study. The passionate ways the professors discussed their vocations inspired me to want to be totally engulfed in the subject I plan on pursuing. In Momentum, I

discovered so much about Elizabethtown College. It is a community continually proving to be dedicated to its students so they can not only have fruitful careers, but lead impactful lives beyond college. Momentum inspired me to want to take on leadership positions in my time at Elizabethtown, so I can impact the school the way it impacts me. Whether I become a Kinesis member, a club leader, or part of the student senate, I now realize I have plenty of opportunity. I want to form relationships with other students to help them the way Momentum is helping me. Through participating in the Momentum Program, I have learned to stretch my goals and to not limit myself. This experience exceeded anything I could have imagined, inspired me to approach my work with passion, and impacted me through the relationships I have made and plan to make in college. Throughout these next four years, I can achieve whatever I set my mind to.

- *Julia Middleton*; Baltimore, Maryland

It was a typical hot July day when I walked from my car to the Leffler Chapel with my parents in tow. It was open house, and I had completely fallen in love with the Elizabethtown community. I always envisioned myself going to college and moving out of my small town. I had big plans for myself and had finally found the right college. Determined to pave a new path for myself, I signed up for the Momentum program as it would get me onto campus as soon as possible. What I did not realize though, was how humbling this experience would be. It opened my eyes to a whole new perspective towards entering college and the relationships I would soon be embracing with those around me. It taught me how much of an impact one person can really have on another. We are always told not to judge a book by its cover, and this program really taught me how to apply this concept to people as well. When I imagine my future here at Elizabethtown, I see myself succeeding. To me, this is accomplishing my goals and establishing my next path, all the while making friends and having a positive mindset. I want to graduate from here knowing I learned all I possibly could and with zero regrets. I am confident in myself and in my ability to meet these goals because of the Momentum program. This program has given me such a strong sense of appreciation for others and for myself. It is the change I want to see in the world, and the impact of those in my past, who inspired me to pursue psychology. I have known I wanted to pursue this for the past few years. However, it is the impact of the Momentum program and those I have met here, which inspire me to look forward to my future in Psychology. Whether I become a guidance counselor or a therapist, I hope to hold a positive impact on those I meet just as the Momentum program has left a positive impact on me.

- *Carly Patterson*; Secane, Pennsylvania

I just decided to commit to Elizabethtown College and got an envelope in the mail, “Momentum 2018” titled the letter. I was intrigued as to what this group was and why I was invited to join. As I did my research on the Momentum tab of the Elizabethtown website I noticed two things: I could meet new people, and I could move in a week early. I signed myself up, but I never thought I would have the experience I received upon arriving to campus. After my parents and I said our farewells and shed our few tears, I was enveloped in a sense of welcoming and friendliness from the Kinesis Peer Academic Advisors and my peers in the class of 2022. Since the time we had met in our June orientation we had been friendly, but on day one of the week we would spend together, I knew this would be a very close-knit community. We all had our cultural differences and not two of us came from the same place. Yet, we all understood what the others were going through and managed to create this amazing support system for each other in this time of new beginnings. Learning about a group full of people who differed from each other but also had some of the same

beliefs could be so close, inspired me to try and have empathy and understand everyone's individual situation. I started to realize how learning civility and understanding was a common theme through many of the lectures. Dr. Limas, Vice President for Student Life, talked about biculturalism and diversity in his lecture. He told us his story about his culture and the problems his family faced when trying to communicate with his college. I learned how while differences can clash, they can also assimilate into one another and bring people closer together. If differences make someone unwilling to understand me, I learned I should do my best to be kind and show them acceptance. These lessons have inspired me to wake up every day with the goal of accepting everyone I meet. Even if we do not see eye to eye on everything. I will not be able to understand everything about a person. But, I can be supportive and do everything in my power to be kind to my peers throughout the rest of my life.

- *Kathryn Greene*; Newville, Pennsylvania

Starting college is a nervous and difficult time. I came in on my first day of Momentum into an unknown world I began to discover. My mind was full of different possibilities as I imagined what I could achieve. After being here for a couple days, I now imagine I can achieve anything I aspire to as long as I put in hard work and many hours. I can achieve the high GPA, a leadership role, and have a great social life on top of it all. In my life after college, I imagine I will achieve great standing in whatever job field ends up being my calling and leave a mark on this planet. Through my time in the Momentum program I have seen inspiration everywhere, from the Kinesis Peer Academic Advisors to my Momentum peers. I have been most inspired by the professors who show so much passion as they present their work. I look forward to having some of these professors for classes as I know their passion for the subject will have a lasting effect on me. A strong passion for a subject will lead me to create my lasting mark, my impact. The impact I intend to have on this college is a simple one: be the best person I can be to everyone and do my best as a student. The impact I want my life to have is not as simple, I want to make the future a better place for everybody. It may be in small ways, but anything to help is better than leaving this earth having been a bystander to countless terrible actions without standing up to them. A Momentum student is one who always reaches high and succeeds, exemplified by the Kinesis team. A Momentum student leads, steps out of their comfort zone, and is welcoming to all they meet. Those qualities are present in all the friends I have made during this week and they are present within me. I will be the best Momentum student I can be by always imagining, inspiring, and impacting.

- *John D'Amico*; New Castle, Delaware

As a kindhearted shut-in raised in the suburbs of Towson, Maryland, I was never really sure who or what I wanted to become. I spent most of my time closed off in my room, uninterested in the world I watched through my computer screen. High School flew by faster than I would have liked. By the time it was over, I was lost amidst a sea of college-bound teenagers. Desperate to be seen, I eventually settled on Elizabethtown College for its homey atmosphere and amiable student body. I am proud to say how after a mere week into college life, things are already looking up. My most memorable encounter during Momentum took place in my dormitory after hours. A girl named Cheyenne saw me struggling to operate the washing machines and offered to teach me. When I reached to push a wrong button, she stopped me and explained my error. "Yeah, that's exactly what you're *not* supposed to do," she said, stifling a giggle. After some much-needed laughter, we sat down and talked over the bustling machines. It felt good to meet someone new, even if it was over dirty clothes. The next day, our group set out in the pouring rain to explore the streets of

Philadelphia. The day prior, we had been plagued with sweltering heat, so the dousing was somewhat welcomed. Now, the ensuing adventures, the history-oriented sightseeing was enlightening. I found myself enraptured by how cheerful everyone was. I never expected our group of sweat-soaked first year college students to be so optimistic! We danced in the rain, skipped through puddles, and laughed. My long term goals differ from most in how they do not focus too heavily on financial success. I hope to exit Elizabethtown with a set of skills I can use to procure a strong entry-level job. Then, I want to use said job as a training ground to hone my skills before eventually going on to create a personal project: preferably, a video game I can easily distribute. Ultimately, I hope to quell the deep longing for creative freedom I have been harboring all my life. Elizabethtown is the next step towards my future, and I am prepared to put forth everything for the sake of having a good future.

