

Hello my name is Daniela Obeso and I am a second year Psychology and Spanish studies double major. I am this year's student program coordinator for the Division of Student Affairs and Success who is serving as the Professional Career Development Program (PCDP) intern in helping to coordinate the implementation of On The Margins at UCSC. I am fortunate to be able to experience first hand the services offered from On the Margins whose mission is to provide, an anti-racist, joy-focused, equitable, sustainable, and affirming counseling service. What stood out to me most was the directed and curated counseling sessions that were goal oriented, rather than traditional sessions where people simply express what is on their minds. Through On the Margins, I was able to target my struggles of setting boundaries with others and more firmly define time for myself and my own mental health. On the Margins excels in clearly laying out small tangible steps and processes that are easier to grasp, and not explained as a "this will fix all the problems in your life," approach. I appreciate the personalized attention to what I want to work on and also found that the process was equally beneficial to the eventual goal.