

ONCE A TIGER, ALWAYS A TIGER

MHS Alumni Day



Wed. Oct. 23, 2019

Instructions

- Review the following sessions offered for the 2019 Morse Alumni Day and select 4 sessions that you are interested in attending.
- In order, write the # of the Alumni session in the boxes below:

Alumni 1

Alumni 2

Alumni 3

Alumni 4

- Register for each session above at: tinyurl.com/AlumniDay12
 - Registrations are on a first-come, first-served basis. So, **Register Early!**
 - Students who **DO NOT** register by **3:00 pm on Oct 3** will automatically be placed in remaining sessions available.

Important Dates

9/26/19 – Advisory Periods	All students will receive Alumni Catalog during advisory period
9/27/19 at 6:00 am	Registration Open
10/3/19 at 3:00 pm	Registration Close
10/4 /19 – 10/9/19	Unregistered students will be placed
10/23/19 – All day	Morse High School Alumni Day

Morse Alumni Catalog

Below you will find a catalog of Morse Alumni who will present/speak on various topics, under the following themes:

- Leadership / Community
- Career
- Life Experiences
- Motivation / Inspiration
- Mental Health / Trauma
- Business / Personal Finance

Alumni Catalog Example:

1. John Doe – Ethnicity / Class of XXXX/ Morse clubs or teams / College and Major	<i>Occupation: Field of work</i> Topic: Focus of discussion/presentation
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Leadership / Community

What is leadership? What does that look like in my community?

1. Richard Duenas – Pacific Islander /Class of 2000/ Pacific Islander Alliance (P.I.A)	<i>Occupation: Information Technology</i> Topic: Share my experiences of non-traditional paths to success and working with our community
2. Rochelle Manongdo – Filipino / Class of 2014 / M.E.S.A / University of California, San Diego	<i>Occupation: Technology</i> Topic: Talk about my experiences as a woman in the tech industry and overcoming struggles in college.
3. April Simmons – Filipino / Class of 1999 / Soccer, Wrestling / University of California Irvine: Art History	<i>Occupation: Military</i> Topic: Drive and focus for success, being a contributing member of society and actively being involved in our community
4. Rajed Dacasin – Filipino / Class of 2011 / Football, Bible Club/ San Diego Christian College: Biblical Studies	<i>Occupation: Pastoral Ministries / Teacher</i> Topic: How to achieve organizational leadership, set goals, and grow
5. Blanca Quintero – Mexican American /Class of 1991/ Soccer, Softball, ASB/ University of California, Santa Barbara	<i>Occupation: Attorney--Federal criminal prosecutor</i> Topic: My journey after Morse, including undergrad and through law school, and being a leader in the courtroom and your community.
6. Houston Teamer – African American /Class of 2009/ Football / California State University, Northridge: Marketing	<i>Occupation: Actor / Model</i> Topic: How becoming a leader can provide more opportunities to grow personally and professionally
7. Genel Ronquillo – Filipino /Class of 2013/ Academic League, Key Club, Morse Code / San Diego State University: Health Communication	<i>Occupation: Community Advisor</i> Topic: Roots of leadership and how everyone has the potential to be a leader
8. Gemma Blain – Filipino /Class of 2002 / University of California, Berkeley: Anthropology	<i>Occupation: HR / Inclusion & Diversity Specialist</i> Topic: How leaders in my community helped me see my potential and how that influences my current leadership role
9. Lee Wills Irvine – African American / University of Redlands: Management	<i>Occupation: Head of Talent Acquisition & Culture at Sony</i> Topic: Why all leadership roles need to embrace Diversity and Inclusion

Career

What career is right for me? Who can help me?