- *Max Cojocar*; Towson, Maryland

“Did you remember to pack your laptop charger” my mom asked worriedly from the front seat of our car. “Yes mom,” I answered, while shifting in my seat, turning towards the window. Looking out the window at the Pennsylvania turnpike sign rushes past and worry pools in the pit of my stomach. My mother looks back and gives me a shaky smile in return. Driving through Schlosser loop the anxiety once a puddle begins to overflow, steadying my grip on the door I slid it open and swung my legs out. As I steady my knees on the pavement my father beamed proudly at me, slapping my back exclaiming “Today is the first day of the rest of your life kiddo.” For the first two days my stomach has never felt so tumultuous and uneasy. Even with my newfound friends, nothing in my life prepared me to be here. As the days continued not only did I find comfort in my newly acquired friends, but in the obviously well-chosen Kinesis Peer Academic Advisors. They each took time to learn about us and offer support. Whether it was talking on the bus with Kyler, joking around with Kira, or having a “jam session” with Mo; every experience I had with them made the college seem smaller, more like home. As this week begins to close, not only do I feel much more prepared for college life and my classes. I am also reminded on why I choose Elizabethtown. The culture here is not something easily found anywhere in the world. Every single person here is caring. They will not hesitate to hold the door for you, help you carry your books, or make a space at their lunch table. Everywhere you go you are greeted with a warm smile and an open seat. The reminder of why I came here is not only comforting but inspiring. The kindness of the faculty members we were able to meet all week, combined with the willingness to serve and to lead demonstrated by the upper-class students has shown me how it is okay to reach out for help. The program is giving me a support group of friends and mentors who make the college experience less daunting and more exciting. For the first time, when I think of my classes, I feel butterflies of excitement in my stomach, rather than the knots residing there all summer.

- *Hailey Palmer*; Blue Bell, Pennsylvania

With the motto of the Momentum Program being “Imagine, Inspire, Impact” I thought it would be fitting to reflect on my experience using this as a reference. Throughout this week I realized my experience could be summed up in one theme, overcoming adversity. The first time I realized this theme was when Dr. Limas, Vice President for Student Life, held a discussion on Successful Biculturalism. At first, I had no idea what to expect with him talking about a very broad topic. He was able to explain this topic by using comparisons we understood and connected it to his main point. Dr. Limas also discussed his own personal experiences of growing up in several minority cultures and how we can learn about the heritage of others and respect them at the same time. We

also traveled to Philadelphia to learn about the culture of colonial America and see many places instrumental in the founding of our country. I took my knowledge from previous classes and saw how the colonists had to overcome many struggles to make a democracy work. For me it was one of the only times I was in the city for something other than a doctor's appointment. I actually found it meaningful to be back in the place where I exceeded expectations as a child. I found inspiration in several things, including people and stories. In preparation for the Momentum program, over the summer we read Paulo Coelho's Inspirations: Selections from Classic Literature. I was moved by the excerpt of *The Ugly Duckling* by Hans Christian Andersen. Even though I was familiar with the story it resonated with me more at this stage in my life and the story told me to follow my own path, even though others may have different opinions. The Kinesis Peer Academic Advisors also inspired me as well. When the Captain of the Kinesis team, Kira introduced herself to us I saw her as an independent young woman who rose and exceeded the expectations of her peers. She is incredibly strong and does not seem to let anything phase her or stand in her way. I hope to have the success she does in the future. My long-term goals at Elizabethtown College are to get a bachelor's degree in either Child Psychology or Social Work. I intend to impact the lives of children with disabilities and their families. These are people who have been instrumental in making me the person I am today. I want to be the voice for this population and see them overcome their own challenges

- *Maeve Heine*: Wall, New Jersey

The Momentum program is a place where students of Elizabethtown College can be acclimated to college life. Here at Momentum one of the goals is challenging us to imagine. One of the presentations was about the topic of civility. Now civility could mean many things for example; working with people or accepting one another. A broader way of thinking about it is community. The professor emphasized how we need to pay attention. If a person slouches or not giving the other person eye contact, this person is showing they are uninterested in the other person. The reason why I am talking about this is because I often come across not interested. This is something I would like to change. I want to be able to engage in the conversation and not look like I am bored. It will take a while, but I think it will help with my confidence and I will no longer look scared. In preparation for the Momentum program, over the summer we read Paulo Coelho's Inspirations: Selections from Classic Literature. When I learned who wrote the book I automatically knew he wrote a book called The Alchemist. A book about a young boy who wanted to discover his purposes in life. It was super inspiring as is his Inspirations book. I felt like if a person somehow lost their way in life they could use this book as a guide to discover their goals. Coelho did not intend to give answers to a person's success but to let them be able to reflect on their life presently and then set achievable goals. During the Momentum week, the Kinesis Peer Academic Advisors led us in small group Socratic discussions about the book and how we are motivated to do well in school. For me I said because of the dedication my dad put to sacrifice and the amount of money he saved is the reason why I want to succeed in my education. I never wanted to be a leader of a club or be the one who everyone naturally looks to for ideas. This is not who I am. I want to be a person whom everyone respects because I am my own person. I am not trying to be another person because the other person is cool or do something because everyone else does it. Everything I do at Elizabethtown College will be just pure Grace. This is the impact I want to give to the school when I leave, and I think this is what Momentum program does for students: to find your person and how you want to be known.

- *Grace Fernandez*; Sacramento, California

This week in the Momentum program I wanted to establish the goals I want to have as I start college. So, I imagined learning about what professors teach and what I can learn here in college a week before everyone else moves to on campus. The first day of the program Professor Benowitz led us on a walk around town to learn about the local history of Elizabethtown. I learned all about the history of Elizabethtown and the relationship of these events to Pennsylvania history. I learned a great deal about what I would be doing in college and explore so many academic disciplines taught at Elizabethtown. I am choosing to major in Biology major. Being in the Momentum program is helping me with what I want to do and who I want to be at Elizabethtown. I also got inspired from a lecture about different cultures around the world and how people do not show have a bicultural background. I know I only have one culture and I am not bicultural like some people I know. But I would want to learn how other people with bicultural backgrounds live and see what they do in their different cultures in their family. Just from being inspired while being around people who have different cultural backgrounds is going to be great at Elizabethtown because I can learn different cultures instead of just my own culture. One of the days during the program we took a trip to Philadelphia we took a tour of the historical part of the city. We also went to two art museums one was the modern museum and the other was historical art museum. I learned that Betsy Ross did not make the American flag design, but she still had her house in the historical area in Philadelphia. On the trip to Philadelphia I learned more about history, things I did not even know about when I was in high school. The real impact I have gotten from this experience from the Momentum program is how it showed me what college is and how I can achieve a goal when I am in college and learning more history about the town of Elizabethtown. The biggest impact helping me in this program is how I know I can succeed in Elizabethtown College.

- *Rielly Dugan*; Pottstown, Pa

Elizabethtown College was my calling the second I entered under the arch in Schlosser loop with the college sign and Momentum welcome banner. The Momentum program has opened my eyes and mind to the endless possibilities and friendships just waiting to be discovered. Such Professor Benowitz's walking tours, which in my opinion; all of them are worth the while, opened up the amazing history about our college, our community, and the city of Philadelphia. On the walking tours we were challenged to think critically about historical figures and the hidden figures of our history compared to of what we were taught in high school. Through presentations facilitated by teams of faculty members we were inspired to discern our career aspirations. In my experiences, Political Science observes the different spectrums of politics as a whole, such as social, emotional, and the economic effects on the ideology of following political parties; this can shape and define how you see the world. For me the study of Japan and Japanese gives me a fiery passion to explore and discover Japanese culture. In preparation for the Momentum program, over the summer we read Paulo Coelho's Inspirations: Selections from Classic Literature. I was inspired by reading the excerpts from *The Prince*, describing in full and intuitive manners how a prince or prince-to-be should act around subjects and how actions can define your wealth, support from people, a general idea on how to be perceived in a public and social standpoint. Because in this new life of learning and inspiration at Elizabethtown College, we should treat ourselves and everyone else like royalty; it will surely go a long way. I was inspired on the walking tours of campus, Elizabethtown, and Philadelphia, particularly learning about efforts for historic preservation and how this public history reminds people about the people and places which built the world we live in and our responsibility to create, build, and lead. For my future path, I want to learn how to be a better

writer, innovating my ideas and personality to the paper, and bringing them to life for everyone to see. Momentum has shown me how to open up my mind to the possibilities Elizabethtown College has in store for me. I am sure college will open my eyes to those possibilities and guide me to the way I want to truly follow.

