



Ramon Martin G. Miranda

A letter to myself: breathe. That's all there is to it. You feel overwhelmed? You feel like you're worthless? You feel like the world is against you? Breathe, deeply. Become aware of who you are in this moment. You are somebody. No one can take that away from you. Strive for excellence, aim high. Know that you'll be embarking on a great adventure, outside the hallowed halls of the Ateneo. Who knows? You might get somewhere.



Julia Melissa C. Morado

Know your why – this is what got me through many victories and failures, and this is what will help me journey on in the life God gave us as an opportunity to be great. Work towards a purpose, and when all else fails? Come back with a stronger why, and try again.