

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: b85dd299-242c-4b0e-bb6e-0edfcd4479f9
Meeting date: November 12, 2024
Student ID: ka347
Counselor ID: awashington

SUMMARY

Kenneth is experiencing academic stress and uncertainty about his future in physics major.

KEY CONCERNS

- Losing focus in academic coursework due to challenging content and workload
- Feeling disconnected from the physics community and uncertainty about whether to stay in major
- Questioning if he should continue in physics major or change course
- Difficulty reaching out for support due to academic isolation

ACTION PLAN

- Encourage Kenneth to attend a campuswide academic support center to get help with course planning and grading
- Introduce Kenneth to a peer mentor in the physics major or non-major student body
- Discuss the social and academic context of the physics major and how to stay engaged
- Encourage Kenneth to explore alternative majors or minors that fit his interests and skills

FOLLOW UP PLAN

- Schedule a follow-up meeting to check on academic progress and whether to change course or major
- Refer Kenneth to a career counseling session if he's considering graduate school
- Help Kenneth brainstorm potential career paths that overlap with his interests in physics and academia