- *Jessica Klinedinst*; Coatesville, Pennsylvania

Peggy Tabor Millin once said, “We never touch others so lightly that we do not leave a trace.” Throughout the past week, this quote has stuck with me. It is a quote from the session we had about civility. The more I have thought about this quote, I am curious to know if the traces I have left on others are ones in which I should be proud. Have they all been positive, uplifting and encouraging traces? As the professor continued to read, I thought back to the time when my high school physics teacher stopped me in the hallway at school. He told me how I am living my life is important. “I just wanted you to know that out of all the students, you stick out to me the most. You treat others in a way that is different. That is inspiring.” I want to be the person he described and this quote brought this to mind. One of my favorite sessions was when we broke off into pairs and told our story to a partner. During this, I got to learn so many things about my partner, things I would have never known otherwise. Likewise, I got to share things about myself with my partner they might not have known. Everyone comes from a different background; everyone has their own story. I am feeling inspired to get to know more about the people around me. I hope to be intentional and kind to everyone I come in contact with here at Elizabethtown College and everywhere else I go. In being kind and intentional towards others, I believe I can use what I have learned during Momentum to make an impact. I have learned so many things and grown in so many ways this week. I am so thankful for all of the culture, history, lectures and ideas I was introduced to in such a short amount of time. I have learned so much about Elizabethtown and Philadelphia. Momentum, and all of the people involved in it, have made my transition into college an easy and enjoyable one. One day, I imagine myself making an impact on others the way Momentum has on me. Until then, I will be intentional in making sure the traces I leave on others are important ones.

- *Emma Swihura*; Stoystown, Pennsylvania

Professor Benowitz welcomed us on the steps of the High Library and inspired us to look to the future and see how the Momentum program can help us discern and reach our goals. Constantly through his walking tours, presentations, and leading discussions Professor Benowitz encouraged us to think critically and seek the truth. This is the start of a new chapter of our story. I am excited to meet new people and experience new things throughout my time at Elizabethtown College. One of the most impactful days was the Sunday we took our trip to Philadelphia. When we returned to campus, at night in Schlosser Residence Hall, I spent some meaningful time with Max, Cheyenne, Lucas, and one of our Resident Assistants. We played some party games, ping pong, and foosball; but one of my favorite experiences here was doing laundry with Max and Cheyenne. Cheyenne and I brought our laundry down to do between our games. Max saw us and asked if he could have help with his laundry so Cheyenne ended up teaching us how to use the washing machine and dryer. Such a simple act accompanied by friends really left an impact on me. I want to have the same impact on others by emulating the values I believe are important. Honesty and integrity are the foundation to strong connections, and by reflecting those values I can be to others what the Kinesis Peer Academic Advisors have been to me. The Kinesis are the student leaders of the Momentum program. They set the example by opening up to us and telling their stories while encouraging us to do the same. They lead by example. Thanks to them I now believe I too can

become a leader by being open and accepting to others. I will keep these ideas of openness and acceptance in mind with all the students and professors I will meet. Momentum overall helped me imagine achieving mastery in my studies within the Engineering and Music departments. I feel encouraged to begin my journey here at Elizabethtown and will continue building character in the way I imagine myself to develop.

- *Andrew Boeren*; Baltimore, Maryland

The most impactful conversation I have had, this last several days, is a talk with Moh about the diversity of campus and the different biases people have. We talked for quite a while on different religions around the world and how their different cultures and belief shaped the regions they lived in. The topics themselves were very important to truly know but what was truly impactful for me was just how easy I found it to talk to and relate to him. The conversation truly helped me to get over the nerves I had when I first came to campus. All the fears and phobias which had been plaguing me and all the “ifs” had now disappeared. After I moved into my new room in Myer Residence Hall I found out Moh was quite literally just across the hall. It was at the end of the first day and we were both just hanging out in the common area just having idle conversation of no true significance. When Moh said, “To be honest we all are nervous when we first arrive at college, but you will find a friend everywhere you look because when you are here everyone is family.” This impacted me because I was always a bit of a loner in the past so being constantly around other people was one of my biggest concerns as it would be a totally new experience for me personally and one I was not sure I would be able to adapt to or handle, so it was very terrifying. This truly struck me because before coming to college I only had a couple of true friends and for me the idea of having so many people as a friend is just so inspiring. Our conversation helped me realize the true beauty of Momentum. The program introduces you to so many supportive people so in the end it just is not possible to fail because if you ever fall they will all be there to pick you back up. The discussion I had with Moh is what truly made me realize I had made the right decision to come to Elizabethtown.

- *Paul Willauer*; Shepherdstown West Virginia

Monday morning after breakfast the Momentum students, including myself, made our way into the Brinser Lecture Room in the John and Shirley Steinman Center where Professor Rankin directed her session on the importance of civility on campus. Professor Rankin lead us into a discussion about civility. From there we did an activity, she told us to find partners. I stood up and looked around for a partner. “Hey, Brian, want to be my partner?” Moh asked. “Yeah, I’d like to,” I told him. “Alright partners now find an A and B,” Professor Rankin instructed us. I chose to be partner A leaving Moh as partner B. “Now in this exercise we will practice being civil by paying attention and acknowledging others. Partner A will talk about their experience in Momentum the good, the bad, and the ugly in three minutes as partner B listens.” So I told Moh what it was like for me. Starting with the car ride to Elizabethtown. My mom, dad, and I never spoke much keeping our emotions to ourselves knowing a lot is about to change. We arrived, followed the schedule, we said our goodbyes, and they left me on my own. The more I told my experience the more personal I got. I told Moh I have always been a quiet person, I told him what I had learned the past few days, the friends I had at home, and eventually some goals I wanted to achieve during the semester. Our conversation finished up after a quick three minutes but this conversation stuck with me ever since. From this simple three-minute conversation I learned so much. This inspired me to be more outgoing in the classroom. Participate in class more, seek out help when needed, be willing to

accept help others will give. There are so many ways I can get help I need to use the resources given. I had no thoughts of a letter or number grade, even a GPA. Focusing myself on being outgoing in the classroom I will be able to have a more successful college semester and carry throughout my college career.

