

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 500c640c-5910-47b7-9ae2-67dba461f629

Meeting date: October 01, 2024

Student ID: tf743

Counselor ID: awashington

## SUMMARY

Tammy is struggling to adapt to college life, including her political science coursework and career options.

## KEY CONCERNS

- Feeling disconnected from her major (Political Science), uncertain about career path and feeling overwhelmed by new responsibilities
- Lack of direction in political theory and policy courses, lack of interest in major area
- Uncertainty about major's intended outcome (grad school or employment), which is affecting confidence

## ACTION PLAN

- Help Tammy explore potential career paths in public policy, social impact, or advocacy
- Recommendation to take electives in fields like social justice, data analysis, and international relations
- Introduce Tammy to campus resources for academic advising and career development
- Encourage independent study or internship opportunities in her major or related fields

## FOLLOW UP PLAN

- Check in after first semester adjustment period and provide reflection on first-year experiences and major options
- Suggest attendance at a public policy or social justice event or workshop next semester
- Help Tammy form a plan for graduation and what comes after college