10. Edgar Hopida – Filipino /Class of 1994/ JROTC, Debate team / San Diego State University: Sociology	<i>Occupation: Public Relations and Communication</i> Topic: My career experiences in public relations and working with non-profit organizations.
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11. Denise Green – African American / Class of 1996 / Umoja Club, Kaisahan / San Diego State University: Criminal Justice	<i>Occupation: Field Representative - Assembly member Shirley Weber</i> Topic: Working in politics, my experiences with the medical field and cosmetology.
12. Jorge L. Sanchez – Mexican American / Class of 2010 / Wrestling, Cross-country, track / University of California San Diego: Business	<i>Occupation: Educator</i> Topic: Trade school vs. Higher Education
13. Ashley Milner – African American / Class of 2005/ Basketball, Step Team, Track/ San Diego State University: Criminal Justice	<i>Occupation: Deputy Probation Officer</i> Topic: Criminal Justice and the Role of Probation, and How to Handle Unexpected Growing Responsibilities
14. Athena Papasodero – Latino / Class of 2011/ Track, Cross-country, Chess club/ University of California Irvine: Masters – Biomedical Science	<i>Occupation: Research Scientist</i> Topic: Discussion around career trajectory and deciding if Graduate school is right for you
15. Chavon Green – African American / Class of 1990/ Cheerleader, ASB, Public Speaking/ San Diego State University: Social Work	<i>Occupation: Supervising Probation Officer</i> Topic: Deciding what career to pursue, staying out of gangs, and my personal path to success
16. Ferchil Ramos – Filipino / Class of 1996/ JROTC	<i>Occupation: Digital Media & Graphic Designer</i> Topic: Discussion about creative careers such as graphic design and social media
17. Kailani Medina – Filipino / Class of 2011/ All Female, ASB, Orchestra/ California State University – Fullerton: Criminal Justice	<i>Occupation: Victim Advocate</i> Topic: Choosing a career path, life after undergrad/grad school, and my experience working in the field of trauma and crisis intervention
18. Priscilla Garcia – Mexican / Class of 2010/ M.E.S.A, Mecha, Environment Club/ Cuyamaca Community College	<i>Occupation: Office Assistant</i> Topic: How to apply for State jobs and navigate the registration process for community colleges
19. Richard Gilliam – Black and Filipino / Class of 2003	<i>Occupation: Utilities (Electrical)</i> Topic: Military experiences and how to take advantage of trade schools
20. Rohanee Zapanta – Filipino / Class of 1994/ ASB, Yearbook, Tennis/ University of San Diego – International Relations & Law	<i>Occupation: Superior Court Judge</i> Topic: My path to becoming a judge, working in Government and the importance of community service
21. Samantha Martos – Guamanian, Filipino & Caucasian / Class of 2011/ ASB, Volleyball, Softball/ USC: M.S. Aerospace Engineering	<i>Occupation: Aerospace Engineer</i> Topic: My path from Morse High to my career as an Aerospace Engineer and an overview of careers in the Aerospace industry
22. Alyssa Duenas – Guamanian / Class of 2007/ PIA, Cross-country, Track / Point Loma Nazarene: Nursing	<i>Occupation: Registered Nurse (RN)</i> Topic: Balancing work and school, finances during school and unconventional schooling after high school
23. Angeli Cabal – Asian / Class of 2009/ Drama/ CSU Monterey Bay: Human Comm.	<i>Occupation: Mental Health Admin</i> Topic: Careers with the County of San Diego, mental health resources and managing a business
24. Deborah Arboleda – Hispanic / Class of 2001/ Cheer, Drama	<i>Occupation: Cosmetologist</i> Topic: Managing a home business, discussing the bridal industry/business, and cosmetology
25. Matthew Gonzalez – Latino / Class of 1990/ Wrestling, GQ club/ Cal State Dominguez Hills: Liberal Studies	<i>Occupation: Union Representative</i> Topic: Talk about my experiences as a Union rep and why I chose to go into this field
26. Sheena Cardoza – Filipino / Class of 2013/ JROTC, Morse Code, APOP	<i>Occupation: Medical</i> Topic: How to apply for jobs and the importance of a strong resume

Life Experiences

How do I overcome the stereotypes of Southeast? What can I do now?