- *Brian Price*; York, Pennsylvania

Momentum has given me a better understanding of what it is like to be in college, as well as how to navigate through this experience. It was an odd experience watching my parents leave and I not follow but it felt right in a way as well. I learned quite a bit about Elizabethtown in the first few days of the program. I did not expect for there to be so much to this little town; my new home. At one point on a local history walking tour, we encountered several old millstones on display in a landscaped part of town. This place marks the spot where a mill once operated for many centuries. Professor Benowitz told the story of how the millstones were discovered when ground was excavated to build a nearby bridge. Although local people remembered the mill stood on the corner of Bainbridge Road and Market Street and there are photos documenting its existence, local people did not believe the millstones were from the mill which was razed in the 1930s. Professor Benowitz took us on a walk the first day to show us a multitude of different aspects of Elizabethtown but the millwheel was the highlight. My peers laugh whenever they hear anyone talk about the mill because we, and Professor Benowitz, find it incredulous anyone would doubt the millstones, found at this location, were not connected with the former mill. We went on walking tours but I feel like my favorite had to be the one in Philadelphia. I learned about how Betsy Ross did not create the American Flag and how it was inspired by the Washington Family crest, which makes sense. Professor Benowitz took us to different art museums in Philadelphia and continued to challenge us to think critically about what we learned throughout our prior scholastic careers. At the Pennsylvania Academy of Fine Arts he also showed the group an enormous mural illustrating the events before Jesus was crucified. I looked at the painting and noticed how Jesus' mother, Mary, did not have a halo. Professor Benowitz explained to the group how the painter, Benjamin West, was a Quaker and consistent with Quaker simplicity in church and home design, such biblical figures were not portrayed with halos. Also the Quaker emphasis on egalitarianism and the priesthood of all believers, rejected the concept of saints, therefore no one in these paintings were depicted as being divine, as compared to paintings by Roman Catholic artists. I was inspired by how much knowledge Professor Benowitz had about what we had learned about because it shows the level of dedication he has to the students and how much he enjoys his job. I hope to be able to find what I am passionate about career-wise to make sure I am not in a field which would make me miserable. The impact I want to have on this school and all the people I meet is how I want people to know they can strive for better. Regardless of where people are or where they believe they need to get to, they deserve to know someone cares about them and is always willing to help them.

- *Danny Burga*; Schwenksville, Pennsylvania

Momentum has greatly impacted me. The college has shaped me tremendously. Over the past week, I have learned, been inspired, and impacted by the students and faculty of this institution. I have gained so much knowledge over the course of the Momentum Program. Throughout the week we learned about the many different programs offered at Elizabethtown College and we met many different professors. Most importantly we learned "there was a mill here." This is a running joke among the Momentum students and Professor Benowitz. On the local history walking tour of

Elizabethtown, Professor Benowitz explained how millstones were discovered at a location where there had once been a mill. The millstones are on display in a landscaped public pocket park. The running joke is how the local people, although they remember the mill and have photos of the mill, they do not believe the millstones, discovered during excavation to build a bridge, has anything to do with the former mill on the site. As a Political Science major, I learned more about what the department has to offer, as well as Mock Trial. I have learned a great deal by being in the Momentum program. The people of Elizabethtown College have greatly inspired me during Momentum. During this week I have met many amazing people from many different walks of life. Hearing their stories and where they came from was incredibly inspirational. Spending the week with first generation college students is very inspirational, because we all want to gain knowledge and better ourselves by getting a higher education. I have greatly been inspired since moving into college. I have been greatly impacted by the students and faculty at Elizabethtown College this past week. Throughout this week, everyone I have met has been so friendly. From holding the doors open, to fist bumps, to asking each other about how we are doing and about our day. On Tuesday, we were eating dinner when we were doing a hand signal near our eyes. Both the Momentum students and the Kinesis Peer Academic Advisors were doing it at this point. We all were laughing hysterically, and making the jokes the whole time. This showed me how even though we had only known each other for five days at this point, we had become so close. Both the Kinesis Peer Academic Advisors and my peers have demonstrated kindness and friendliness, qualities I admire and have impacted me as well. Over the past week, I have learned, been inspired, and impacted by the students and faculty of Elizabethtown College. The Momentum Program, has been a life changing experience. I am very thankful I have been given this amazing opportunity, and I am excited to start this new chapter of life.

- Riley Becker; Hanover, PA

In the summer between my eighth and ninth grade years, I was first introduced to manga. Since then, I have read much more, and in my tenth grade year, I began to take a far more serious interest in Japanese culture and their lifestyles. What was a Seven-Eleven like in Japan? What was the environment like in a regular city street over there? What about the fashion trends- what were Japanese people into? All of these questions, and a desire to be able to translate manga and anime and video games not yet translated, are what inspired me to take Japanese class as a part of dual enrollment in my senior year of high school at Elizabethtown College. In the Brinser Lecture Room, in Steinman Hall, for the first session of the day, we were given an introduction to Asian culture classes offered here at Elizabethtown College. During Professor Bhattacharya's presentation, I learned a couple more things about the Japanese culture I did not learn in class, and we watched the beginning of a film entitle *Princess Mononoke*. Already, the film spoke volumes about Japanese values, such as honor and harmony. Studio Ghibli films such as this one are well-known worldwide, demonstrating the impact of Japanese culture everywhere. I have always found Japanese culture to be interesting. Although my major is in Creative Writing, which is another passion of mine, I believe, during the time I am not publishing works, I can have an impact through learning and applying Japanese to a field of work such as translation. Learning Japanese in my senior year did not discourage me, and rather fueled the fire already ignited within. I was excited to know even the most basic of terms and recognize them in untranslated manga and anime. I wished to learn more. By learning Japanese, I aim to help ease communications between the

Japanese and American cultures, and by studying the topic further at Elizabethtown College, I imagine I will be able to do this in the near future.

- *Michelle Calvo*; Staten Island, NY

Unlike most high school students, I was not hesitant at answering the dreaded question: “What are your college plans?” I realized my passion and interest in Accounting during my sophomore year. Sitting in an Algebra class on the first day of my first year, my teacher gave her routine speech about the importance of math in the real world. All the students seemed bored, including myself and I remember thinking, *I like math, but do I really want to be in a job where I am using it every day?* She went on to list a bunch of careers with a quick summary about each of them and mentioned accounting. Through research, classes, and job shadowing, I realized how I could see myself in this field. To gain a better understanding of an accountant’s daily tasks, I started to volunteer to do tax returns. Not only was I gaining experience, but I was making an impact on my community. I have now completed two tax seasons with about 100 returns, saving those taxpayers on average \$273 for a total of \$27,300. That is \$27,300 going back to the people for the use of bettering their lives and circumstances. To me, this makes all the training and certificate testing worth it. I know the people are genuinely thankful for the service and will continue to return for future tax seasons. Now during this first week of college, Momentum has inspired me to be the best version of myself. This program has given me the confidence I did not even know I could have. I have already noticed changes in myself since high school and will hopefully continue to see. I pushed myself to socialize, no matter how scared or vulnerable I felt on the inside. By doing this, I made many friends I will be seeing in my classes and hanging out with once the school year starts. A few professors also inspired me to think differently and open my mind to new ways of looking at things. Dr. Limas, Vice President for Student Life, inspired me to be aware of the different cultures here at Elizabethtown and to try and understand their traditions and beliefs. Dr. Roy inspired me to change my mindset from fixed to growth and not to let a failure affect my confidence in a class. I can imagine my four years here to be the most beneficial, both in education and friendships, all because of the one week here in Momentum.

- *Emily McGarry*; Lancaster, Pennsylvania

“We never touch people so lightly that we don’t leave a trace.” Professor Rankin, Associate Dean of Students, used this quote from the book Choosing Civility to express the importance of showing civility to our fellow peers and how impactful we could be toward one another, whether it be intentional or unintentional. As I arrived on campus for the Momentum program, I was unsure of how things were going to turn out; all I knew how I was all types of nervous. My family had not even left the campus yet and I began to think about how much I was going to miss them. I began worrying about meeting new people and to be honest, I began feeling anxious about being on my own for the first time. Throughout the days though, as I listened to the lectures and was challenged by Professor Benowitz to discern the truth about various historic events, as well as some of the stories of my student peers, my thoughts began to feel at ease as I began to get to know them and hear about the similar thoughts and feelings we shared about entering this new chapter in our lives. As we toured around the city of Elizabethtown, Professor Benowitz pointed out various landmarks the students of Elizabethtown College saved from being removed or changed. Upon hearing these things, my excitement to begin classes grew as I know how they will not only help me strive to be successful in the field of Occupational Therapy, but they will allow me to expand academically and grow more skillful. I began to imagine and think about what kind of impact I would leave after

my years at Elizabethtown. The multiple conversations and sharing with the Kinesis Peer Academic Advisors had not only been helpful to learn about the ways around the school, but had also inspired me in the ways they shared their experiences and involvement in the school, I began to see, as I am sure other Momentum students did as well, the many opportunities Elizabethtown has to offer. Now, as the program comes to an end, I plan to remain open-minded about the Momentum program highlights in order to succeed academically throughout my years at Elizabethtown, and strive to leave a positive impact toward those around me.

