



Shoji Matthew Y. Caday

Go out of your comfort zone. Challenge the dominating mindsets. Expand your horizon. Take the difficult classes. Come face-to-face with the harsh realities that are hard to accept. This is what I did in the time I spent up on the hill, and by God, it was all worth it. I wasn't sent to Ateneo to get good grades; I was sent here to learn.



John Benedict P. Capucao

Into new waters you sail, from the island whence you found your silence. From your solitude you learned some truths about the world: that hope must exist in other people, that faith demands conviction, and that freedom comes from love. So change the world, spread your kindness, and strive to exceed what's in sight. Take it easy on yourself, and fight the good fight.