

ELIZABETHTOWN COLLEGE

MOMENTUM

IMAGINE, INSPIRE, IMPACT

STUDENT REFLECTIVE ESSAYS 2011



*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)

I thought the Momentum program was an excellent way to introduce us to both the liberal arts and the college experience. I am majoring in secondary education: social studies, and did not really consider taking classes in subjects outside of my major until the Momentum program. Subjects like anthropology and philosophy made me realize there is more that interests me other than history. My favorite session was the writing class. This is mainly because I have a high interest in poetry and it was overall an interesting and engaging session. I strongly believe Momentum should continue on every year because it lets us get used to living on campus, prepares us for the hectic year we all will most likely have, and it connected this group in a way that most likely would not have happened without Momentum. Major highlights throughout the program were the trips to Philly and Mt. Gretna, dinner with the president, and meeting the faculty. Overall I do not regret joining Momentum at all I actually believe it was an amazing experience.

Brendon Zapata: Bethlehem, Pennsylvania

I expected Momentum to be a relaxing week with a few tours here and there. I quickly realized how badly I judged the program. The week was full of learning experiences and personal bonding. I am extremely grateful for being allowed to move in a week early and avoid the rush of incoming freshmen. The days were extremely rewarding. The greatest thing I am thankful for is the family bond that has formed between us. When we walk into the cafeteria or any other place on campus, we immediately know that we are welcome to sit with the other members of Momentum. A seat is always available for everyone, because this is a part of our family. Momentum has completely negated the effects of being a nervous freshman on an unfamiliar campus. I strongly believe that Momentum is an exceptionally important program.

Luke Yanek: Schuylkill Haven, Pennsylvania

I really love learning; it's one of my very favorite things to do. So, this week sort of seemed like it was made for me. We got to have a taste of subjects like anthropology and psychology and history and art and physics - even if that one was a little against my will. But besides learning a ton in just one week, I had a whole lot of fun. It was great going to Philadelphia and the Sports Complex was awesome! I got to try rock climbing and climbed the rope and try a bunch of other things I've always wanted to do. I'm just very grateful for all the opportunities provided to me through the Momentum program. I've learned so much, and had so much fun, and I'm glad to have made such great friends, like my fellow "Sha's" [Shaina Rossiter and Shannon Bessonett] over here!

Shanise Marshall Red Lion, Pennsylvania

To be honest when I first heard I had been accepted into a program that required I come an entire week before orientation, I have to admit I was a little livid; having to leave my friends early, and after most of them were away on vacations, was very hard. I felt kind of like I was being abandoned because I still had so many things I had wanted to do at home. When I learned about the Momentum Program, I feared that it would be quite similar to all the other College summer programs I'd been a part of; one's with counselors and mentors that treated us like they were in charge of a daycare. However to my luck and surprise, Momentum turned out to not be like that at all. I met many new friends and professors. I felt welcomed and accepted, and after a while, the feeling of being 'ripped' away from my world dissipated a bit. I was able to indulge in the Marketplace food; which was delicious. I was able to explore various areas of study, most of which I was already deeply interested, such as the Japanese Pop Culture, Anthropology, Ancient Greek and Roman Mythology, Writing and poetry, and of course Political Science. I was able to meet my professors and really for the first time, really able to be in the presence of people as passionate about learning as I am. I experienced professors who actually were motivated to teach and not just for paychecks as were some of my teachers in high school. The friends I made were also quite refreshing; it was a wonderful experience to be surrounded with 'hungry minds' like mine in the Momentum program; to be surrounded by people who are actually motivated to learn. Finally, it was great that the Kinesis were different from those college counselors that I had encountered in the past. They were composed of people who were truly passionate about the college and I am very thankful that they were willing to make my college transition as easy and smooth as possible. When it comes down to it ALL COLLEGE FRESHMEN SHOULD BE IN MOMENTUM; it helps everyone to adjust to college life by keeping them involved and motivated by surrounding them with their peers who are all avid learners as they are. The staff is great and the incorporation of the field trips like the Philadelphia Tour and Mount Gretna really help with the socialization aspect as well as

provoking the thought process, as it is no surprise that for incoming freshmen, we are not always in the correct mind-state upon entering a new educational institution. I really feel that the lectures and workshops gave us a good taste of what adjustments need to be made to accommodate the college transition. So in conclusion, thank you so much Momentum for really making my college transition exciting and more comfortable.