- *Cindy Tellez*; Reading, Pennsylvania

Our feet dance as we make our way up to the apartment complex. I am ten, and we are visiting my grandfather's home in New York. My right hand is clenched within my mother's, while my feet are preoccupied with avoiding globs of animal waste scattered across the sidewalks. "Not too long ago, it used to be much worse," my mother says. I can see her tracing back to the archives of her mind, excavating memories of the city from twenty years back: of streets, caked in mud and broken glass, of graffiti tattooed onto every surface, of avoiding darkened alleyways. Both my parents grew up in New York during the 1970s and 1980s, a notoriously turbulent time during the city's history, where crime filled the streets and poverty abounded. Neither of their families were particularly wealthy and both had to work very hard to earn a college education. Growing up in suburban New Jersey, I have had a much different childhood experience compared to my parents. Owning both a smartphone and laptop, I am certainly much more privileged, with greater luxuries than they could ever have imagined at my age. But even then, although my parents shared similar experiences to many other parents within our community, they had never forced me to surpass their expectations; I was given their full support without the pressure often found in Asian families. During Momentum, one of the films featured in the diversity film series was entitled "The Motel." This film impacted me to further realize the great fortune I have regarding to my parents' open-mindedness. When came the time for me to start considering my future prospects, I, unlike some of my peers, was unsure of the direction I wanted to go. I have so many interests in several fields, I never had a chance to explore in high school. I hope my time at Elizabethtown allows me to discover my passions, so I can give back to my parents' hard work and dedication, my parents are my inspiration, and this is what I hope to achieve. The Momentum program has allowed me to be introduced into the new environment. What I have seen during Momentum, from the Kinesis Peer Academic Advisors is tireless guidance as they coordinate our activities, to Professor Benowitz's humorous introductions of the college, makes me look forward to my own future accomplishments.

- *Rebecca Li*, Freehold, New Jersey

The first time anyone asked me about my future was in Kindergarten. My teacher asked, "What do you all want to be when you grow up?" At that time, I had just gotten back from a tropic family vacation, so I confidently uttered, "I want to be a dolphin." Now we all know this is physically impossible, but I was six years old. Afterward, I gained knowledge of the world around me and decided on becoming a pharmacist. I chose Elizabethtown College because of the overall engaging and thoughtful atmosphere. Before coming to Momentum, I had not really thought much about college life. I imagined it would be like, "Oh it is just the next step in life, and everything is going to be okay." But as August 17th was soon approaching, I was getting more nervous and more emotional; it was finally hitting me I am going to college and moving away from my friends and family. My nerves were through the roof. But through moving in and going on the many walking tours led by Professor Benowitz, I learned more about where I will be spending the next four years

of my life and this has impacted me in such a positive way. One really inspiring lecture was about biculturalism with Dr. Celestino Limas, Vice President of Student Life. He told us we come to college with our home norms, very different than the norms here at Elizabethtown College. But over time they get closer, and closer, until they are finally overlapping like a Venn Diagram. This impacted me because it makes me feel less homesick because I will have a little bit of home wherever I go. He also stated how homogeneity can be really comforting by being around people who are like you; it keeps you in your comfort zone. However, there are disadvantages to biculturalism by growing up in the society such as we do. This entire lecture was really inspiring to me because even though Dr. Limas is a minority, both ethnicity wise but also as a part of the deaf community, he overcame those hardships to become what he wanted to be. I hope to impact Elizabethtown College in such a way as Momentum and Dr. Limas have impacted me through being a part of a part of a Student Directed Learning Community and helping the community or becoming a Resident Assistant and helping the students on my floor in the residence halls.

- *Olivia Hanlon*; Hanover, Pennsylvania

Looking back on my experience from the Momentum program, I can see all I have learned from our Kinesis Peer Academic Advisors, and peer Momentum students. Everyone I have met talked about their perspectives of varying aspects and I do not think I would have had the chance to see these perspectives without them. However, one of the trips we took I can say did inspire me. One of the places I felt inspired me the most was the modern art wing of the Pennsylvania Academy of Fine Arts. We visited this museum on a rainy Sunday on the 19th of August which is located in Philadelphia, Pennsylvania. The museum held various pieces of art offering no explanation to what they mean or why they were important for the particular artist. For example, one of the pieces in the museum collection was canvas entirely painted black and had no other design upon it. These pieces allowed us to draw our own conclusion and interpret what we thought they meant. The pieces resonated with me because as a first year student to Elizabethtown College I feel like one of those pieces with a meaning and a purpose not yet discovered. I am going into college intending to major in Business Administration. Whereas I am not sure what I plan to do with this degree after graduation, I feel confident how during my four years at Elizabethtown College I will be able to fully commit to a job I can feel myself doing and enjoying for the rest of my life. Four years from now, when I graduate from Elizabethtown College as a Momentum student, I hope to take the positive energy and overall kindness from the Kinesis Peer Academic Advisors and the peer Momentum students and to pay the kindness and positivity forward. The Kinesis Peer Academic Advisors took time off from their summer to help us with the adjusting from high school to college. The faculty come forward with their passions about their academic fields and areas of expertise to show us their passion. The other Momentum students never once were rude to me or made me feel unwelcome. Something as simple as a smile or a kind word can turn someone's terrible day into a great one. This program impacted me to the kindness I was shown and carry it with me throughout my experience at Elizabethtown and even beyond college.

- *Rebecca Parsons*; Blairs Mills, Pennsylvania

Throughout my time in Momentum, one word has been on my mind: *Impact*. All this week, I have been impacted by others. Professor Benowitz led us on trips around Elizabethtown and Philadelphia. It was interesting to see, despite the city's size, it can impact the world. Both cities impacted our history as a nation and their impact has continued to affect the world. Additionally, I was able to connect with others on these trips – these journeys around both cities allowed me to

start by taking a step out of my comfort zone on our walk around Elizabethtown. Through introductions we asked about names and majors, we found our groove, and we bonded over our differences. I was able to overcome my anxiety so I could talk more. There is a support system here, no matter who you talk to, and everyone is willing to help each other. In a session on Political Science and Mock Trial, there was a discussion about the polarization in politics; however, in Momentum, I have had conversations with all sorts of people from across the country about our differences. Conversations early in the evening continued late into the night, especially one I had with a Kinesis Peer Academic Advisor about current events in politics; both of us were able to gain a better understanding of each other as we discussed the effects of political parties and candidates in the 2016 Election. Another Kinesis Peer Academic Advisor with whom I bonded over our similarities as they understood my anxiety; together, we were able to talk in depth privately about some of my fears for college and life. Truthfully, it gave me a sense of hope as someone truly understood me. Talking to my peers and Kinesis Peer Academic Advisors has taught me to push forward regardless of the hurdle. This entire week has tied into my goals for the future: I want to help others through advocacy and even work with others to use their voice to help their community. Ensuring inclusivity, as the Kinesis Peer Academic Advisor does, is important to me; I was able to get to know my peers well. Life should not just be about yourself; it should be about others as they are part of your community. Really, Momentum has allowed me to realize how my actions affect others and so I should choose civility first.

