

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: d940cb0c-7241-4794-adf5-ad3319e60082

Meeting date: March 03, 2025

Student ID: tm235

Counselor ID: awashington

## SUMMARY

Thomas is experiencing academic delinquency and academic burnout in his first-year physics course, and is reaching out for support on re-engaging academically and managing his workload.

## KEY CONCERNS

- First-year student, struggling with complex physics concepts
- Regular attendance but still feeling lost or confused
- Academic burnout and potential for academic failure
- Feeling like he's not yet ready for the rigor of the physics major

## ACTION PLAN

- Help Thomas understand the complexities of the physics course and the importance of engagement
- Discuss the academic nature of the first-year course and the importance of engagement
- Encourage Thomas to set achievable goals for his coursework and re-engage with the material
- Offer support through academic advising and tutoring services

## FOLLOW UP PLAN

- Schedule a check-in session in a few weeks to check if Thomas has regained interest or if academic stress is still affecting him
- Review academic progress again in the first-year physics course
- Discuss how to incorporate self-care strategies into his academic schedule