

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: f9c0ceab-a240-485c-98e9-42fa482f6352

Meeting date: December 17, 2024

Student ID: vd239

Counselor ID: Nguyen

SUMMARY

Vicki is a first-year student with no clear major or interest in academic programs, struggling with adjustment issues and questioning her future.

KEY CONCERNS

- Not sure what major or combination of majors will be best for her
- Feeling disconnected from her education, uncertain about goals
- Lack of engagement with her major, confusion about course selection
- Uncertainty about career options without a clear path

ACTION PLAN

- Help Vicki identify which academic programs might be a good fit for her (e.g. Education, English, social work, etc.), and provide information on major options and career pathways in her major
- Recommend meeting with a first-year seminar leader or academic advisor to explore interests
- Discuss the benefits of majoring in a non-traditional way (e.g. Interdisciplinary studies, career-focused paths), and offer support to explore this option
- Encourage self-reflection and exploration of future interests through a semester-long project or internship

FOLLOW UP PLAN

- Schedule a follow-up meeting to review progress and explore career or academic pathways after first-year adjustment
- Offer to connect Vicki with a mentor in her major or a new academic advisor
- Encourage application to student-led programs or fellowships for first-year students