

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 4bfd21fe-680b-4f09-ba21-082e4fb482c2  
Meeting date: January 20, 2025  
Request ID: 1b23a364-8f6f-43fa-8cf2-1cfe461b5052  
Student ID: eh285  
Counselor ID: schen

## SUMMARY

Edward is struggling to adjust to college life and feel unprepared for his Environmental Studies major despite positive interactions with professors.

## KEY CONCERNS

- Low academic confidence due to heavy course load and unclear direction
- Feeling overwhelmed by major and uncertain if it's the right fit
- Need for support in developing a coherent academic plan
- Lack of confidence in academic abilities

## ACTION PLAN

- Help Edward brainstorm a plan for graduation and major exit, including possible minors or interdisciplinary options
- Introduce Edward to a peer academic mentorship program
- Recommend that Edward attend a first-year seminar series to get a sense of what to expect
- Encourage Edward to seek out academic advising and writing resources through the Writing Center

## FOLLOW UP PLAN

- Schedule a check-in session next week to review academic progress and plan
- Offer to review Edward's academic record and major progress in private session
- Encourage Edward to attend a campus event focused on first-year success next semester