

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: fa042711-4202-4674-8e3e-a8e52afa0329
Meeting date: October 09, 2024
Student ID: db627
Counselor ID: rsharma

SUMMARY

Darryl is struggling with academic stress, academic identity, and personal issues affecting his performance in upper-division physics courses.

KEY CONCERNS

- Low grades in difficult and upper-level physics courses
- Feeling behind both academically and emotionally, causing stress
- Personal issues are affecting academic performance, but not in a clear direction
- Uncertainty about future of major and academic integrity

ACTION PLAN

- Recommend scheduling adjustment to reduce load and focus on grades
- Encourage exploration of alternative majors or career paths that don't require physics
- Help Darryl identify academic coping strategies (e.g., time management, mindfulness, peer support)
- Refer to mental health or academic counseling if needed

FOLLOW UP PLAN

- Check grades in mid-semester and offer support with revision strategies
- Offer referral to campus mental health center if academic stress becomes overwhelming
- Encourage Darryl to apply for academic adjustment or leave the physics major if academic performance drops further
- Help Darryl form a support network of peers and academic advisors