

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 3cd552f1-80d0-4a29-ba9c-068e3e367077

Meeting date: March 19, 2025

Request ID: 33b83d32-36c8-4fe4-8f41-9d1e7e6bd80b

Student ID: jc300

Counselor ID: awashington

## SUMMARY

Jennifer is struggling with academic pressure in political science and international relations courses, and is feeling overwhelmed and at a loss.

## KEY CONCERNS

- Low academic performance in political science and international relations courses
- Increasing difficulty keeping up with content and pace
- Feeling alienated by the academic expectations of the major
- Uncertainty about whether she can stay in the major without improvement

## ACTION PLAN

- Help Jennifer identify strategies to manage her academic load, such as time management exercises and grading strategies
- Suggest that the counseling team may be a good place for a personalized approach that integrates academic pressure and personal interest
- Recommend that Jennifer join a high-impact or interdisciplinary course to build skills and engage with the field
- Offer to connect Jennifer with counseling services to monitor her academic progress and provide accountability support

## FOLLOW UP PLAN

- Schedule a check-in session in a high-stakes academic course later this semester
- Offer to provide after-care services after finals week to help Jennifer re-engage with her political studies without feeling pressured
- Encourage Jennifer to seek out peer support groups or mentorship opportunities in the counseling center