

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 6c0e27e8-6dfa-481d-8f7d-aec501406fa7
Meeting date: December 06, 2024
Student ID: es277
Counselor ID: mrodriguez

SUMMARY

Emma is experiencing academic stress due to a mix of first-year physics coursework and increasing demands in her major.

KEY CONCERNS

- Struggling to keep up with course material in physics and math courses
- Lack of academic confidence, especially in professors' expectations
- Uncertainty about graduation prospects and performance level
- Panic about failure in the major and future career options

ACTION PLAN

- Help Emma identify strategies to manage the complex nature of physics coursework, including time management and critical thinking techniques
- Introduce academic peer mentoring program for first-year students in physics and astronomy
- Recommend extended response policies for some professors if the load becomes too heavy
- Encourage confident self-expression but remind Emma that academic success is measured by grades and not subjective opinion

FOLLOW UP PLAN

- Schedule a check-in session next week to monitor academic stress level and goal revision
- Offer a reflection workshop on academic writing and presentation skills for physics students
- Encourage Emma to join a research-focused student organization for support and networking