

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 6877a6ae-91e5-43fb-a56c-8824eb3e4ee4
Meeting date: October 24, 2024
Request ID: 7a26405d-5c49-43ed-bf93-cd655b77bce6
Student ID: mj887
Counselor ID: awashington

SUMMARY

Megan is experiencing academic stress, low self-esteem, and feelings of inadequacy in her psychology major.

KEY CONCERNS

- Taking multiple psychology and neuroscience courses, leading to academic overload
- Feeling more anxious and questioning her fit in the program
- Negative self-talk about performance and worthiness
- Low academic engagement and difficulty staying focused

ACTION PLAN

- Recommend scheduling adjustment to reduce workload and focus on individual projects
- Encourage self-reflection and emotional regulation through journaling and therapy
- Provide academic support through course selection and workload management
- Encourage personal growth through psychology courses outside of the major, such as mindfulness or creative writing

FOLLOW UP PLAN

- Check in mid-semester after major course changes and review academic progress
- Offer reflection work on career and transfer options in the psychology major
- Discuss how to integrate personal and academic goals in future plans