Jamie Hopkins: Spring Grove, Pennsylvania

When I signed up for momentum I looked at it as a way to just move in early, I felt whatever the program entitled I could last the week and get situated in my room before everyone else. Then I experienced some of the classes and really enjoyed them. I am a person that has never liked history, so when I saw that every day we had a mythology session I was bummed, but then the first class we had I was really intrigued. She kept my attention the whole time she spoke, and I really enjoyed the class. Another thing I really enjoyed was going to the art show. I have never been to an art show because I have never been an artsy person, but I changed my mind when we took the trip to Mount Gretna. One artist we met their actually was a paper cutter which was called scherenschnitt. We actually talked to the artist and she told us about her story with college which was really interesting because her parent told her to get a practical degree, which was interesting since this program was about being yourself and exploring things outside the practical and more about your interests. I also found the academic expectation session helpful, and scary at the same time. He told us some helpful tips that I would have never really thought of if not for his session, it was an eye opener to what lies ahead. Overall this program better prepared me for what is to come in the next four years, and broaden my look on minors, and classes to take.

Shannon Bessonett: North Haven, Connecticut

It is definitely challenging to learn and be in a new community with new friends. And transition to college as a first person in a family is sort of excitement and stressful to myself and my family. But the Momentum program becomes a great opportunity to experience better understanding about college life. Everyday activities, classes and different historical field trips with inspiring meditation and lectures of the professor become an encouragement to me. It helps me to be self-motivated, more confident and also teach me about being responsible. This program became a good time, have fun and I enjoy it a lot. Finally I am so much grateful and excited to be in this Momentum program. I would like to thank all the staff, faculty, and Kinesis being with us around the program. I expect continue help and support in future that is so helpful to me being a freshmen student and as well as being from different culture background.

Bhim Thapaliya: Lancaster, Pennsylvania

This past week was great because everyone here is so nice and down to earth. I would like to say thank you to the Kinesis members for helping us and also having to deal with us. The activities I enjoyed the most were watching movies, going to Philly, the Mt. Gretna art show, and getting stuck in the foam pit at Paramount Sports. Some other things I enjoyed were the writing, physics, and Greek mythology sessions as well as the daily meditation exercises. The lectures provided help and gave us an advantage over the other incoming freshmen. The Inspirations discussions have taught about perspective and how everything is connected in some way. Some of the stories are easily relatable to life here at E-town. Some of the other stories were very intriguing and helped developed my thought. The responses from other students in Momentum discussions, shows the high intellect and the variety of complex thought in our group. Overall, I am so happy that I decided to do the Momentum program because it truly has prepared for college. Through this amazing program, I have met nice, funny, intelligent, and incredible people that I now call my friends.

Courtney Deibler: Lititz, Pennsylvania

When I first saw there was an ancient Greek session every day I was excited. However, I was expecting the instructor to be old and uninteresting. To my surprise the professor was exciting and full of energy. Her energy captivated me, even more then I had already expected it to. Every day I looked forward to her lectures I loved how she not only told about the myths and the facts but also spoke the ancient languages. Her lectures have inspired me to want to pursue the ancient Greek language. As an intended History major I was already interested in taking Greek because unfortunately Elizabethtown doesn't offer Latin. As a result of this session I

am excited to start Greek and not as disappointed as I was before when I learned that I couldn't continue studying Latin. I am truly thankful that Jennifer V. Besse gave her time to speak to us every morning.

Mariah Mills: Sinking Spring, Pennsylvania

My favorite thing that I said last night was the following: "I really enjoyed that we got to experience a buffet of academic classes in our little mini-sessions, and got a taste of each of those subjects." Thank you so much for your patience and guidance with this program!

