

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: c5e6e697-a755-41e2-a759-84edd965c946

Meeting date: December 04, 2024

Student ID: ke753

Counselor ID: mrodriguez

SUMMARY

Karen is struggling to adjust to her geography program, feeling overwhelmed by coursework and academic expectations in a different environment.

KEY CONCERNS

- Working on thesis in humanities and mixed course load
- Feeling disconnected from other students in program
- Pressure to succeed in program's requirements
- Difficulty managing academic pressure and finding a balanced schedule

ACTION PLAN

- Help Karen understand the different academic pathways in the humanities and social sciences
- Introduce thesis advising session as a way to integrate academic work
- Discuss how to manage course load and academic expectations in a different setting
- Encourage Karen to set realistic academic goals and find a balance with her peers

FOLLOW UP PLAN

- Schedule a thesis advising appointment in the next week
- Suggest meeting with academic advising or student affairs office
- Discuss how to write a personal narrative thesis and how to present it
- Encourage Karen to set realistic academic goals for the remainder of her program