

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: bab1481a-bd15-4387-8cc3-9f4eaaee4822

Meeting date: November 04, 2024

Student ID: pr232

Counselor ID: awashington

## SUMMARY

Phillip is struggling to keep up with his academic load in psychology major and is concerned about his performance in classes.

## KEY CONCERNS

- Reaching out to class load is difficult
- Feeling overwhelmed by content and pace
- Making progress unclear
- Frustration and anxiety rising
- Need for academic support, especially in psychology courses

## ACTION PLAN

- Encourage Phillip to attend regularly and ask for help in class
- Refer to academic counseling service if necessary
- Discuss potential majors that don't require a major in psychology, such as neuroscience or social science
- Provide resources for time management and critical thinking in psychology and non-psychology courses

## FOLLOW UP PLAN

- Set up a check-in session in the next week to check progress
- Recommend attendance for psychology seminar series if available
- Schedule a discussion about interdisciplinary majors in the future