

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 7f87386b-06e1-441a-9179-528502e62609

Meeting date: November 01, 2024

Student ID: cr872

Counselor ID: awashington

SUMMARY

Christina is struggling with academic pressure, self-doubt, and the pressure to perform in her major in psychology despite feeling unengaged and losing interest.

KEY CONCERNS

- Low academic performance in various psychology courses
- Strong emotional attachment to psychology major, leading to uncertainty about career path
- Loss of focus and feeling like she's not doing well enough
- Feeling devastated by potential graduation delay and potential academic failure

ACTION PLAN

- Reassure Christina that academic pressure is common in psychology, especially for first-year students
- Discuss the diverse content in her major and how to engage with multiple topics
- Encourage self-care strategies like mindfulness and journaling to manage stress and focus
- Help Christina explore alternative majors or career paths that align with her interests and skills

FOLLOW UP PLAN

- Schedule a check-in later this semester to monitor academic performance and emotional well-being
- Refer Christina to mental health resources for stress management and career counseling
- Encourage continued engagement with the psychology major and supportive faculty in the department