

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 00b8290a-8fd0-4f06-940e-9f35d00687d2  
Meeting date: November 22, 2024  
Request ID: d0806fdb-78b2-401e-bd50-19faa583189e  
Student ID: rm571  
Counselor ID: mrodriguez

## SUMMARY

Raymond is experiencing academic stress and is struggling to maintain his grades and performance in his advanced chemistry and research courses.

## KEY CONCERNS

- Academic load exceeding ability
- Tension leading to fatigue and decreased motivation
- Hitting a wall in advanced chemistry courses
- Uncertainty about graduation outcome and ability to continue forward

## ACTION PLAN

- Recommend scheduling adjustment to reduce workload
- Introduce time management strategies for chemistry and grad school
- Encourage open discussion of grades and performance expectations
- Refer to academic counseling for stress management and academic success coaching

## FOLLOW UP PLAN

- Check progress in mid-semester after finals loom
- Book appointment for academic workshop or tutoring service
- Encourage long-term planning for graduation and career goals
- Recommend attendance at a graduate seminar or research group