Shaina Rossiter: Wilmington, Delaware

When I learned that I had gotten accepted into the Momentum program, I was ecstatic. I couldn't wait for the program to begin so I could start a new chapter of my life and make new friends. As my summer was coming to a halt, I began to get nervous. I began worrying that I would get lost, forget something important, or wouldn't fit in. After getting acquainted, however, I realized that none of this has happened. I've gotten more familiar with the campus, K-Mart isn't too far away, and I have also met some pretty amazing people. I've never been to Philly until our trip on Saturday, August 20. I had a blast. I was very excited to hear about the terms and conditions that the country was founded on, and that they are still applied today. I also had a great time at the Mount Gretna Art Show. My appreciation for art went up 10,000 points after proving to myself in an art class that I am very artistically challenged. Momentum has been very beneficial in terms of getting students involved in classroom discussions, and facing the challenges that college will bring you.

Emilee Gearhart: McVeytown, Pennsylvania

When I first received a letter explaining momentum, I said yes and did not really think much of it. But now that I've been a part of this program, I definitely do not regret joining. My interest for each sample of the classes kept growing as the days progressed. I learned about possible courses I never would have thought of taking. Furthermore, after Professor Williams talked to us about academic expectations, I have become more motivated to try my absolute best and not to goof off. I am 100% hopeful that I will graduate in 2015. This program helped me get a leg up on other freshman students so that when classes start, I will know exactly where to go and how to be prepared.

Melissa Dominguez: Catasauqua, Pennsylvania

Momentum has given us the chance to start the race earlier than everyone else. We got to explore and get familiar with the campus as well as the professors, classrooms, and college courses. These "sneak peaks" will help each of us get a leg up in a new chapter in our lives. Below is a list of the experience that mainly spoke out to me:

- Mt. Gretna art show (especially the rain storm)
- Movie presentations on Latino and Japanese culture (To Kill A Mockingbird and Princess Mononoke)
- Inspirations book talk (insight on what other readers thought and felt)
- basketball/volleyball (felt close to students and Kinesis by the time we were spending together outside of classroom)

Overall the things we did, the sessions we listened to, the places we explored, and the special people we met have all bettered our knowledge for what kind of place Elizabethtown College is. Due to this program I shall not be afraid to make more friends, meet other professors, and speak in a classroom. I hope Momentum will be as helpful to future students as it was for me.

Ariel Silkett: Boiling Springs, Pennsylvania

In the months before I moved onto campus with my Momentum group I was nervous about a few things such as not having friends or getting lost on campus. I was afraid I wouldn't fit in and that I would regret not going to Temple University which is close to my house. However, looking back on my time in momentum I don't think there could be a better way to start out my freshman year at E-Town. Momentum not only gave me more confidence about my place at Elizabethtown but it also helped me to make a great group of friends before the other freshmen students moved into their dorms. The Kinesis members didn't seem like an authority the way Peer Mentors do which is a great feeling. I can call a Kinesis member on the phone to see if they'd like to hang

out because they've become friends and not people I feel that I answer to. Momentum has created a group of friends who feel comfortable with each other and who are watching out for each other. Honestly, I don't know the original intent of Momentum but it did great things for me. I feel that I can start the school year and immediately be successful while other freshmen still begin to acclimate to the new environment. Ultimately everything we did brought us a little closer.

Miguel Ruiz: Philadelphia, Pennsylvania

It's more cliché than "once in a blue moon" and "it's raining cats and dogs," but in all cliché-ness, before I arrived on campus my body and mind were full of nervousness and excitement. As the week went on hanging out with Kinesis and the other students, momentum relieved the fears I had previously and replaced it with a sense of comfort. I may have complained. I may have yawned, and I may have let my eyes slide shut a couple of times during the sessions, but I am glad I participated in Momentum. I'm glad I had the opportunity to meet friends before the semester began. It gave me the opportunity to experience a variety of classes and get a feel for the layout of the campus. I belong here. I can feel it. Kinesis is very welcoming. They didn't treat us like the little freshmen, but rather as equals. The professors were very wise and the faculty was very encouraging. What more could I ask for? E-town already provided me with my own room, a wonderful roommate, good food, a safe environment, nice classrooms, and an excellent education. Thank you, Elizabethtown College. You gave me a wonderful gift that is starting my semester off right. These days have been awesome. It's been full of art shows, writing seminars, Greek stories, civility/inspirational discussions, laughter, encouragement, and fun. Momentum is a wonderful program and I fully support that it should continue on next year and all the years thereafter.

