

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: becdd2cd-81ed-487a-b509-e386da471696

Meeting date: February 03, 2025

Student ID: mj684

Counselor ID: mrodriguez

## SUMMARY

Michelle is experiencing first-year anxiety and academic stress, but is still struggling to find a path forward.

## KEY CONCERNS

- First-year English course is not engaging, history of science course is not appealing, writing seminar is not related to her major
- Concerns about academic identity and whether to major or minor
- First-year feeling of failure and uncertainty about whether she can succeed
- Need for support in identifying a healthy academic path

## ACTION PLAN

- Help Michelle understand the different majors and their writing requirements
- Recommendation to take a writing-intensive course in her major and attend a writing center
- Encourage exploration of other majors or minors that align with her interests
- Consider a first-year seminar that focuses on academic skills and not just literature

## FOLLOW UP PLAN

- Schedule a check-in later this semester to monitor academic stress and identify new interests
- Offer a reflection workshop on academic identity and career pathways later this semester
- Encourage Michelle to apply for academic support services in the future