

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 62355309-e783-49c5-b44f-ecf7ec964d63

Meeting date: November 05, 2024

Student ID: dl388

Counselor ID: mrodriguez

SUMMARY

Denise is experiencing academic pressure due to a heavy math major, but is struggling to articulate her strengths or identify areas for improvement.

KEY CONCERNS

- Enjoying many math courses but struggling with harder courses, especially those in the introductory sequence
- Trying out statistics even though it's not in her major, leading to confusion and frustration
- Trying to stay in her math major without falling behind, but feeling overwhelmed and at risk of falling behind
- Need help understanding what she's doing well in her math courses, even if they're not directly related to her major

ACTION PLAN

- Schedule a discussion of your coursework and academic goals in your math major
- Discuss how you're doing in your statistics course, even though it's not in your major
- Recommend breaking down coursework into smaller, manageable chunks and tracking progress
- Encourage mindset practices (like believing you can handle difficult topics) instead of stressing out