

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 8872c9c7-4b05-4b65-9201-206fe6a557a8

Meeting date: September 11, 2024

Student ID: jk372

Counselor ID: awashington

## SUMMARY

Justin is struggling with academic balance in psychology major and needs guidance on whether his chosen major is viable.

## KEY CONCERNS

- Half-hearted academic performance (GPA around 2.5)
- Struggling to understand the psychology course content
- Involvement in mental health and mental health organizations, which may have influenced course selection
- Interest in psychology major but not sure if it's a good fit

## ACTION PLAN

- Refer Justin to psychology tutoring services for course review
- Connect Justin with tutoring center's free tutoring sessions for psychology courses
- Discuss potential majors that align more with Justin's interests (e.g., neuroscience, social work, psychopharmacology)
- Encourage Justin to stay in the psychology major if it's his preferred major, or explore alternative fields if academic balance is not sustainable