

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 06f72398-149b-4514-b8df-64cf87167b34
Meeting date: December 02, 2024
Student ID: gv391
Counselor ID: rsharma

SUMMARY

Gregory is struggling with a difficult philosophy course, which led to a major seminar, and is now questioning his identity in the philosophy major.

KEY CONCERNS

- Distraught after failing a major course and feeling disconnected from the philosophy program
- Investigation into whether the philosophy major is a good fit for Gregory's academic interests
- Regret about investing heavily in a non-academic philosophy course
- Emotional distress from academic failure and uncertainty about future identity in the major

ACTION PLAN

- Refer Gregory to the philosophy faculty for a debriefing session on the philosophy of time and space course
- Encourage Gregory to explore the philosophy major more broadly through elective courses
- Discuss the potential for the philosophy major as a personal identity anchor if Gregory is still invested in the major
- Encourage Greg to work with a mental health professional to process emotional distress and regain academic confidence

FOLLOW UP PLAN

- Schedule a debriefing session with the philosophy faculty after the semester ends
- Recommend a mentorship with a non-academic interest in philosophy or academic identity re-alignment
- Encourage Gregory to apply for a different major if the philosophy major is not working out