

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 31a0ca50-8796-46a1-a4f4-9a254b2c4680
Meeting date: August 13, 2024
Student ID: aj771
Counselor ID: schen

SUMMARY

Anna is experiencing academic stress due to a mix of environmental studies and non-STEM coursework, which is affecting her writing and performance in college.

KEY CONCERNS

- Struggling with a mix of environmental and social science courses, including writing intensive workloads
- Feeling overwhelmed by the content and pace of the environmental studies major
- Loss of confidence in academic performance due to inconsistent writing and presentation skills
- Difficulty integrating non-STEM coursework into a major in environmental studies

ACTION PLAN

- Help Anna with a review of the environmental studies curriculum and its integration with other fields
- Introduce writing and presentation workshops as a way to build skills without overwhelming herself
- Encourage Anna to join an environmental studies or environmental studies-focused club to connect with peers and get feedback
- Schedule a review session to monitor academic progress and identify achievable goals for next steps

FOLLOW UP PLAN

- Check in before finals week to assess adjustment needs and academic progress
- Offer support for a final project or thesis in environmental studies or sustainability
- Encourage Anna to apply for a writing fellowship or academic mentorship to build skills outside of class