

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 00aca3ce-374b-4b3e-b878-ba2add1a3003

Meeting date: September 17, 2024

Student ID: ab884

Counselor ID: mrodriguez

SUMMARY

A student struggling with the heavy content of a history of Europe course, concerned about academic failure and emotional exhaustion.

KEY CONCERNS

- Burnout, already behind in grades in other courses
- Struggling with the complexity and detail of history of Europe material
- Fear of failing the final exam and risking academic failure
- Worries about accountability in the class and study habits needed

ACTION PLAN

- Help Alexis identify which aspects of the history of Europe course are particularly challenging (e.g. Historical events, cultural context, historical writing)
- Schedule a review session to review grading patterns and strategies for the history course
- Encourage Alexis to set achievable study goals for the history final, including breaks and review strategies
- Offer accountability coaching to monitor grades and provide feedback on study habits

FOLLOW UP PLAN

- Check in after the history final in a week to check on progress and accountability
- Recommend a peer tutoring session or study group for academic support
- Offer to provide after-care resources (e.g. Study buddies, grading cheat sheets) after finals