

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 8e0a764a-509a-4a21-8707-2f90d11f1e64
Meeting date: November 13, 2024
Request ID: 51cc5122-f88d-4a6f-a60c-c614dae27c95
Student ID: ir196
Counselor ID: mrodriguez

SUMMARY

Ian is dealing with depression and anxiety during the pandemic and post-graduation adjustment stress.

KEY CONCERNS

- Depression and anxiety during the Holocaust project and subsequent semester
- Loss of direction and feeling of loss of purpose
- Disconnection from new city and uncertainty about social identity
- Uncertainty about whether work will be helpful or worthwhile

ACTION PLAN

- Recommend cognitive-behavioral therapy for depression and anxiety
- Provide referral to mental health services at UC Berkeley
- Help Ian explore new social contexts and work opportunities without a major
- Encourage self-reflection and re-evaluation of goals and purpose

FOLLOW UP PLAN

- Check in after depression symptoms subside
- Refer Ian to a semester-end check-in with his academic advisor
- Encourage follow-up session to monitor progress and plan for future goals
- Help Ian explore internship opportunities or community engagement options