

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 55f96c6f-5a62-4613-b82c-8b2f7aaaa9f6
Meeting date: August 14, 2024
Student ID: jg473
Counselor ID: awashington

SUMMARY

Jeffrey is struggling with his coursework and academic expectations in Chemistry, leading to feelings of overwhelm and anxiety.

KEY CONCERNS

- Low academic performance (C- average in several courses last semester)
- Attempts to pivot in the course "Chemistry I's Hard" (even though it's not in your major)
- Feeling unsupported by professor and academic advisors
- Difficulty understanding complex concepts in a technical field

ACTION PLAN

- Recommend scheduling breaks between difficult chemistry and non-core courses
- Review writing skills with a tutoring service
- Recommend enrolling in a new major or minor to balance out your course load
- Encourage journaling and critical thinking exercises to improve critical abilities

FOLLOW UP PLAN

- Check out upcoming writing workshops for non-majors at the Writing Center
- Offer to meet once a month to review academic progress and next steps
- Encourage a semester break to recharge and regain confidence