

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: aa6f5f89-7083-4d6c-a9dc-c441606cb5ff  
Meeting date: January 07, 2025  
Student ID: jb680  
Counselor ID: rsharma

## SUMMARY

John is experiencing academic stress due to a lack of understanding of the psychology major and its academic expectations.

## KEY CONCERNS

- Low academic performance in psychology courses
- Difficulty connecting personal and academic interests
- Uncertainty about the appropriate path in the psychology major
- Feeling overwhelmed by academic demands and lack of guidance

## ACTION PLAN

- Help John identify which psychology courses are relevant for his major and personal interests
- Introduce him to the research and writing components of the psychology major
- Discuss the different paths available in the major, including non-academic options like health psychology or social justice psychology
- Encourage John to join a research group and work on real-world projects

## FOLLOW UP PLAN

- Schedule a check-in later this semester to assess academic progress and whether John is still struggling
- Refer John to mentorship program for first-year students in the psychology major
- Help John develop a plan for graduation success that includes balance between academic work and personal growth