

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 173bc981-b4a3-43db-a0be-ebbb38437e58

Meeting date: December 31, 2024

Student ID: mp454

Counselor ID: awashington

SUMMARY

Michelle is struggling with academic pressure, coursework overload, and self-perception in the face of heavy coursework in her major.

KEY CONCERNS

- Enormous course load in math and statistics major
- Feeling inadequate due to pressure from parents and peers
- Uncertainty about ability to succeed in math-heavy major
- Pressure to perform academically even as coursework increases

ACTION PLAN

- Help Michelle identify which courses are most relevant to her major (e.g. Stats, probability, data science)
- Recommendation to start taking lower-level math courses cautiously and work with a professor to develop a plan
- Encourage Michelle to join a math-focused student organization or academic mentorship program
- Help Michelle reframe her academic identity by highlighting her interests and skills outside of math

FOLLOW UP PLAN

- Check in after first semester adjustment period to check if Michelle is still struggling
- Offer support for academic retention through grading policy or academic support center
- Refer Michelle to career counseling for career planning in a math-heavy field