

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 2936b53c-6ef4-45c7-aa57-9976fd81640e  
Meeting date: December 17, 2024  
Request ID: dec86241-6d79-456e-bc40-bfb26b4defbe  
Student ID: kf617  
Counselor ID: Nguyen

## SUMMARY

Kristy is experiencing academic stress, feeling disconnected from her major, and struggling to find her true passion.

## KEY CONCERNS

- Academic burnout, uncertain course selection, disconnection from major
- Attempting to change major without a clear plan
- Feeling unsupported by faculty and peers
- Wanting guidance on career and academic interests without a major

## ACTION PLAN

- Help Kristy identify which education-related courses are most relevant to her current interests, and suggest a semester-long exploration of a new major or career path
- Connect Kristy with a campus mentor in the Educational Studies program or a student-led organization, to get feedback on interests and potential opportunities
- Refer Kristy to the career center for career coaching and resume review if the exploration leads to a new major or career path

## FOLLOW UP PLAN

- Schedule a follow-up meeting in two weeks to check on Kristy's academic and emotional wellness progress
- Encourage Kristy to attend a career seminar or panel on education-related jobs in the future
- Introduce Kristy to alumni in the Educational Studies program or student-led initiatives