

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 653bdbbd-e7f5-4f4f-b33d-f9c44bae64be  
Meeting date: September 11, 2024  
Request ID: ed0ade3b-b3aa-4d23-a8ca-a8c22e811a42  
Student ID: bs622  
Counselor ID: rsharma

## SUMMARY

Brian is struggling with academic integration and first-year anxiety, but is unaware of his major's broader impact or potential limitations.

## KEY CONCERNS

- Lack of understanding of psychology concepts and applications
- Feeling disconnected from academic interests without majoring
- Academic stress leading to academic confusion
- Uncertainty about first-year major fit

## ACTION PLAN

- Recommend exploring minor or interdisciplinary major options
- Provide resources for integrating psychology with other academic interests
- Discuss the potential limitations of a psychology major in a traditional academic path
- Encourage seeking guidance from academic advisors or career center

## FOLLOW UP PLAN

- Schedule a check-in later this semester to monitor academic adjustment and identify next steps
- Offer referral to psychology-specific major advising service or career center
- Recommend attending first-year seminar series to learn about interdisciplinary fields and academic paths