

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 1b8ca175-b0bc-4a0d-9268-a1f434bb1cb6
Meeting date: January 02, 2025
Student ID: jb110
Counselor ID: awashington

SUMMARY

James is experiencing difficulty integrating history with other disciplines in his first year, leading to anxiety and uncertainty about his major and future.

KEY CONCERNS

- Enjoys mixing history and other disciplines in his coursework, but finds it hard to connect the material with his academic goals
- He is in his first semester of college, and is still figuring out what classes to take that will help him succeed in his major
- Feels overwhelmed by the scope of what he's learning and not sure how to apply history to his personal or academic goals
- Worries that he's not doing well enough to succeed in history or his major in the first place

ACTION PLAN

- Help James identify which history and social science courses are relevant to his academic goals (e.g. Science in the 20th century, race in US history, World War II history)
- Connect James with a tutor who can help him map out a coherent academic plan that integrates history with other fields
- Encourage James to join a student organization or academic club that focuses on interdisciplinary work or social justice issues
- Refer James to a mentorship program for first-year students in the humanities or social sciences to build skills for college and career success

FOLLOW UP PLAN

- Check in later this semester to check how James is integrating his history and goals, and provide updated plan based on feedback
- Offer to follow up after a major paper or presentation to reinforce the interdisciplinary nature of history and how it applies to real-world issues
- Offer to connect James with alumni or faculty members in the humanities or social sciences who have successfully integrated history in their fields