

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 91438a35-f1ad-47ef-a3e8-0758a2703d7b  
Meeting date: December 12, 2024  
Request ID: 1a6f7f6b-7bd2-4615-a3a7-24f37e1ce133  
Student ID: jh674  
Counselor ID: awashington

## SUMMARY

Jean is struggling with academic integration and uncertainty about her future after a difficult semester majoring in Psychology and Neuroscience.

## KEY CONCERNS

- Low GPA in major course, including Psych 300 and 500
- Decision stress from major change and unclear major
- Feeling overwhelmed by course load and not sure what to major in
- Difficulty connecting with professors and seeking out support

## ACTION PLAN

- Help Jean reevaluate which major is right for her (psych or neuroscience, business, etc.)
- Connect Jean with academic advising to help with course selection and workload
- Refer Jean to mental health resources for adjustment disorder and stress management
- Offer support for transferring to a different major if academic path is uncertain

## FOLLOW UP PLAN

- Check on Jean's progress after reevaluation and advising visit
- Evaluate if academic counseling should continue or transition to career counseling
- Discuss possible internship or research opportunities in the future