

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: b9ebe803-1409-49c4-a78c-7c744480f689  
Meeting date: December 11, 2024  
Request ID: efa233bb-d6a1-4d02-aa36-a4f322d3d4e9  
Student ID: er408  
Counselor ID: awashington

## SUMMARY

Ernest is experiencing a deep sense of disillusionment and disconnection from the political system and the broader societal issues he is studying.

## KEY CONCERNS

- Low academic performance despite strong coursework in political science
- Loss of interest in political issues and activism
- Feeling disconnected from the broader political conversation
- Uncertainty about the future of the political system and its impact on society

## ACTION PLAN

- Help Ernest identify how to better engage with the political process through student organizations and advocacy work
- Encourage Ernest to attend campus events related to social justice and environmental issues, to see the political system in action
- Recommend reading list and discussion of complex political issues to help Ernest make sense of his emotions
- Suggest forming a personal or social justice group as a way to connect with like-minded individuals

## FOLLOW UP PLAN

- Check in later this semester after a major political or social event
- Offer to keep in touch through check-in sessions or journaling prompts
- Encourage Ernest to reflect on whether or not he wants to continue in political studies or activism in the future