

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 744381f3-c68d-4fa1-b9bc-1d81e64f1f18
Meeting date: December 23, 2024
Student ID: jr586
Counselor ID: awashington

SUMMARY

Joseph is experiencing academic and emotional challenges, and is unsure of his long-term goals or how to thrive in his major.

KEY CONCERNS

- First-year academic stress, major not fitting, feeling lost
- Emotional turmoil, struggling to balance academics and personal life
- Uncertainty about major and long-term direction
- Lack of support in first-year year, unfamiliar with college systems

ACTION PLAN

- Help Joseph explore alternative majors (e.g., psychology, writing, interdisciplinary studies)
- Recommend referral to counseling service for first-year students
- Encourage journaling and reflection as a way to process emotions
- Connect Joseph with student success center for academic support

FOLLOW UP PLAN

- Check in after emotional highs and low lows
- Refer to academic wellness check-in service
- Encourage meeting with academic advisor to discuss potential changes
- Offer referral to new major advising office