

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 8a7e7d11-cfec-4546-ba57-d2757ae1322b  
Meeting date: November 26, 2024  
Request ID: 9b834edb-e43a-417b-a8c5-7c377645b21b  
Student ID: cb372  
Counselor ID: mrodriguez

## SUMMARY

Cheryl is struggling with adjusting to a math-heavy academic environment and is not sure how to balance coursework with personal growth.

## KEY CONCERNS

- Repeating multiple math courses despite major focus
- Difficulty integrating liberal arts with math major
- Feeling overwhelmed by the academic demands
- Lack of support from faculty or advisors

## ACTION PLAN

- Recommend scheduling adjustment to reduce course load and focus on core courses
- Introduce strategies for integrating liberal arts and math major, such as taking non-math courses with math terms
- Connect Cheryl with advising and academic support teams to explore balance options
- Recommend attending a liberal arts major seminar or peer mentorship group

## FOLLOW UP PLAN

- Check in after first semester adjustment period and review course selection
- Offer follow-up session to review academic plan and future goals
- Encourage participation in academic events and peer groups to build skills and perspective