

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: f787e17e-c879-4b93-bad7-24fad3b2fa4f
Meeting date: October 23, 2024
Student ID: jw707
Counselor ID: awashington

SUMMARY

James is struggling to keep up with his Computer Science coursework, which is causing anxiety and uncertainty about his academic progress.

KEY CONCERNS

- Requiring readings in complex software engineering and data analysis systems
- Struggling to understand complex concepts in class
- Feeling overwhelmed by coursework load
- Worries about grades and advisor requests
- Uncertainty about academic fit and graduation timeline

ACTION PLAN

- Help James with breaking down complex material into manageable chunks
- Refer to tutoring service if necessary
- Discuss academic expectations and grading expectations with advisors
- Encourage consistent reading and discussion with professor and peers
- Coach James on effective study strategies and grading expectations

FOLLOW UP PLAN

- Schedule a check-in session in a few weeks to assess academic progress
- Refer James to mindfulness or academic skill-building workshops
- Discuss grading options and potential accommodations in future semesters
- Help James set achievable goals for academic performance and self-confidence