

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: f7ee8874-e2a0-4bbf-a196-978a6bd0708a
Meeting date: March 06, 2025
Student ID: ml585
Counselor ID: mrodriguez

SUMMARY

Maria is struggling with adjusting to the biology major, dealing with difficult coursework, and feeling overwhelmed by personal and academic pressures.

KEY CONCERNS

- Low grades in biology courses last semester
- Uncertainty about fit for biology major
- Personal issues may be affecting academic performance
- Feeling overwhelmed and not regaining control of course load

ACTION PLAN

- Refer to academic advising for strategies to balance biology and personal work
- Discuss how to re-evaluate course selection based on academic fit and potential
- Encourage journaling and reviewing of difficult biology concepts to build confidence
- Help Maria form a plan to reduce course load and focus on reviewing key concepts

FOLLOW UP PLAN

- Schedule a check-in later this semester to monitor academic progress and emotional well-being
- Recommend a study group or mentorship for biology majors with personal and academic pressures
- Encourage Maria to apply for academic support services if she feels overwhelmed