

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 1e1226ef-af89-4916-9e72-ee62846f053b
Meeting date: November 06, 2024
Student ID: mc861
Counselor ID: awashington

SUMMARY

Margaret is struggling to balance her academic interests with her political science major, and is experiencing burnout and confusion.

KEY CONCERNS

- Taking non-political but related courses in the political science major
- Struggling with the depth and scope of the political science coursework
- Feeling unprepared for the content in her political science classes
- Burnout from the demand of the major and uncertainty about future commitment
- Lack of understanding of the potential impact of her academic choices

ACTION PLAN

- Help Margaret identify which political science and public policy courses are most relevant to her interests and career goals
- Explain the academic and political differences between these two majors and how to balance both
- Recommend switching to a different political science major or combining with a different academic area
- Encourage journaling and reflection exercises to stay focused and reduce stress

FOLLOW UP PLAN

- Schedule a check-in later this semester to check if Margaret has made any progress
- Offer a journaling workshop on non-political topics or how to balance academics and life
- Encourage Margaret to talk with a career services or academic counseling center for guidance on career options in the political field