

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 293fd5c1-6f1e-46ac-a825-b924282a5f01  
Meeting date: November 04, 2024  
Student ID: ar679  
Counselor ID: rsharma

## SUMMARY

Adrienne is experiencing academic stress and is concerned about her performance in advanced physics courses despite a difficult semester last year.

## KEY CONCERNS

- Struggling with academic pressure and fear of failing in advanced physics courses
- Reaching out to a professor after a difficult semester and feeling panicked
- Lack of confidence in her ability to understand complex material in electrical and quantum physics
- Need for academic support, including revision strategies and academic coaching

## ACTION PLAN

- Connect with a faculty member who specializes in Physics and High-Level Courses
- Recommend attendance for a peer tutoring session for ENTH 320 and 420
- Recommend reviewing academic writing skills and how to ask questions effectively
- Set a schedule for revising coursework and working on confidence instead of anxiety

## FOLLOW UP PLAN

- Schedule a check-in later this semester to monitor academic progress and assess confidence
- Encourage submitting a study abroad application as a way to mitigate pressure
- Introduce graduate school options and how to transition from undergrad to grad study