Um, after going to college, I've thought about developing towards becoming a nutritionist. And now?

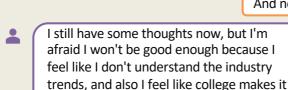
Dialog History

PsvMix:

as a nutritionist.

[Response based on CoP]
Hmm, how do you understand it?

[Psychotherapy Approach]



easy for people to become demotivated.

Cognitive Behavioral Therapy [Chain-of-Psychotherapies] Event: Confusion regarding university planning and goals, unclear interests and specific desires. Cognition: Interested in their major but struggles with theoretical chemistry; prefers hands-on learning over lecture-based teaching. Behavior: Chooses a major in Food Science and Engineering,

interested in the food industry; has considered a future career

<u>Belief:</u> Worries about not understanding the industry well enough and the possibility of becoming aimless in university.