

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 22847cfd-e93b-438b-88b2-b3935e3548f0  
Meeting date: March 17, 2025  
Request ID: 69be99f1-dc02-40b4-8fcc-55d4c2700341  
Student ID: mb415  
Counselor ID: awashington

## SUMMARY

Student is uncertain about career path and possible academic adjustments in the middle of a major, experiencing academic stress.

## KEY CONCERNS

- Uncertainty about possible career paths in social work, education, or anthropology
- Recent academic struggles and feeling unprepared for academics
- Uncertainty about mid-semester adjustment of major and need for academic support
- Academic stress causing anxiety and uncertainty about future

## ACTION PLAN

- Help the student identify potential career paths in social work, education, or anthropology that align with their major
- Refer the student to career services for career counseling and job search advice
- Discuss the student's academic performance in recent semesters and provide feedback on academic performance
- Encourage the student to take a mid-semester break from their major and consider a different academic path if necessary

## FOLLOW UP PLAN

- Check in after midterms to assess if the student is still unsure about career path or academic adjustments
- Offer support for academic self-care through journaling, goal setting, and mentorship
- Help the student explore alternative majors or minors that align with their interests and career goals