

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: b9ebe803-1409-49c4-a78c-7c744480f689
Meeting date: December 11, 2024
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