NOTE: If you are out of area send an email with your zipcode and your student ID and you will receive a list of affiliated agencies. Send an email to Amanda Land (amanda.land@uta.edu).

Additionally, include your student ID # (Maverick ID) in all of your correspondences.

The first step most people struggle with is the identifying of values that the boundaries are based on. What are your values? What are you willing to stand up for? Boundaries are not the easiest but here is a concise 4 Step process to setting healthy boundaries.

1. Define your boundaries: Clearly define what you are and are not willing to tolerate.
2. Communicate your boundaries: Be open and honest about your boundaries with others.
3. Enforce your boundaries: Stick to your boundaries even if it means having uncomfortable conversations.
4. Reflect on your boundaries: Regularly check in with yourself about your boundaries and how they are serving you.

Indigenous Peoples Day is on the second Monday of October. It is a holiday that honors the contributions, history, and culture of Indigenous people. It is also a day to remember the sacrifices made by Indigenous people and to recognize their continued resilience.

We are currently updating the Field orientation course in Canvas. But do not fret! You only need to apply by the deadline to start field in Spring 2024.

Don't delay! You must apply by the deadline, no exceptions, to start field in Spring 2024. If you paid the lifetime InPlace fee for the first placement, you will still have to pay for the field orientation for Split II in the Spring. If you are not starting field in Spring 2024, please ignore the notification about field orientation for Split II.

For more helpful content like this check out the Connections Lab. They believe in your potential.

If you have any questions or concerns, please contact me at sswfield@uta.edu or come to my office hours.

Love and Light,

Jackie Flores

Field Specialist