

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: f9433baf-82bc-4879-ba40-2e8d5b724103  
Meeting date: August 29, 2024  
Student ID: as367  
Counselor ID: awashington

## SUMMARY

Anthony is struggling with academic balance in psychology major, feeling overwhelmed by coursework and club involvement.

## KEY CONCERNS

- Lately, grading in psychology courses has been challenging
- Uncertainty about fit in psychology major and if staying in major is even possible
- Feeling like a failure after grades in some courses
- Need help understanding what's been engaging about psychology and if it's enough to stay in major

## ACTION PLAN

- Recommend meeting with a faculty member to discuss how psychology courses have varied in content and style
- Discuss how to balance coursework and club activities in psychology major
- Review student's strengths and potential for other academic fields (e.g., neuroscience, social work)
- Encourage exploration of interdisciplinary psychology or neuroscience major options

## FOLLOW UP PLAN

- Check out potential minors or dual-degree options in psychology or neuroscience in the next meeting
- Offer referral to academic advising for personalized academic planning
- Help student develop a long-term plan for psychology or other academic interests