

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 6d2f5b28-bf1b-40cb-ac38-a7a24c0c0600

Meeting date: December 12, 2024

Student ID: vs269

Counselor ID: Nguyen

SUMMARY

Vickie is facing academic stress and fear of failure in her major, which is not supported by her grades.

KEY CONCERNS

- Low grades in difficult coursework across the major
- Feeling overwhelmed and exhausted from heavy course load
- Panic about falling behind or failing to keep up
- Uncertainty about whether the Education major is the right fit for her

ACTION PLAN

- Refer to academic advising to review course selection and grading policies
- Encourage Vickie to set realistic goals and schedule for grading, including breaks
- Recommend workshops or peer tutoring for Educational Studies students
- Help Vickie explore alternative majors (e.g., psychology, social work) if Education is not a good fit

FOLLOW UP PLAN

- Check grades once this semester ends and provide updated report
- Coordinate with Vickie's academic advisor to review course selection and future plans
- Encourage Vickie to set short-term goals (e.g., reviewing assignments every week) to regain focus