

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: df621a24-1fa9-4269-9d91-7a12b02f1311
Meeting date: December 09, 2024
Student ID: jv670
Counselor ID: mrodriguez

SUMMARY

Johnathan is experiencing academic stress due to a mix of academic coursework and personal activities, but is still trying to figure out how to improve his economics skills.

KEY CONCERNS

- Struggling with a mix of economics and non-economics coursework
- Feeling overwhelmed by the academic pace
- Frustration with grades but not sure if he's passing certain courses
- Uncertainty about how to effectively apply economics concepts in other contexts

ACTION PLAN

- Recommend scheduling meetings with an economics tutor to review course materials more slowly
- Encourage journaling or practice exercises to help process economic concepts
- Discuss how to balance academic work with other activities and assignments without falling behind
- Recommend attending academic support sessions for both economics and general-track students

FOLLOW UP PLAN

- Check in after midterms to assess progress and confidence
- Offer referral to academic counseling for students with complex academic needs
- Encourage students to reach out for peer support after traditional academic events
- Recommend joining a student club or academic honor society to connect with like-minded peers