

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 82124042-7c96-4bd7-8c1a-54ce48a15223

Meeting date: November 04, 2024

Student ID: jr918

Counselor ID: awashington

SUMMARY

Jose is experiencing academic stress due to a mix of academic expectations in his chemistry major, complex coursework, and research-oriented assignments.

KEY CONCERNS

- Struggling with coursework in chemistry, including complex concepts and research-oriented assignments
- Regularly seeking advice from faculty but feeling overwhelmed
- Feeling at a loss for how to stay in his major without overwhelming himself
- Uncertainty about changing majors or switching to a more academically-focused major

ACTION PLAN

- Help Jose understand the complexities of the chemistry course material and the academic expectations of his major
- Introduce him to a peer tutoring program for chemistry students
- Encourage exploration of other academic fields (e.g., biology, math, philosophy)
- Refer to academic counseling if Jose's academic situation becomes more pressing

FOLLOW UP PLAN

- Check in after week 3-4 of chemistry coursework
- Schedule a check-in session to review progress and academic support needs
- Encourage Jose to consider a different major if academic stress becomes a concern