27. Charles Miller – African American /Class of 2005/ Baseball	<i>Occupation: Call center operator</i> Topic: How to overcome inner city struggles, experiences as a student athlete and setting goals
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28. Christian Feliciano – Filipino / Class of 2013 / Wrestling, Yearbook, Club H.I.I.T / UC San Diego: Chemistry	<i>Occupation: Higher Education/ College Access</i> Topic: First generation experiences and pursuing your passion through higher education, networking and professional development
29. Denise Whitfield – African American & Chinese / Class of 1996 / Basketball / Stanford University: Biological Sciences	<i>Occupation: Emergency Medicine Physician</i> Topic: Being a first-generation college student and why I chose Stanford
30. Gene Doroliat – Filipino, Native American / Class of 1997 / Football, JROTC/ University of Southern California: Economics	<i>Occupation: Banking</i> Topic: Making tons of mistakes and learning from them. Living on your own for the first time and college prep
31. Gerardo Diaz – Hispanic / Class of 2006 / Football / Northern Arizona University: Criminology and Criminal Justice	<i>Occupation: law enforcement</i> Topic: Personal experiences at Morse and College, working in law enforcement and being a first-generation college student
32. Janel Bruan – Filipino / Class of 2008 / Field Hockey, Drama, Kaisahan/ San Diego State University - English	<i>Occupation: Education</i> Topic: College Expectations, cultural shifts, and real-world applications
33. Kenneth Icayan – Filipino / Class of 2016 / JROTC, Drum Corps, Battalion Staff / University of California, San Diego: Aerospace Engineering	<i>Occupation: Aerospace Engineer</i> Topic: Making the leap from high school to college and learning more about Aerospace Engineering
34. Kristin Lobos – Filipino / Class of 2015 / Morse Code, Field Hockey, Softball/ University of California, San Diego: Structural Engineering	<i>Occupation: Structural Engineer and Construction Manager</i> Topic: Living on a college campus vs. commuting, how to overcome failing in school, and college social life
35. Ruben Olmos – Hispanic / Class of 2013/ University of California, Merced: Psychology	<i>Occupation: Education / Child Care</i> Topic: Life experiences as a student, joining clubs and groups in college, and why transportation is important to consider
36. Russyan Mabeza – Filipino / Class of 2011 / Yearbook, Choir, Badminton/ Brown University: Ecology and Evolutionary Biology	<i>Occupation: Medical Student</i> Topic: First-generation Ivy League student, using barriers and perspectives to empower our career and passion trajectories
37. Umeka Piccolo – African American / Class of 1989 / Texas Southern University	<i>Occupation: Legal Field</i> Topic: Jury duty and not letting setbacks define you
38. Hazel Pangan – Filipino / Class of 1997 / Cheer/ University of California, Los Angeles: English	<i>Occupation: Civil Litigation Attorney</i> Topic: Being the first in the family to graduate with a four-year degree and obtain an advanced degree
39. Jeffrey Abrenica – Filipino / Class of 2010 / Academic League, Track & Field/ San Diego State University: Biology	<i>Occupation: Biotechnology</i> Topic: Transitioning from High School to college and how to bounce back from a low GPA
40. Jeffrey Mique – Filipino / Class of 2009 / Choir, JROTC/ San Diego State University: Religious Studies	<i>Occupation: Christian College Ministry</i> Topic: Faith and Spirituality, community, relationships, passions, self-care, cultural identity
41. Roann Mesina – Filipino / Class of 2012 / All Female	<i>Occupation: Nursing & Music/Entertainment</i> Topic: Breaking from societal expectations of success. Filling the Void
42. Justin Raquidan – Filipino / Class of 2013 / Club Interact, Yearbook, Track & Field/ S University of St. Augustine, San Marcos: Doctorate in Kinesiology	<i>Occupation: Physical Therapy</i> Topic: Rigors of higher level of education, working while going to school and working full time after graduation.
43. Sherwin Ginez – Filipino / Class of 2003 / Chess / San Diego Culinary Institute	<i>Occupation: Dietary Supervisor</i> Topic: What you think you want to do now may change later in life. Taking the time to develop and find yourself
44. Shirley Perez – Hispanic / Class of 1999 / JROTC / National University	<i>Occupation: Management / Special Education</i> Topic: Teen Pregnancy and persevering through learning disabilities and achieving goals
45. Glenda Didienne – Filipino / Class of 1996/ JROTC/ University of California, San Diego: Human Development	<i>Occupation: Facilities Management</i> Topic: Studying abroad and growth through professional development, leadership and networking

Motivation / Inspiration

How does a positive mindset set me up for a brighter future? What is my “why”?

