

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: bf720d67-27c9-4a47-a703-844ddb8dca8c

Meeting date: October 10, 2024

Student ID: vc560

Counselor ID: awashington

SUMMARY

Vincent is experiencing academic pressure, but not sure his major is equipped to handle mental health, social justice, and writing-intensive work. He is experiencing feelings of disconnection and is struggling with writing and presentation skills.

KEY CONCERNS

- Academic pressure due to major selection and mental health interests
- Difficulty balancing academics and mental health and social justice interests
- Lack of understanding of the psychology major's academic and writing-intensive nature
- Feelings of disconnection from the major's mission and potential impact

ACTION PLAN

- Help Vincent identify how much of his psychology coursework deals with mental health and social justice topics, including cognitive science and social psychology
- Introduce Vincent to writing workshops and peer tutoring services that focus on non-linear academic writing
- Discuss the psychology major's academic requirements and how Vincent's interests align with certain courses
- Encourage Vincent to join mental health and social justice student organizations to connect with others interested in these topics

FOLLOW UP PLAN

- Check in after first-year seminar and assess academic performance
- Refer Vincent to a mental health referral service if needed
- Encourage Vincent to apply for a new major or minor that better aligns with his interests and academic needs