

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 603c7f69-e358-41a8-a338-1bbe83c57544  
Meeting date: October 11, 2024  
Student ID: mh290  
Counselor ID: Nguyen

## SUMMARY

Michelle is uncertain about her academic and career goals after adjusting to a new academic environment and considering graduate school.

## KEY CONCERNS

- Uncertainty about whether to stay in academia or transition to another field
- Difficulty determining what skills make a good fit in graduate school or the workforce
- Feeling overwhelmed by the academic demands of her major and the new coursework
- Lack of clarity about future career paths that align with her interests

## ACTION PLAN

- Help Michelle evaluate potential graduate school programs based on her academic performance, including her East Asian studies major
- Discuss the strengths and skills of the East Asian Languages and Literature program at UC Berkeley
- Refer Michelle to career services for advice on non-academic career paths, such as nonprofit or policy work
- Encourage Michelle to attend a career fair or interview session next semester

## FOLLOW UP PLAN

- Schedule a follow-up meeting in a few weeks to check in on Michelle's career decision-making process
- Offer a career fair referral as a reminder of upcoming opportunities
- Recommend a mentor in the East Asian Studies department for further guidance