

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 6877a6ae-91e5-43fb-a56c-8824eb3e4ee4  
Meeting date: October 24, 2024  
Student ID: mj887  
Counselor ID: awashington

## SUMMARY

Megan is experiencing academic stress, low self-esteem, and feelings of inadequacy in her psychology major.

## KEY CONCERNS

- Taking multiple psychology and neuroscience courses, leading to academic overload
- Feeling more anxious and questioning her fit in the program
- Negative self-talk about performance and worthiness
- Low academic engagement and difficulty staying focused

## ACTION PLAN

- Recommend scheduling adjustment to reduce workload and focus on individual projects
- Encourage self-reflection and emotional regulation through journaling and therapy
- Provide academic support through course selection and workload management
- Encourage personal growth through psychology courses outside of the major, such as mindfulness or creative writing

## FOLLOW UP PLAN

- Check in mid-semester after major course changes and review academic progress
- Offer reflection work on career and transfer options in the psychology major
- Discuss how to integrate personal and academic goals in future plans