

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 5edfa49b-7161-477f-b32c-eb948a81ded4  
Meeting date: March 11, 2025  
Student ID: mr218  
Counselor ID: schen

## SUMMARY

First-year student struggling with adjusting to first-year Environmental Studies major and classmates

## KEY CONCERNS

- Feeling overwhelmed by course content and classmates' level of engagement
- Need for academic and social integration, but not sure how to get help
- Willingness to work closely with first-year student peer mentor to address concerns

## ACTION PLAN

- Help Martin identify learning challenges and potential solutions in his environmental studies coursework
- Introduce first-year adjustment workshops or peer mentoring as possible options
- Encourage Martin to reach out for individualized support if he feels isolated or lost
- Schedule a meeting to discuss first-year adjustment issues and potential academic support options

## FOLLOW UP PLAN

- Check in after first-year seminar sessions to check progress on academic and social adjustment
- Offer to follow up after peer mentoring sessions if needed
- Encourage Martin to reflect on how to best engage with the major and make connections with peers in the future