Kathryn Joe: Annandale, Pennsylvania

The past week was quite the experience. I personally thought the dinner with the faculty was a great way to kick off the week. I was having a lot of difficulty breaking the ice and talking to the other momentum members or the kinesis. During the dinner I met a group of people and from there it was much easier to talk to everyone else and begin to form connections. After the dinner we started our fast paced trek through the "Momentum experience" Every morning we had an inspirational meditation which I had no idea what to expect in, but Chaplain Sadd really brought a lot to the program and taught me to be more grateful. In civility with Dean Rankin we learned to be more civil to our peers and others, this made me want to be a more civil person which can prove to be a difficult task. The Greek lectures with Jennifer Besse were also a great pleasure due to my personal interest in Greek culture. After the morning lectures explored many diverse areas in a liberal arts education. Some of my favorites were Anthropology and Psychology. My absolute favorite class, however, was the Writers workshops with Dr. Skillen, he challenged us to think deeply and outside of the box. The discovering your strengths class with Professor Benowitz and the Kinesis was very helpful. In it I learned that it is ok to have passions outside of your major, it was not just OK it is to be encouraged. The trip to Philadelphia was very enlightening. I never expected to learn that much about one place or one person on a single tour. It was also nice to spend the day creating further bonds with my fellow Momentum members. Overall, I loved the program. I am glad that I did not ignore the momentum email because I now have a family of over 40 that I can count on while I am here at Elizabethtown. The decision to be in Momentum is definitely one I will never regret.

Courtney Singleton: Hawley, Pennsylvania

During the time I spent with the Momentum group. I have had so much fun. Every day it has been exciting, motivating, and a big experience for me. I have learned so much and this program helped me to get adjusted to campus life sooner than the other freshmen that would be arriving soon. The things I most enjoyed were the meditating and the gratitude activities, and dancing the gratitude dance was a lot of fun with everyone. I liked the movies, Till Kill a Mockingbird and Anime. Learning about different cultures was very exciting and interesting. I enjoyed the Mount Gretna Art Show and it was wonderful to see so much creativity and talent. I liked the anthropology, history, psychology, writing, and art classes. I really enjoyed listening to all of the Momentum group discussions about the book, Inspirations, and other thoughts everyone had about something specific, I especially enjoyed when we were in writing class and we had to write down our thoughts about a

specific quote than discuss it with the class, those discussions were interesting, it was nice to hear what everyone else thought and I learned a lot. My peers taught me how to look at things in a different way. I became so close with this group, I felt so comfortable and this group taught me that I can be who I am I don't need to hide or be scared because they are freshmen too and they are facing the same challenges as me. The Momentum group helped me get through those college anxieties and fears. I had such an awesome time and I think it's amazing how close the Momentum group has become and I'm so glad that I was a part of this amazing program.

Breyonna Mack: Harrisburg, Pennsylvania

At first I really did not want to come to Momentum. I was actually forced to come because my parents wanted to go on vacation. It turns out that my parents dropping me off at school early was one of the best things they could have done for me. I was able to get acquainted with the college earlier and I was able to explore other study options that I would have never thought about. I remember during orientation when Professor Benowitz told us that we were most likely to change out majors I just laughed, being my stubborn self I thought I knew what I wanted. The second day of momentum I ended up going up to Professor Benowitz and telling him that I wanted to change my major. I was intrigued by the anthropology, ethics and history seminars. I loved learning about history and these seminars challenged me to try to be more objective and look at things from every side possible. My favorite topic that came up was the question of what is right and what is wrong. Such a simple question, have so many answers. Momentum not only made me be more open-minded about my academic future but I also have developed a bond with the Momentum students and Kinesis that will never be broken. The first day of Momentum I was really shy and nervous. (I know surprising!) In just one week everyone became a family. There have been so many great times and I could not have wanted to start my college year any other way. Being a part of Momentum really made us all close. I secretly think Professor Benowitz wanted to start a cult because now as Alphas we cannot be separated. Even though we are making new friends at orientation we always manage to end up together one way or another. I could actually write a book about my experience at Momentum. In just one week we were challenged to grow and learn outside our boundaries. I'm happy my parents decided to go on vacation and drop me off at school a week early because if not I would not have been able to have such a great experience.

