

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 911d93df-7655-4841-9db2-5b96ec73738f  
Meeting date: February 13, 2025  
Student ID: ts398  
Counselor ID: mrodriguez

## SUMMARY

Timothy is experiencing feelings of disillusionment, uncertainty, and emotional distress due to academic stress and a lack of clear direction in his major and future plans.

## KEY CONCERNS

- Distraught and disillusioned about the academic content and writing style of his philosophy course
- Uncertainty about whether to major in Philosophy or other academic fields
- Emotional exhaustion and lack of clear goals or next steps
- Feeling disconnected from the potential impact of his work on real-world problems

## ACTION PLAN

- Help Timothy reflect on what he's learned so far, what stands out about the philosophy course and how it's been applied
- Discuss the potential for academic majors and careers in fields like policy, tech, or social justice
- Encourage Timothy to explore non-major options (e.g., majoring in something like Creative Writing or Psychology), and connect with academic advising and career center resources
- Help Timothy develop a plan for graduation or transfer that aligns with his interests and potential

## FOLLOW UP PLAN

- Schedule a follow-up meeting in 2 weeks to check in on progress and plan execution
- Refer Timothy to a career counseling session if he's interested in exploring non-academic paths
- Offer referral to a mental health professional if Timothy's emotional state worsens