



Our Mother of Perpetual Help School

Reverence, Respect and Responsibility

IT ALL STARTED AT OMPH!

OMP School Alumni Spotlight

Morgan Caramenico, OMPH Class of 2013

High School Attended: Lancaster Catholic (Class of 2017)

College Attending: University of Pittsburgh, Double Majoring in History and Political Science, Minor in English Literature

Share with us some of your activities: “In high school, I was heavily involved in various sports and extra-curricular clubs. In the athletic realm, I swam during the winter season and threw on the track & field team in the spring. In my four years, I made 4 appearances in Districts for swimming (both in individual events and relays) and 2 appearances in Districts for track & field for javelin. As for the extra-curricular aspect of my high school career, I was heavily involved in Mini-THON and Varsity club. During my senior year, I served as the co-chair of the Communications panel for Mini-THON and the co-President for Varsity Club. Coming into college, I joined the club swim team as well as Pitt Dance Marathon. My Freshman year, I travelled to Atlanta to participate in College Club Swimming Nationals where I swam 4 individual events and 2 relays. My sophomore and junior year I was Vice President of the Media and Marketing Panel for Pitt Dance Marathon.”

How did OMPH School prepare you? “Throughout my time at OMPH, I was always into volunteering and helping out however I could in the community. While I was a Girl Scout, we frequently participated in activities where we could give back to our community, whether that be visiting a retirement home, making boxes of gifts for kids in underdeveloped countries, or volunteering at our local food bank. I think this is where my love and passion for helping others began, leading to participating in clubs both in high school and college that directly benefited various communities. In the academic sense, I have always been interested in learning and studying history. During my 8th grade year at OMPH, Mrs. Hoffer was my social studies teacher and mentored me as I participated in History Day and became more knowledgeable in researching historical events and learning how history has progressed in the U.S. and the world. While I didn't declare my History major until my sophomore year at Pitt, I knew that it was something that I wanted to study more than just taking what was required for my gen eds. The two teachers at OMPH that influenced me the most were Mrs. Hoffer and Mrs. Bowe. They both had such a passion for what they taught and how well their students performed. From taking their classes, I became so ambitious with my school work to be the best student I could be. I've always held myself at high standards when it comes to academics, and this has eventually led me to make a major decision for my postgraduate education. After graduating from Pitt, I will be heading to Widener Delaware Law School to earn my J.D. and become a lawyer.”

Do you have a message to share with current OMPH students? “If there's anything that I've learned as I've grown through OMPH, high school, and college, it's to always remember why you are doing what you do and how it will affect your future. It could be as small as volunteering at a food bank or as big as choosing a career that you know you will love. Think of the people that helped shape you into who you are today and the lessons that you've learned along the way. There will be times when things become difficult and stress may set in, it's just a part of life. This doesn't mean that you have to go through it alone; look to your community for help, love, and support (they WILL be there for you). Live in the present while dreaming about your future, no matter what it will entail.”