

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 21011c1e-35d3-419e-9b0d-2de0cde7cd1e
Meeting date: September 30, 2024
Student ID: dr639
Counselor ID: Nguyen

SUMMARY

Dana is struggling with academic pressure, academic performance, and graduation stress in physics major.

KEY CONCERNS

- Late submission and poor grades in major courses
- Feeling overwhelmed by coursework load and worried about graduation
- Feeling like she's not doing enough to meet academic expectations
- Stress from academic pressure and uncertainty about future in physics

ACTION PLAN

- Help Dana identify strategies to manage her workload effectively, such as time management tools and grading strategies
- Connect Dana with academic success coaches who can provide one-on-one support for academic performance
- Encourage Dana to join a high-impact graduate student organization to connect with graduate students in her field
- Recommend applying for graduate-level advising or a graduate student mentor to help manage pressure

FOLLOW UP PLAN

- Schedule a check-in later this semester to monitor academic progress and emotional well-being
- Offer support for applying for summer or fall internships or research opportunities
- Encourage Dana to write a graduate-level research proposal in the future to highlight her academic achievements