

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: c8b6c997-4c48-4bd0-88f2-5b0faa2e3b63
Meeting date: April 01, 2025
Student ID: jc976
Counselor ID: Nguyen

SUMMARY

Joseph is experiencing deep emotional distress and is struggling to find his sense of purpose in his major due to rapid change and uncertainty in the academic and career landscape.

KEY CONCERNS

- Low academic performance and interest in the major
- Feeling disconnected from the content and impact of the field
- Uncertainty about future career options in a rapidly evolving field
- Lack of emotional support in a rigorous academic environment

ACTION PLAN

- Help Joseph reflect on the ongoing relevance of geography and the importance of storytelling in the field
- Recommend exploration of non-academic career paths (e.g., environmentalism, policy, storytelling)
- Connect Joseph with student mentorship program that emphasizes interdisciplinary work and storytelling
- Ensure confidentiality and support for navigating difficult emotional states in a academic setting

FOLLOW UP PLAN

- Schedule follow-up after academic performance improves or exploration of alternative career paths
- Refer to mental health professional if emotional distress worsens
- Encourage public speaking and writing opportunities as a way to integrate the major in a healthy way