Hillary Rivera: Pawling, New York

Earlier this year, when I got the letter in the mail for Momentum, I was extremely interested and applied right away. I was like, one week isn't much of a difference. When I got the letter saying I got accepted, I called my mom right away. She started crying and it finally came to me that I'm actually going to college this fall. I was so excited all summer long. But when it became August 1st, I started getting nervous, but hey, who wasn't. Now, in high school, I wasn't that social, I had a small group of friends, I didn't trust many people, and I wouldn't go outside my comfort zone, and I would go straight from class to class while making the occasional locker stop. Move in day came along, it's finally here. I was still a little bit nervous and I didn't want to get out of the car. Then, a Kinesis member came over from the tent to my car and said "Welcome to E-town!" He really made me feel like I was at home. Being in Momentum, I have gained so many friends. It was only the 2nd night and I was already staying up past midnight, watching movies with my new friends in the lounge. I now have a better understanding and appreciation for English, History, and Greek Mythology. It also reminded me how much I loved Music and Art in High School, and I now want to continue it here at E-town. Overall, this week was a great way to end my summer and I'm glad I decided to come.

Wayne Gross, Jr.: Frederick, Maryland

I like Momentum for the obvious reasons such as getting away from parents, learning the campus, and making friends. But Momentum affected me on a profound level left me certain that I'm in a place that's right for me. The professors gave passionate and interesting introductions to the vast spectrum of subjects that Elizabethtown College has to offer. We didn't just become fascinated with the knowledge that's available to us we learned how to be better people as well. We had daily classes on spiritual meditation that taught us how to be gentle, empathetic, and energetic persons. The civility classes taught us how to be open-minded and kind-hearted individuals that can view the world from someone else's shoes. Our daily creative writing classes taught us to think outside the walls and not to fear the depths of our imagination but to utilize them to our advantage.

Noel Abastillas: Sewell, New Jersey

Over the summer, I received the letter for the Momentum program. Only knowing that I'd have to leave a week early to sit in on classes, I decided to sign myself up for the program (with a little bit of a push from my mom). As the summer drew to a close, I realized that after being the upperclassman and teasing the freshmen at my high school for the past three years, I would be the clueless little freshman this year at Elizabethtown. I was nervous and apprehensive, because I was the first of my friends from home to leave for school, and I hadn't made any friends yet from the Momentum program beforehand, except for my roommate, who was away for a work retreat the first few days. However, as we dove into sessions almost immediately, I learned so much. From Anthropology, where I learned how to relate an alien culture to human cultures, to Writing, where I created a metaphor for my life, to Ethics & Philosophy, where I learned the difference between knowledge and wisdom and what an ethical decision actually is and what is taken into consideration while making one. We had so many sessions in between, pretty much nonstop, and though I was exhausted, I learned a lot about each field, as well as about myself and others. Even though I was nervous about being all alone and bored through the whole week, I'm proud to say that the Momentum and Kinesis members have become my family, and as cheesy as it sounds, in only 7 days, I have made memories with my friends that will last a lifetime.

Natalie Rangel: Robbinsville, New Jersey

One thing at Momentum that stood to me was the opportunity to see the sword that killed several people in the Chinese Boxer Rebellion. It was interesting to see the sword, because I have read about the rebellion in my history textbooks back in high school and never thought of seeing this artifact. In addition, the Philadelphia trip was educational. As a student from Massachusetts, I had focused far more on Boston's role in America's birth, like the Boston Tea Party. This provided another perspective which has been emphasized in a few of our sessions. In addition to perspectives, Mt. Gretna provided a chance to see many people's perspectives of art including their specialty. GO BLUE! FIGHT ON!

