# **Counseling Meeting Report**

#### GENERAL INFORMATION

Meeting ID: 5d45536d-f3e6-40d7-952f-f1ba08aca5a0

Meeting date: October 04, 2024

Reguest ID: 93050962-fb45-420e-8b09-3d3ee079c9b7

Student ID: mw871

Counselor ID: awashington

## **SUMMARY**

Michael is struggling with his history course performance, which is impacted by stress and personal issues, and is in need of counseling to determine if his major should be altered.

## **KEY CONCERNS**

- Academic performance in history of Europe course
- Stress and decline in academic performance
- Personal issues affecting academic performance
- Interest in interdisciplinary majors but not eligibility to change major
- Need for counseling to determine if major should be altered

## **ACTION PLAN**

- Schedule a confidential counseling session to discuss academic stress, personal issues, and the impact of the history course on Michael's major eligibility
- Discuss the history major with a faculty member to understand the academic requirements for altering a major
- Recommend that Michael explores interdisciplinary majors that combine history and other fields, such as humanities and social sciences
- Encourage Michael to keep working hard and seek out support through academic and personal channels

## **FOLLOW UP PLAN**

- After counseling session, follow up with academic advisor to review course requirements and explore potential changes
- Schedule a re-enrollment appointment in the fall to discuss returning to a different major
- Recommend that Michael keep in touch with counseling staff to discuss long-term goals and career pathways