



Veronica Elaine S. Suarez

In psychology, we learn about the sympathetic nervous system, which activates the body's fight-or-flight response during stress. However, Ateneo has taught me another way of responding to stressful and fearful situations: to embrace them rather than to fight or flee from them. From my unexpected immersion experience to all of my dreaded orals to the twists and turns in my thesis, all of these and more imparted to me the valuable lesson of embracing uncertainty.



**Jacqueline Veronica L.
Velasco**

MINOR IN ENTERPRISE SYSTEMS

Cramming until the end.
Four years and hundreds of memories later here I am. For all the laughs, real talks, doubts, frustrations, and palpitations, thank you Health Sci and Ateneo. You made me realize how small my world was before, and how small it still is.
Here's to loving, doing, and being more.