

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: cfa10348-5655-4b1e-a460-9c38fd59e4f3
Meeting date: November 13, 2024
Student ID: ms423
Counselor ID: awashington

SUMMARY

Michael is experiencing academic underperformance, which is affecting his motivation and confidence in his political studies program. He is worried about losing his academic focus and is seeking guidance on career options and nonprofit work.

KEY CONCERNS

- Low academic performance and growing disillusionment with political studies
- Uncertainty about future career prospects in political science or related fields
- Feelings of inadequacy and desire to change course
- Need for academic support and career counseling

ACTION PLAN

- Recommend scheduling a campus-wide seminar series on nonprofit and policy work in the political arena
- Suggest attending a political science student organization to connect with peers and get feedback
- Discuss the potential for a career in advocacy or policy writing, or in nonprofit management
- Encourage taking a break from academic pressure and focusing on personal growth and interests

FOLLOW UP PLAN

- Schedule a check-in later this semester to monitor Michael's academic performance and overall well-being
- Refer to mental health services if stress levels rise
- Encourage application to summer internships or fellowships in nonprofit or policy fields