

OFFERING SUPPORT

San Marcos High School senior Jacqueline Moreno

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Jacqueline Moreno is ready for new adventures.

San Marcos High School is launching Jacqueline Moreno to UC Berkeley, and this future physician is already flexing her muscles of helping others.

She is a part of the Resource Family Association Student Support Team, for example. RFAST aims to support foster parents and children through the process of adoption.

As a member of the club at San Marcos, Jacqueline has undergone "training for handling children who have gone through ... abuse so we know how to deal with that," she said.

The 17-year-old has already received CPR training.

Jacqueline has gathered professional experience through an internship with Cottage Health, giving her a preview of what the medical field will be like. Her intended major, biology, also will prepare her.

When not studying, Jacqueline likes to read books or run. She is a member of San Marcos' track and field team.

With her graduation around the corner, Jacqueline is making plans to see the world.

"I really want to go to Thailand and maybe Sweden too," she said. She views Sweden as "more progressive with the environment," and wants to take notes on how they are doing so.

The attraction to Thailand stems from the desire to "see the world through a different perspective" and experience different cultures.

In the face of new adventures while juggling activities, Jacqueline dedicates time for self-care.

"One of the hardest lessons I've learned is how to take care of myself," she said.

Burning out and crashing does no good, she said.

"I've learned how to take care of myself before taking care of others."

Self-care skills and work experience under her belt, Jacqueline Moreno is ready to take on the world.

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Jacqueline Moreno, a senior at San Marcos High School, is planning to attend UC Berkeley in pursuit of a medical degree.

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