Frank Capria: Northborough, Massachusetts

By being in Momentum, I've learned that being in college means more than just passively showing up to classes. The faculty requires so much of you here and they require analytical thinking skills. You need to be able to share their passion for that subject and be engaged. The sessions we sat in on gave us that advantage to see how we should acclimate ourselves. In addition to the sessions, the field trips to Philadelphia and Mt. Gretna were amazing. I've never been to Philadelphia before that trip and seeing the tour of the city was really neat. I never knew how diverse Philly could be or how yummy a Philly cheesesteak is! The Mt. Gretna art show was also a great experience. I've always loved art and seeing it in a booth format like that was interesting. The various styles and wares of the artist were so unique and creative. Because of Momentum, I would definitely try that again. Overall, I liked the program a lot and think that it is a great way to start our growth at E-town. I definitely feel at home here.

Kaitlin Gibboney: Huntington, Pennsylvania

When I got accepted into the Momentum program, I was really excited. But as the summer fun seemed to end and move-in day came closer, I became nervous and my excitement seemed to fade away. I was worried about not making friends or fitting in, but after the first day, all my worries were lost..... just like my cell phone charger that I had neglected to bring. I met lots of great teachers who truly care about the success of their students. I made a lot of friends and learned more about myself along the way. I enjoyed all of the sessions we

had, because most of them focused on the liberal arts that I love, such as History and Philosophy. My favorite Momentum moment would have to be when we were watching "To Kill a Mockingbird," and Atticus said to Scout about killing all the blue jays!! The next best part of this week was when we took a trip to Mt. Gretna and the Sports Complex. I really enjoyed Mt. Gretna because I absolutely love art. Also at the Sports Complex, I felt like I was five years old all over again. I am so happy to say that I feel a lot more confident starting college and what I learned this week will help me throughout my college career.

Ashley Chirico: Gap, Pennsylvania

I thought that the Momentum program was an excellent way to introduce us to both the liberal arts and the college experience. I am majoring in secondary education: social studies, and didn't really consider taking classes in subjects outside of my major until the Momentum program. Subjects like anthropology and philosophy made me realize that there is more that interests me other than history. My favorite session was the writing class. This is mainly because I have a high interest in poetry and it was an overall interesting and engaging session. I strongly believe Momentum should continue on every year because it lets us get used to living on campus, prepares us for the hectic year we all will most likely have, and it connected this group in a way that most likely would not have happened without Momentum. Major highlights throughout the program were the trips to Philly and Mt. Gretna, dinner with the president, and meeting the faculty. Overall I do not regret joining Momentum at all, I actually believe it was an amazing experience.

Brendon Zapata: Bethlehem, Pennsylvania

My favorite aspect of Momentum is the bond that I have made with everyone. Having these relationships make the transition between high school and college a lot easier. When I first got to campus I was very nervous because it was unfamiliar to me. But with the help of the upper classmen I became comfortable very quickly. I feel like I have an edge over the incoming freshmen. I know these friendships will last a life time and I'm so excited to keep in touch with Momentum and kinesiology!

Anastasia Frees: Mohrsville, Pennsylvania

Reflections on Momentum: Life Is Like Verse

Life is like the verse
Flowing from the mind of a poet
Each of us the hero
Of some epic still in draft,
Still being penned.
A lyrical story
Written in sand instead of stone
Changing with the wind
Landing where no one knows

A crystal ball that does not work
Lightning that does not hurt
A storm that calms
And soothes the soul
It's a waterfall
That's strong yet meek
Thin glass that is not weak

Life like verse
Sets us free
And here we fly
Like birds that sing
Vulnerable but so very strong

We become poets
As life goes on.

Brooke Arnold: Palmyra, Pennsylvania

Momentum has been such an amazing experience! When I got the email about becoming a part of Momentum, I figured I would get to move in early and get a head start on adjusting to college life. Little did I know I would be creating such strong relationships that will last a lifetime. All the classes we have been in have given me a great idea of what to expect for my classes. Momentum has helped me transition into college perfectly. I love that I already have a family and people to lean on here. I honestly wouldn't have traded this week for the world.

