

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 7b447914-dd07-49b8-b9a0-28c9cee34924  
Meeting date: March 21, 2025  
Student ID: ma935  
Counselor ID: rsharma

## SUMMARY

Mary is struggling with academic pressure, uncertainty about her economics major, and a sense of failure due to heavy coursework load and advising.

## KEY CONCERNS

- Struggling with coursework and academic expectations in economics and finance
- Feeling overwhelmed by reading and presentations,
- Feeling like a failure due to heavy coursework load and advising
- Worries about losing faith in the economics major and considering major switch

## ACTION PLAN

- Help Mary identify which economics courses are most important for her current work (financial analysis, macroeconomics, etc.)
- Recommend a gradual reduction in course load and advising
- Talk about how to organize and summarize complex material in a way that doesn't feel overwhelming
- Recommend working with a faculty advisor to explore major options, including economics and other fields

## FOLLOW UP PLAN

- Schedule a follow-up meeting to review academic progress and adjustment plan
- Check in after major coursework reduction and discuss next steps
- Offer referral to academic advising for other majors or interdisciplinary options