- *Ashlee Reick*; Auburn, Pennsylvania

ELIZABETHTOWN COLLEGE

KINESIS

STUDENT REFLECTIVE ESSAYS AUGUST 2018



*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)

Words cannot describe how happy I am to serve as a Peer Academic Advisor for the Momentum Program. I always had the passion to mentor incoming college students, and I am so grateful the Momentum Program gave me the opportunity to fulfill my passion. Entering college for the first time can be very scary. Not only do students have to make new friends and learn to live on their own, but they must learn to adjust to a new academic standard. I think it is extremely important to have a mentor answer all the overwhelming, anxious thoughts first-year students are experiencing. Personally, I know I would not have survived my first year of college without my Peer Academic Advisor. When I was a first year student, my Momentum Kinesis Peer Academic Advisor provided me with study tips for my classes, introduced me to clubs on campus, and motivated me to plan out my classes for the next four years. Having someone to answer my questions about college was extremely helpful. In my heart, I know I would not be where I am today without my Momentum Kinesis Peer Academic Advisor. The Momentum program is extraordinary because it exposes first-year college students to various academic departments, organizations, and opportunities Elizabethtown College offers. The Momentum program's motto, "Imagine, Inspire, Impact," challenges students to reflect on their past experiences and motivates them to think about their future (during their college years and beyond their college years). I was honored to watch each student grow during the Momentum week; socially, emotionally, and academically. Each student inspired me with their unique stories and I was constantly reminded how I had the best job in the world. During the week, I truly believe everyone in the program learned more about themselves, learned more about others around them, and learned more about the world. As a Peer Academic Advisor, I learned so much about myself and others during Momentum Week. I put much thought into what inspires me, what I imagine my next four years to look like, and what I hope to accomplish in my life. I learned more about my interests and strengths, and how I can use them to impact (and inspire) those around me. Being a Peer Academic Advisor taught me valuable life skills I could not have learned on my own; Momentum taught me to be a leader and most importantly, to accept, understand, and appreciate my community. I cannot thank the Momentum Program enough for helping me to grow this past year. I am truly blessed to be a part of such a wonderful program.

- *Meghan Glaspey*; Greenwich, New Jersey

It was just a year ago I was a Momentum student, driving under the Schlosser loop and jumping into the busy week of Momentum. After the intensity of the week had subsided, I immediately knew I wanted to be a Kinesis. I was inspired by their comradery, their leadership, and the support they offered to every student who was having difficulties. I wanted to inspire others the way the Kinesis team inspired me. This year, I was nervous as a newly hired Kinesis Peer Academic Advisor. I fed into my doubts about my ability to fulfill this position and thought I would not be able to make an impression on any of the students. Despite my anxieties, I found this role to be one of the most meaningful roles I have played in my life. Interacting with the students and finding a family among the other Kinesis members really made this an amazing experience. This position gives me the confidence to pursue other leadership roles on campus if I should choose to do so. Contrary to my fears, I know I made an impact on at least a few of the students I interacted with throughout the week and it is one of the best feelings. Throughout the week I lead a discussion based on Paulo Coelho's *Inspirations: Selections from Classic Literature*. Through this discussion, I was able to relate to students on a personal level and most of them opened up to me and shared their inspirations with me. I hope to continue to make an impact on the students, especially those I am assigned to advise this year. The Momentum week pushed me to new leadership, and I loved

it. Throughout the rest of the year I want to continue to be the best Kinesis I can be. When I leave this college, and go out into the world, I know I will take what I have learned through being a Kinesis with me and will always strive to make a difference in others' lives to leave my impact on the world.

- *Lauren Griffiths*; Joppa, Maryland

When I reflect on Momentum week I do not think about the people I may have inspired, but how the Momentum students have inspired me. Each of the students I had the opportunity to talk to reminded me of the thrill of new beginnings. Starting something new is scary yet exhilarating, while the fear of the unknown consumes you, but you still take the leap in hopes of becoming a better version of yourself. Just a year ago I was just one of the nervous first year students driving under the arch on Schlosser Loop with the college sign and Momentum welcome banner, excited to start my college career, but little did I know I would soon become a part of the team, a team which made my experience in the Momentum program so impactful I will never forget it. At the beginning of becoming a Kinesis Peer Academic Advisor, I started to have my doubts. I was not able to imagine myself as a Kinesis. How was a shy, quiet sophomore going to impact the new cohort of incoming First Year Students? Most of the other Kinesis have been through the program as leaders years before. I thought I would never be able to live up to the experience they brought to their leadership position. Although I had my doubts, I still went into the new year with openness and eagerness to meet some new people and help them become comfortable with our campus. I was happy to quickly find out how the students helped me to realize I was not alone. They showed me how we were all going through this new experience together, they as first-time college students and me as their role model.

- *Amber Venit*; Ridley, Pennsylvania

Through the Momentum week, interacting with the class of 2022 Momentum students was an enlightening experience. Talking with them, I have had my dream reinvigorated. They inspired me to continue to make a difference by sharing my story and allowing them a space where they can share theirs as well. Coming in as a first-generation college student of color, I thought everyone else had what they wanted to do planned out and no one else was scared of what was to come. By having daily Socratic dialogues with the students, I learned how the fear of being alone, confused, and in an unfamiliar setting still exist. I hope I inspired them to continue being brave and to share their light, their creativity, with not only Elizabethtown College, but their careers going forward.

- *Pleasant Sprinkle-Williams*; Orlando, Florida

As a Kinesis Peer Academic Advisor for the Momentum program I have felt compelled to serve. This has been the driving force to inspire, imagine, and impact others. For the last two years, I have experienced the Momentum program and have seen the profound impact it has on the lives of my cohorts, and those who have followed in our footsteps. It is those who have come before me who have made me truly understand how being a mentor for this program has impacted my life. As a first-generation college student, the Momentum program has given me the confidence to pursue my goals and allowed me to embrace my identity within the Elizabethtown College community. One session impacting me this year was by Dr. Lima, Vice President of Student Life, about biculturalism. The idea of sharing your own culture with your friends, the college, and the community, has been challenging. However, Dr. Lima's session taught me how regardless of the challenges one may face, sharing your culture allows you to learn more about yourself, as well as

providing others with an understanding of the world from one's personal perspective. Another experience has incorporated the ideas of imagine, impact and inspire occurred while listening to my fellow cohort's essays. This reminded me of my first year, and it has shown how I have made an impact on their lives. Throughout my life, I have experienced being an outsider. Since experiencing the Momnetum program beginning with first year, I have learned to be vulnerable around those whom I trust. While the Momentum program focuses on purpose and vocation, I believe the Momentum week gifted me the ability to create friendships I will carry throughout my life. These friends have accepted me for being my true and authentic self. Finally, one piece of advice I could give to incoming and future cohorts of Momentum students is to embrace your self and identity. This is the first step to learn about yourself.

