

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: b83e004e-e716-47e9-9c4d-247bc42a7fdd  
Meeting date: November 15, 2024  
Student ID: nm191  
Counselor ID: awashington

## SUMMARY

Natalie is experiencing academic stress due to a heavy course load in political science and related fields, but is still unsure of her fit in the major and how to better integrate her studies.

## KEY CONCERNS

- Feeling overwhelmed by overload in political science and social science courses
- Struggling to understand concepts in a political context
- Lack of confidence in fit for political studies major
- Uncertainty about how to integrate academic work with other academic interests

## ACTION PLAN

- Help Natalie identify which political science and social science courses are most relevant to her major (e.g. Environmental policy, political economy, etc.)
- Refer Natalie to a course review with a political studies or policy major tutor
- Suggest meeting with a faculty advisor or academic mentor in the department for guidance on research or internship opportunities
- Encourage exploration of interdisciplinary projects or thesis topics that integrate political studies and other academic fields

## FOLLOW UP PLAN

- Schedule a check-in later this semester to monitor academic performance and identify next steps
- Recommend annual review of major plan with a focus on integrating academic interests through research or academic pathways
- Offer support for a major report or reflection project that integrates political studies and other academic interests