Caitlin Hogan: Mullica Hill, New Jersey

When I first found out about Momentum I wasn't that excited about the program but more about that fact that I got to move in earlier than my roommate. I think all in all, the program was a great idea and I feel like I have benefited a lot from it. I feel better prepared for what's to come and I got to find out where all my classes are ahead of time which is great. I have started making friends, and I am pretty confident that I will have a good start into my college career.

Andria Mebane: Philadelphia, Pennsylvania

At the beginning of my momentum experience all I could think about was our hectic schedule and how rarely we had free time. By the end of the week my feelings started to change. I became very comfortable in my momentum family and made over 30 new friends. My favorite seminars included drawing and writing. It was so interesting to try all the different classes they had to offer. To me momentum is about trying new things, discovering passions, stepping out of your comfort zone, and starting the transition from high school to college. During first year orientation I realized how much I miss my kinesiology leaders and fellow momentum peers. After my week of momentum I have many new friends, passions, and memories. With this extraordinary experience I feel that I have become a completely different first year stepping on to campus.

Amanda Zeiders: Mechanicsburg, Pennsylvania

I had an amazing time in being a part of momentum, and I will always remember my experiences in the program. I met many friends in the program and it made my transition into college life much easier. It was very informative and helpful in getting a good view of what courses and college life would be like; and I believe it helped make me see college in a different way. At first I did not know what to expect from college and was not sure how I was going to make it work. But thanks to momentum it helped in making friends with not just classmates but also faculty. The days I could actually make it to momentum, I learned so many things about Elizabethtown and myself. Also, the strong connections I made with some of my peers are also very helpful with the whole college experience, and it is nice to have friends I can count on. I wanted to thank you for creating such a great program and I wanted to let you know that I enjoyed every minute I was there.

Kendall Claitor: Harrisburg, Pennsylvania

One of my favorite parts of the Momentum Program was the day we spent at Mt. Gretna. To be honest, at first I wasn't too excited about the Scavenger hunt after I saw how long and detailed it was. Soon after we started though, I found that it would serve as the crutch to what made that trip my favorite Momentum experience. The Scavenger hunt caused us to actively engage ourselves and minds at each tent we visited. I was able to fully appreciate and experience not only the different mediums of art presented along the endless streets of people but also get to know the talented artists who created them as well as hear about their passions and perspectives first hand. I found it incredibly interesting and fun, not to mention I spent the entire time laughing and bonding with the people in my group who I have come to see as such close genuine friends even in the short time we've spent together. With that said, although the trip to Mt. Gretna was my favorite and most memorable experience in the Momentum program so far, I can honestly say that friends I've made, with students as well as Kinesiology along with the memories I've made and things I've learned, I'm very happy and completely grateful to be a part of this program. I also can't wait for the good times and experiences to be in the future by being a part of Momentum.

Jazmin De Jesus: Allentown, Pennsylvania

Being in Momentum has been quite an experience. I have made new friends faster than I believed I would and found my way around campus a whole lot faster. This was a great opportunity and I'm glad I took it. So I wrote a poem to give a better understanding as to how I felt.

Kinesis the energy behind Momentum,
Momentum the start of a long journey.
The time sent and shared,
The bonds made will always be hard to tear.
A new trial,
Has only just begun.
A chance to learn something new,
You truly can't be blue.
Being with everyone you can't help but smile,
A chance to meet new people you probably normally won't.
A smoother transition to a higher place.
hard start just gets easier as time goes along,
Never once have I thought where did I go wrong.
The worries are gone,
And replace with joy.
To get a brief feel of each class,
Opened up my mind to new things which is usually a task.
The hectic schedule and tired full days,
Were all worth it and will never become a haze.
Can't help but want more,
And I'm ready to see what Elizabethtown has in store.
Never an end only the beginning,
Elizabethtown has turned out to be very friendly.
Without Momentum it would feel like there's just lonely old me.
In this new world completely alone,
But now this place feels like HOME!

Diamonique Harris: Philadelphia, Pennsylvania

