

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: dd1606e1-a7b6-4ddc-b0a5-23e147aee95c

Meeting date: September 04, 2024

Student ID: dc380

Counselor ID: rsharma

## SUMMARY

Donald is struggling with academic integration and uncertainty about his major and academic path in first year.

## KEY CONCERNS

- Love of psychology and related fields, but not sure what “big” ideas are
- Difficulty connecting with academic courses, especially those outside his major
- Lack of support from first-year professor and first-year academic integration
- Increasing sense of academic and personal stress

## ACTION PLAN

- Help Donald identify which psychology and neuroscience courses are relevant to his interests and goals
- Refer Donald to student-led academic advising sessions to explore major options
- Encourage Donald to join a student organization that aligns with his academic interests
- Review course syllabi and provide feedback on academic readiness for psych major

## FOLLOW UP PLAN

- Schedule a check-in later this semester to monitor academic progress and emotional well-being
- Evaluate if Donald’s major is still a good fit based on his interests and future plans
- Encourage Donald to consider a minor or interdisciplinary major in the future if he’s still struggling