

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 0953ee1f-66f5-4804-ab79-042bcf8748b8

Meeting date: November 14, 2024

Student ID: lg185

Counselor ID: awashington

SUMMARY

Leslie is experiencing first-year anxiety related to her music major and social integration in a predominantly music program.

KEY CONCERNS

- Uncertainty about major and academic fit
- Difficulty connecting with music students and the music program
- Feeling isolated from community and unprepared for college-level work
- Lack of sense of belonging and uncertainty about future plans

ACTION PLAN

- Recommend meeting with music major peer leaders to get a sense of the academic and social environment
- Introduce Leslie to campus resources for first-year adjustment, including tutoring and academic advising
- Discuss the music major and its expected coursework and outcomes with Leslie
- Encourage exploration of other academic interests (e.g., English, psychology) if music major is not a good fit

FOLLOW UP PLAN

- Check in mid-semester to monitor academic and social integration
- Refer Leslie to a semester-long study abroad or internship option if the music major is less restrictive
- Help the student articulate a more diverse set of interests for future plans after college