

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: ffde38f0-405d-41c6-af2a-b892bfbcd5be
Meeting date: February 13, 2025
Student ID: cs317
Counselor ID: rsharma

SUMMARY

Charles is experiencing academic stress due to a lack of understanding of the psychology major's broader implications and unpreparedness for first-year coursework.

KEY CONCERNS

- Love of psychology but confusion about its relevance and application
- First-year unprepared for psychology-specific courses
- Feeling overwhelmed by course load and lacking confidence
- Academic failure looming
- Uncertainty about major and future career path

ACTION PLAN

- Help Charles understand the psychology major's theoretical and applied components, including cognitive science, emotion, and brain development
- Introduce Charles to first-year psychology tutoring services and academic advising
- Recommend reading lists and workshops on psychology and personal interests
- Encourage self-reflection and goal setting for graduation
- Consider major switch or minor in neuroscience or social justice studies

FOLLOW UP PLAN

- Check on academic progress in upcoming weeks, include discussion of major options or career pathways
- Offer referral to psychology or humanities programs for future consideration
- Recommend attendance at academic workshops or student organizations related to personal and academic interests
- Encourage networking with faculty and students in the psychology and neuroscience departments