

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: f64a4ab0-dd95-4c71-84a6-78135cdc8a3c
Meeting date: September 19, 2024
Student ID: an810
Counselor ID: Nguyen

SUMMARY

Adam is experiencing deep distress and uncertainty about his future due to a mix of personal and academic concerns related to the state of education and education policy in the US.

KEY CONCERNS

- Feeling deeply distressed and disillusioned about the state of education and education reform in the US
- Worries that others around him are experiencing similar feelings and are questioning their own career paths
- Uncertainty about whether to continue in education or pursue other fields
- The importance of finding support and understanding in a difficult time

ACTION PLAN

- Help Adam identify how to better process his emotions and identify whether or not a career in education is still a good fit for him
- Refer Adam to student support centers that offer mental health and academic wellness resources
- Encourage Adam to explore alternative career paths that align with his interests and values, such as social justice advocacy or education policy analysis
- Help Adam explore whether a graduate school or industry-specific education could help him address the challenges facing education in the US

FOLLOW UP PLAN

- Check in after a week to check if Adam is feeling better or concerned about anything else
- Refer Adam to a mentoring relationship that covers multiple academic and personal concerns
- Encourage Adam to continue writing and sharing his thoughts publicly to raise awareness about the issues facing education and education reform