

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: e7eb7412-dc33-4d14-8ba1-4d9c2e657b8f
Meeting date: November 21, 2024
Student ID: cj215
Counselor ID: mrodriguez

SUMMARY

Cassidy is experiencing first-year anxiety and is still figuring out her major and career goals in science.

KEY CONCERNS

- Deep engagement with academic demands and feeling overwhelmed
- First-year anxiety and uncertainty about major and career path
- Still working on determining major and career direction
- Lack of clarity about what to do with a science major

ACTION PLAN

- Encourage Cassidy to attend academic support services (e.g., tutoring, advising)
- Introduce first-year seminar students as a safe way to learn about different majors and careers
- Recommend attending a first-year seminar or tutoring session for physics and astronomy
- Help Cassidy explore possible career paths in science, engineering, or education

FOLLOW UP PLAN

- Schedule a check-in later this semester to monitor anxiety and academic stress
- Refer Cassidy to a career counseling referral if needed
- Discuss potential career paths in fields like energy, healthcare, or tech with academic advisors