

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 72372e33-ddb2-4d42-918e-c8cdc3e4e105
Meeting date: April 01, 2025
Student ID: jb680
Counselor ID: rsharma

SUMMARY

John is experiencing academic stress due to a lack of understanding of the psychology major and its academic expectations.

KEY CONCERNS

- Low academic performance in psychology courses
- Difficulty connecting personal and academic interests
- Uncertainty about the appropriate path in the psychology major
- Feeling overwhelmed by academic demands and lack of guidance

ACTION PLAN

- Help John identify which psychology courses are relevant for his major and personal interests
- Introduce him to the research and writing components of the psychology major
- Discuss the different paths available in the major, including non-academic options like health psychology or social justice psychology
- Encourage John to join a research group and work on real-world projects

FOLLOW UP PLAN

- Schedule a check-in later this semester to assess academic progress and whether John is still struggling
- Refer John to mentorship program for first-year students in the psychology major
- Help John develop a plan for graduation success that includes balance between academic work and personal growth