

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 8a6a3d8c-aa44-42d1-a263-ef09220f3e26
Meeting date: December 24, 2024
Student ID: aw396
Counselor ID: mrodriguez

SUMMARY

Amanda is experiencing difficulty balancing her academic work with her personal and academic goals, leading to feelings of stress and uncertainty.

KEY CONCERNS

- Requiring significant amounts of time and effort in multiple courses
- Difficulty integrating coursework with personal and academic interests
- Uncertainty about major or intended outcomes without clear plan
- Feeling overwhelmed and at risk of burnout

ACTION PLAN

- Help Amanda identify which courses are relevant to her personal and academic goals, and how to integrate them effectively
- Provide guidance on writing and critical thinking skills for both academic and personal use
- Connect Amanda with student success center for academic advising and accountability
- Schedule a meeting to review academic plan and explore career pathways in multiple fields

FOLLOW UP PLAN

- Check in after first semester review meeting to assess balance and progress
- Refer Amanda to alumni networking events for career advice and guidance
- Encourage attendance at a writing conference or workshop to improve writing skills
- Help Amanda develop a long-term academic and career plan based on her coursework and interests