

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 03e9989c-506f-44ee-9752-8d463d51f39f

Meeting date: October 18, 2024

Request ID: 223ec5b2-b7de-48b7-b5d7-b135c205e9b2

Student ID: jp598

Counselor ID: mrodriguez

## SUMMARY

Jenny is struggling with the demands of biology major coursework, the pressure to perform academically, and the need to develop personal growth strategies.

## KEY CONCERNS

- Struggling with coursework in biology, particularly genetics, evolution, and cell biology
- Feeling overwhelmed by academic expectations and pressure to perform well in honors requirements
- Worrying about fitting into the biology major and feeling lost or unsupported
- Need for guidance on how to balance biology coursework with personal growth and academic expectations

## ACTION PLAN

- Help Jenny review course materials more thoroughly to ensure understanding of complex concepts
- Discuss the academic pressure and potential negative impacts on grades in biology majors
- Recommend a seminar or individual session on personal growth and academic integration in biology
- Encourage journaling and reflection exercises as a way to manage stress and improve confidence

## FOLLOW UP PLAN

- Schedule a follow-up seminar on integrative biology or interdisciplinary studies later this semester
- Encourage a reflection assignment for next semester's biology courses
- Offer support for a honors thesis or research project if applicable