

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 3900283d-d086-477b-8b7d-429cb39ea74b
Meeting date: November 19, 2024
Student ID: ra631
Counselor ID: rsharma

SUMMARY

Richard is experiencing academic anxiety and uncertainty about his academic path, which is affecting his overall well-being.

KEY CONCERNS

- Academic performance in sociology and anthropology major is strong, but students are often challenged by advanced courses
- Struggling in humanities and social science-related courses, especially in humanities and social science
- Worries that the major is not as interesting or useful as he thought, leading to uncertainty about future prospects
- Uncertainty about continuing in the social sciences program

ACTION PLAN

- Help Richard identify which courses are most challenging in his current major, and provide academic support through the tutoring center
- Discuss potential major switch with a professor and explore if there are other interdisciplinary options within the department
- Encourage Richard to explore other social science and humanities majors or minors that align with his interests and skills
- Recommend attending career services to explore postgraduate options or entry into nonprofit or policy work

FOLLOW UP PLAN

- Schedule a follow-up meeting to review academic progress and career goals in the next few weeks
- Offer referral to a personal growth or career counseling service if Richard is interested in exploring further
- Encourage Richard to attend a career fair or networking event in the next semester