

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: bb385ea4-09d3-4cf7-9b91-6d7feb00d5f9  
Meeting date: November 15, 2024  
Student ID: ag239  
Counselor ID: mrodriguez

## SUMMARY

Amber is a first-year student with a mix of academic and social concerns, struggling to adjust to college life and uncertain about her major and academic path.

## KEY CONCERNS

- First-year academic and social adjustment anxiety
- Difficulty connecting with humanities and social science courses
- Broadness in major not well-suited for future studies
- Lack of social integration despite academic interest
- Uncertainty about academic fit and future prospects

## ACTION PLAN

- Help Amber identify which social and academic courses are most relevant to her interests (e.g. Sociology of education, social inequality, psychology, etc.)
- Suggest Amber join a social cohesion group to connect with peers from different majors
- Recommend a mix of humanities and social science courses for Amber's major, with emphasis on interdisciplinary studies
- Encourage Amber to stay in her first-year seminar to gain exposure to different academic contexts

## FOLLOW UP PLAN

- Check in after first semester stress and anxiety, using journaling or interviewing to track progress
- Offer support for ambitious academic goals, but also help Amber reframe what it means to be a first-year student in a major
- Refer Amber to a career services or academic advising center after semester report