- *Moh Mohammad*; Lancaster, Pennsylvania

"Bye, Kiddo." My dad left the imprint of a pat on my back as we unraveled the last hug of my childhood; this was the beginning of college. At the concrete base of the High Library steps, I stood and watched him begin the trek back to his car. I imagined I would feel bittersweet, excited, or self-righteously independent, but, in the moment, all I felt was a sense of pure panic. Who would field my side-comments? Who would do the talking for me when a conversation grazed over my head? Who would carry all the bins and things too heavy for me? This moment was exactly two years ago. Now, entering the Momentum week of my Junior year, I had somehow evolved from a panicked First-Year, a first-generation college student from a humble background, to a Kinesis Peer Academic Advisor with a year of mentoring under my belt already. I watched as a new cohort of Momentum students, all with stories similar to mine (yet vastly unique), pull away from their families just like I had two years prior. One student's eyes began to puff into little pink circles as she crossed her arms in self-defense against her uncertainties, her parents turning to walk away. I offered her a piece of chocolate from the basket I carried, and in her nervous smile I saw myself. My sense of empathy for her was deeper than I ever could have imagined. Nothing inspires me like the story of a successful underdog, the kind of story common among Momentum students. Many students in this program have no idea what college might be like, many never expected to attend in the first place, and many find themselves constantly concerned about financing their educations. Yet the characteristics of lower socio-economic status, inexperience, or anxiousness do not define any of us. Engaging in conversations with the 2018 cohort served as a perpetual reminder as to why I wanted to become a Kinesis. One told me all about his experiences working in restaurants, one showed me a live performance by her favorite musical group, and another one explained to me her aspirations to provide better pharmaceutical care for lower-income people. These students are passionate, driven, and inspiringly altruistic in their goals. I hope to have an impact as a soundboard for these students - as someone they can talk to about their interests, desires, fears, insecurities, and long-term goals. One student heard how I enjoy creative writing and came to me with several of her own poems, asking for advice, feedback, and encouragement. This was a highlight of my Momentum week; the only thing more inspirational than her talent was her passion for crafting words, a passion I share. Providing informative academic advising is a necessity - oftentimes I find myself explaining how to navigate the school's website, register for housing, mail a package, or study for a specific subject. However, it is even more important to provide emotional and even philosophical mentoring. Explaining to a student how it is alright to drop a class, change a major, or reorganize their extracurricular schedule to make time for recreation - these are all conversations often involving tears or expletives, and I am glad to be able to provide this support, just as my Kinesis, Olivia Lee, did for me - once upon a time. This program

has taught me how college is a climbable mountain and introduced me to some of Elizabethtown College's finest faculty and students. I cannot wait for another year of advising, learning, and growing.

- *Samantha Romberger*; Middletown, Pennsylvania

My second year as a Kinesis Peer Academic Advisor was different than the first, but nevertheless a rewarding experience. I had a year of experience under my belt and I was ready to provide the first-year students with the best possible experience I could. Starting on move in day I knew Momentum week was going to be special. From Professor Benowitz's walking tours, to the classroom sessions, and even things as simple as having dinner with the other students, I felt as if my role as a peer academic advisor inspired the students to follow their dreams. I had many conversations with students about things they were passionate about and was able to inspire them to pursue those areas of study in college. Showing students, the wealth of opportunities Elizabethtown has to offer is always a rewarding experience. I love setting people up for success, and I believe Momentum sets all of its participants up for a rewarding, and successful academic year. Being able to help the students imagine their most successful lives left a lasting impact on me personally. I enjoy being able to play a role in the success of a student who is in the same situation I was when I arrived at college; scared and unsure if they could handle it. As a first-generation college student, I know you cannot always rely on your family when you have questions or need support, so knowing I will be a part of the first-year student's support system, like my Kinesis was for me, is an inspiring position to be in. I am looking forward to leaving a lasting, positive impact on my mentees, and cannot wait to help them strive for success and achieve their goals and dreams. Whether it is someone helping you imagine the future you have always dreamed of, inspiring others around you, or leaving a positive impact, the Momentum program means you will always have someone to support you in those pursuits, and I could not be any happier to be a part of it.

- *Lacie Flores*; Port Deposit, Maryland

During the summer before Momentum week begins I get extremely excited for the incoming students to arrive on campus. As a Kinesis Peer Academic Advisor for the Momentum Program, my goal is to provide the incoming students with the same experience I had when I started in the program two years ago. During the week, the incoming students are the ones who inspired me. This cohort was bright, smart, and personable. Every morning of Momentum week I was excited to get out of bed to spend the day with these individuals. They encouraged me to see the bright side of things as they were always cheerful no matter what. I imagined so many endless opportunities for the incoming students and myself. As a Kinesis Peer Academic Advisor, I go through the program and I learn something new every time. The professors present what they are most passionate about studying, therefore, it makes me excited about my future as an educator. Spending time with the incoming students in the academic sessions and during our evenings give me such joy. Kira Kuhar, the Captain of the Kinesis, inspires me every day as an individual. She cares so much about the program and the incoming students. I have learned so much from her over the past year working with her in the Momentum program and Momentum Society. Working with Kira has given me confidence because she always pushes me to my full potential. One day I hope to be as successful as my friend Kira has been over her time here at Elizabethtown College. I am beyond excited to advise my group of students this coming academic year. I hope to provide my students with knowledge of the resources we have here on campus. The class of 2022 Momentum

students became a family which is truly amazing. When I see Momentum students walking around campus during the year I feel such happiness to see them talking with their friends and with smiles on their faces. I cannot wait to see how this cohort grows into being presidents of their class, receiving scholarships, and being inducted into honor societies. I believe they will do great things here on our campus. Momentum will always last a lifetime; the memories we gained will live on forever. As Bobby Unser once said, “Success is where preparation and opportunity meet.” As a Kinesis I want to help prepare my students to be successful with their opportunity here at Elizabethtown College. I am extremely grateful to Professor Benowitz for giving me this opportunity to work as a Kinesis Peer Academic Advisor for the Momentum Program.

- *Joseph Santos*; Southampton, Pennsylvania

“It doesn’t matter if you’re born in a duck yard when you’ve been lying inside a swan’s egg.” Though this was written in 1844, it channels the spirit of the Momentum program in the present day. In many ways, the odds are stacked against us. We are born into a situation where statistics say we are unable to succeed based on race, financial status, or having little to no prior history of college graduates in our families. These statistics point to patterns and relationships which, as a Kinesis Peer Academic Advisor, I have dedicated myself to be a catalyst in changing. As the week began, not a day went by when I did not reflect on Joey Kobus, a former Momentum student and member of the Kinesis Peer Academic Advising team, and his impact on the Momentum program. When we began our classroom sessions with the students, Associate Dean of Students Stephanie Rankin once again reminded me of this when she said “we never touch someone so lightly that we do not leave a trace.” For me, his memory lives on in his kindness and passion to help and inspire anyone he met. I truly believe my memory of his character refueled my energy and passion to help others. The students, who have been affectionately named “Momentum Advanced,” made Momentum week a great joy with their enthusiasm and their drive for knowledge and success. It was refreshing and encouraging to learn about this diverse group of people and I look forward to what they will offer the campus of Elizabethtown College. When I imagine a group full of the future leaders of not only the college but the world, I picture this group of students. I see writers, surgeons, politicians, therapists, and an entire host of other disciplines they may not have discovered yet. I have confidence in their potential to make the changes they want to see in the world. They taught me an important lesson, through adversity, resilience rises.

