

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 31a4a28b-939b-4687-8879-20b335d98f95  
Meeting date: October 31, 2024  
Student ID: sp468  
Counselor ID: awashington

## SUMMARY

Sara is struggling to adapt to college life and feel disconnected from her political science major.

## KEY CONCERNS

- Uncertainty about major and direction of study
- Difficulty engaging with academic content
- Feeling disconnected from history and social sciences
- Lack of clarity about career pathway or major choice

## ACTION PLAN

- Help Sara identify interests and career paths that overlap with political science, such as policy analysis or advocacy
- Suggest attending political science seminars or events to explore non-academic options
- Refer Sara to career center for advice on major and career pathways
- Encourage Sara to register for electives that explore non-traditional paths, such as history, literature, and social justice

## FOLLOW UP PLAN

- Check in after first semester anxiety peaks, attend a check-in session with a college counseling center representative
- Discuss career interests and potential pathways in second semester, including potential internships or advocacy organizations
- Offer referral for a co-curricular planning workshop in spring semester