

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: d07d995f-0865-47c4-b403-89b8709d9ea1  
Meeting date: August 26, 2024  
Student ID: jr330  
Counselor ID: awashington

## SUMMARY

John is experiencing academic stress and uncertainty about his major and future career prospects.

## KEY CONCERNS

- Academic performance in major (Sociology & Anthropology)
- Struggling with difficult and challenging courses
- Low self-estimates due to academic struggles
- Worry about major change without strong academic record
- Feeling lost and uncertain about career path

## ACTION PLAN

- Help John reviewing course content and strategizing for remaining Sociology and Anthropology courses
- Refer John to tutoring center for difficult courses, especially if they are part of his major
- Encourage John to attend career workshops and connect with alumni in the fields he's interested in
- Consider switching majors if John is still struggling academically and has a strong academic record
- Help John identify long-term career goals and plan for post-college pathways

## FOLLOW UP PLAN

- Check in later this semester after major revisions or final exams
- Refer John to a career services officer after major revision
- Encourage John to attend career fairs and connect with alumni networks in multiple majors