46. Kellyn Miller – African American /Class of 2000/ Ladies of Quality/ National University: Masters - Communication	<i>Occupation: Teacher / Educator</i> Topic: Empowering young girls and encouraging all to ask the questions, why not me?
47. Andre Kirkendoll – African American / Class of 1988 / Football, Basketball, Track/ San Diego State University: Africana Studies	<i>Occupation: Military</i> Topic: What is a vision board? Dream big and setting goals to achieve that dream
48. Greg Crews – African American / Class of 1979 / Track/ University of LaVerne: Philosophy	<i>Occupation: Business Owner</i> Topic: How to create a positive outlook, staying focused, and planning
49. John Bernard – African American / Class of 1994/ Track, Speech Team, DECA/ Central State University: Music Education & Business Admin	<i>Occupation: Administration & Ministry</i> Topic: Will share my experiences and how my truth can be motivating and inspiring to students today
50. LaVondren Price – African American/ Class of 2011	<i>Occupation: Retail / Customer Service</i> Topic: Changing your mindset to see the benefits over pleasure
51. Tita Cordero-Bautista – Filipino / Class of 1991 / Marching Unit, Choir / San Diego State University: Liberal Studies	<i>Occupation: Elementary School Principal</i> Topic: Why building positive and healthy relationships will open more opportunities for you
52. Mikhael Andaya – Filipino / Class of 2004 / Swim, Water Polo, Speech/ University of California, Berkeley: Integrative Biology	<i>Occupation: Medicine (MD)</i> Topic: Embracing who you are and succeeding because of your background and not despite it
53. Timothy Riley – Filipino & Caucasian /Class of 2009/ Track, Football	<i>Occupation: Physical Therapy</i> Topic: How to overcome obstacles and keep a strong mindset to fulfill my purpose in life through Physical Therapy.
54. Mark Gambala – Filipino & Mexican /Class of 1983 / Football, Swimming, Track / University of California, Berkeley	<i>Occupation: Higher Education</i> Topic: Why higher education is important and how attending a community college is a great next step
55. Brittany Jasper – African American / Class of 2018/ Softball, Cheer, Black Girls Lead Program / University of California, Los Angeles: Pre-Sociology	<i>Occupation: College Student</i> Topic: Share my perspective as a first-generation black female college student
56. Garry Rollins – African American, Hawaiian & Chinese / Class of 1999/ Basketball, Track, ASB	<i>Occupation: Education</i> Topic: How to build motivation and create a resilient mindset
57. Dwayne Baluran – Filipino / Class of 2008/ Volleyball, Choir, ASB/ San Diego State University	<i>Occupation: Civil / Environmental Engineer</i> Topic: How determining what your passion is to help motivate your career goals and a happy day to day life

Mental Health / Trauma

When will someone understand? What are some methods to cope with anxiety/stress/depression etc.?

58. Mark A Daniels – African American & Latino /Class of 1974/ Football, Wrestling, ASB/ University of Utah: Social Work	<i>Occupation: Mental Health Field</i> Topic: The benefits of Mental Health recovery services and eliminate the stigma associated with psychiatric support services.
59. Mikhail Rivera – Filipino /Class of 2009/ ASB, Exec, Tennis / National University: Business Admin	<i>Occupation: Higher Education</i> Topic: Addressing mental health and how it affects student’s ability to engage.
60. Raynell Crews-Gamez – African American /Class of 2003/ Ladies of Quality, Yearbook, Field Hockey/ San Francisco State: Master of Education	<i>Occupation: Education</i> Topic: Discussion about trauma and how to be resilient. Personal experience with college and finding a career.
61. Kirin Macapugay – Filipino /Class of 1996/ Drill Team/ San Diego State University: Master of Social Work	<i>Occupation: Professor</i> Topic: As former state and city commissioner, I will share my experiences about education, leadership, and mental health

