



**Jody Senen A. Sarmiento**



**Mikaela Renee O. Sarol**

Ateneo was the make or break, the do or die, the sink or swim. I can't count the breakdowns, the stressful nights, and the times I felt like I just wasn't good enough. Yet, looking back, those are the moments I hold the most dear. To hit rock bottom, and to realize the only way to go from there is up. To look adversity in the face, but have the courage to keep fighting. And finally, to recognize that we are not alone in our struggles, because of the family and friends who help us along the way.