

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 6dcb6b9d-3ec2-47fe-8e13-0885197bfe19
Meeting date: January 21, 2025
Student ID: td961
Counselor ID: awashington

SUMMARY

Theresa is struggling with the academic demands of her psychology major and is questioning her long-term commitment to the major.

KEY CONCERNS

- Unable to balance course load with mental health and academic stress
- Loss of interest in academic coursework
- Feeling uncertain about whether to major in psychology
- Need for support in staying committed to the major without fully understanding the field

ACTION PLAN

- Encourage Theresa to attend a mental health and academic support session to address academic stress and identify which courses are most appropriate for her
- Discuss potential interdisciplinary majors (e.g. Neuroscience, social work, psychology with business) with a focus on research-oriented work
- Recommend that Theresa not major in psychology and consider alternative academic pathway if she is committed to the major
- Help Theresa form a support network of peers and faculty who can provide emotional support and academic balance