62. Shaina Nocom – Filipino /Class of 2011 / University of California, San Diego: Structural Engineering	<i>Occupation: Engineer</i> Topic: Dealing with mental health and the struggle of being both Filipino and American
63. Kelsey Daniels – African American /Class of 2008/ Black Student Union, Drama, AVID/ Hampton University: Sociology	<i>Occupation: Non-profit Field</i> Topic: Mental Health, Creative Expression and Showing Up
64. Arthur Jones – African American /Class of 1987/ Hungry Tiger Marching Band	<i>Occupation:</i> Topic: How to deal with adversity. Loosing someone or something in life and moving forward
65. Sonny Bautista – Filipino /Class of 1991/ JRTOC, Male Drill/ University of California, San Diego: Computer Science	<i>Occupation: Biotechnology</i> Topic: Persistence in the face of adversity, handling setbacks as a student, the importance of learning how to manage personal finances
66. Alyssa Nicole Ramos – African American /Class of 2015/ Circle of Friends, JRTOC, Bible Club/ California State University, San Marcos: Criminology	<i>Occupation: San Diego Police Department Intern</i> Topic: How to decide which major in college is the right fit and how to overcome stress in school.
67. Matthew Curtis – African American /Class of 2010/ Track, Football	<i>Occupation: Technology</i> Topic: Addressing the stigma of mental health and how as students we can create a safe space to address it

Business / Personal Finance

What does it mean to be an entrepreneur? How do I prepare for my future financially?

68. Emmanuel Llanda – Filipino /Class of 2014/ Key Club, Academic League, Morse Code/ University of California, Berkeley: Economics	<i>Occupation: eCommerce</i> Topic: Personal Finance/ Investing, growing up poor, not having money for college
69. Cassandra Holcomb – Caucasian /Class of 2004/ Softball, Field Hockey / San Diego State University: International Business	<i>Occupation: Manufacturing</i> Topic: Personal experience transitioning from employee to manager and a discussion around manufacturing
70. Jane Joaquin – Filipino /Class of 2003 / National University	<i>Occupation: Teacher / Educator</i> Topic: Being an entrepreneur/business owner; the transition, and steps to open a business
71. Janna Domingo – Filipino & Chinese /Class of 2007/ Track, Drama/ San Diego State University: Psychology	<i>Occupation: Insurance and Legal Industry</i> Topic: Entrepreneurship, Personal Development, Goal Setting, and Achievement
72. Jayrell Ringpis – Filipino /Class of 2006/ Cross-country, Badminton, GATE/ California State University, San Marcos: Business and Economics	<i>Occupation: Business & Non-profit</i> Topic: My perspective as an entrepreneur and why it is important to set goals for personal development
73. Charmae Guevarra – Filipino /Class of 1997/ ASB, Cheer, Art Production/ San Diego State University: Art/Graphic Design	<i>Occupation: Graphic Designer and Event/Wedding Planner</i> Topic: Starting a business as a female minority and how art and music influenced my life
74. Abraham Bitton – Caucasian /Class of 2001/ Speech and Debate, Academic League / University of California, San Diego: General Biology	<i>Occupation: Education</i> Topic: How students can begin preparing for college financially and why applying for financial aid early can be beneficial
75. Kimberly Bostic – Caucasian & African American /Class of 1994/ Peer Counseling, Cheer, Softball/	<i>Occupation: Banking</i> Topic: The importance of money management, credit, and student loans
76. Beth Taylor – Caucasian /Class of 1987/ Yearbook, Senior Arts, Tall Flags	<i>Occupation: Independent Contractor</i> Topic: The importance of being open-minded when deciding what career to pursue and how that approach currently benefits my business