- *Lauren Shakes*; Randallstown, Maryland

“Did you know you wanted to be a leader when you were coming into college?” one student asked me during a session this Momentum week. Although it was only a simple question waiting for a yes or no answer, it made me reflect on my past four years involved in the Momentum program. Rewind to my first year: as my college move-in date crept upon me at an increasingly alarming rate, I became more and more overwhelmed. I remember dreading it, not wanting to leave home. I was mostly reserved in high school and got by socially within the comfort of my lifelong friend group. College was therefore an intimidating idea to me, and moving in a week early for a program seemed even more daunting. Now, I can say it was one of the best decisions of my life. The Momentum program changed me for the better; it gave me the confidence I needed to strive and succeed in college. My courage grew immensely through the interactions with my peers. My passions became clearer to me through the discussions I had with Professor Benowitz and the other faculty and staff members on campus. My inspiration stemmed through the leadership of the Kinesis team. I took the massive impact Momentum had on my college career and let it shape me

to be who I am today. One of the key moments of this journey was when I applied to be a Kinesis Peer Academic Advisor. My goal was to help students the way the team members helped me when I was a first year student, and to help the program overall continue to grow with my leadership. Each year, the excitement of assisting the first year students was always intense, and this year was most certainly no different. As a senior Kinesis, my final Momentum week meant a great deal to me. This cohort of students made every single day special. I am reminded of how I had been able to make an impact on their lives during the week when the students greet me every time they see me around campus, and when a few gave me huge hugs when they realized I would be back on campus next year as a fifth year student earning my Master's degree. They were all such great listeners with so much enthusiasm during Momentum. To say the least, these students inspired me. One quote from a professor this year resonated with me; she stated, "Quiet your inner stress, and start acknowledging others." It is important to put oneself out there, no matter how apprehensive or hesitant one may be. It is how people are able to thrive and help others. By allowing myself to be open, I was able to leave an impact on many first years coming into Elizabethtown College. I set aside my own fears to provide guidance for them on their academics and college life. No, I did not envision myself to be a leader in college. But thanks to the Momentum program, I gained the confidence and determination I needed in order to be one so I could help as many people as I can. I imagine myself continuing to help my students this year as my last time as a Kinesis, and resuming such a leadership role in order to succeed in my future profession.

- *Olivia Lee*; Medford, New Jersey

Two years ago, I was supposed to drive under the arch in Schlosser Loop, under the college sign and Momentum welcome banner, but I got here too early and I went onto Alpha Drive instead. I know I started in the wrong place, but I got to the right place. To be honest I thought this was true about attending the Momentum program too. I was not really sure what to expect. Professor Benowitz welcomed me at the check-in tent where I got my room key. I was very anxious to start college because I am a first-generation college student and I did not know what to expect. Starting with the first day of Momentum I immediately got more comfortable with the idea of me going to college. Momentum gave me tools and the determination for me to succeed. This program helped me become a leader in my campus community, and it made me so much more prepared for college than I would have been if I did not go through the program. The three words Imagine, Inspire, & Impact have so much more meaning now with me being a Kinesis Peer Academic Advisor. These words are the basis of my work as a Kinesis. I want to have my students to imagine their future of what they want. I want to inspire the students to accomplish what they imagined and even more. I also want them to be inspired to be active in their communities with their skills - learned through their academic career. I also want the students to be able to have an impact on their community and other people. I took this position to make a difference and change the lives of the students. Through the beginning week of Momentum, I saw people grow in their character. There were some people who did not really talk with the other students, and by the end they were a social butterfly. This instance alone is one way the Momentum program shows the work it is doing. For instance, I hear so many people say they would not have made it in college if it was not for the Momentum program. As a Kinesis, I learned how even though everyone comes from different walks of life, we all end up making something of ourselves. I hope this program will continue to thrive in the future keeping in mind the three words "Imagine, Inspire, & Impact."

- *Kylar Harvey*; Easton, Pennsylvania

As I am writing my reflection on Momentum week I feel a sense of sorrow. I packed and put on the Kinesis polo shirts for the last time as I step onto campus as a senior. For the past three years I have been a Kinesis Peer Academic Advisor, I imagine every Momentum week to hold new friendships waiting to form, exciting activities for the students to enjoy and the enthusiasm among the group as they are navigating through the curriculum, campus, and community. Going through the Momentum program as a Kinesis there are a number of people who inspire me. Beginning with the groups of students I have had the pleasure of knowing who are truly amazing; each bringing their own strengths to the overall group as well as their own intended plan for their time at Elizabethtown. It has also been my privilege working alongside of my fellow Kinesis Peer Academic Advisors and Professor Benowitz. The team atmosphere the Kinesis bring to the program shows in how we continuously work together to keep the energy up and going. My family has been another inspiration to me because they have been my biggest support system always encouraging and telling me how proud they are in my effort to make the best out of my time at Elizabethtown. The impact Momentum week has left on me is how everyone is involved. I see the passion Professor Benowitz gives by the knowledge he bestows on the students of the history and the community, and as a role model towards the Kinesis Peer Academic Advisors. Finally, the faculty in leading their sessions and my fellow Kinesis Peer Academic Advisors especially as we lead the Momentum cohort towards making their transition to Elizabethtown a success. At several points throughout the week we had the students “tell their story.” I think this made a real impact on the group. The stories the students felt inspired to share I think was significant because in the way the students opened up with their peers to tell them about their backgrounds. When the week came to an end, though I was sad I thought to myself my job is not over. There is still the upcoming academic year and I look at the one on one meetings I have with my Momentum students to be very impactful. The casual but informative conversations I have with my students about how their first-year is going will encourage the students to understand how I am there to listen and to help them. As the Momentum students were working on their essays this week, I thought back to my essay I wrote four years ago as an incoming Momentum and first-year student into Elizabethtown College. I look at the words I wrote with a different perspective. The goals I set out to achieve within my four years at Elizabethtown to inspire others, get involved, and be an encouragement to others and to step out of my comfort zone to discover new interests have become more than just an aspiration for myself; it is the way I have spent my time here at Elizabethtown. I have felt so honored to be a part of this program from being a first-year Momentum student to working as a Kinesis Peer Academic Advisor. I will forever keep the Momentum the program, the students, and the faculty have given me to succeed in my future career path.

- *Mikenna Lehane*; Sinking Spring, Pennsylvania

It was my last year. I wanted to make it count. I imagined this year being different from past years of Momentum. While it was my third year as a Kinesis Peer Academic Advisor and my second year as Kinesis Captain, I faced new challenges this time around. I took on new responsibilities in other departments of the college I knew could potentially divert my attention away from Momentum. I feared I would not make as great an impact on this year’s cohort as I had on past groups. However, the program, its students, and the Kinesis Peer Academic Advising team proved me wrong. The program reminded me of the power we hold as students. On our walking tours of the Elizabethtown Borough and the college campus, Professor Benowitz spoke of how students had made a significant impact on the historical preservation of many properties in the area. The stories on the tours reminded me how we, even as students, have the capability to do anything we

set out to achieve. They inspired me to be the best version of myself and believe in my ability to manage all my responsibilities moving forward. And this is what I did. I presented my best self to everyone I engaged with during the week—the momentum students, the Kinesis, and the professors. I was confident, both in my role as Kinesis Captain and as a person, and the person I presented became my impact to the students. At the end of the week, students read their reflection essays about the program. They talked about what inspired and impacted them over the course of the past week, and a few of them referred to me. Hearing their words became one of the most humbling experiences of my life. One student spoke of how my confidence as a woman and a leader inspired her to be comfortable with her self-expression. Another noted how my daily fist-bumps, high-fives, and humor made her feel a part of a community, a family. After listening to their stories, I realized how far I had grown over the years, and it was thanks to my experiences in Momentum. The program helped me flourish as a leader and become someone I was proud of expressing. I also realized things had come full circle. Kinesis inspired me in my first year, and now I was inspiring first-years in my last. This insight made my last year as a Kinesis the most special. I will never forget my time in the Momentum program. I will never forget what it has done for me and what it has helped me do for others. I will carry its impact with me, always.

- *Kira Kuhar*; Merchantville, New Jersey