

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 984e05e1-72b1-438f-b4ba-92676ec1f106  
Meeting date: December 11, 2024  
Student ID: jj507  
Counselor ID: acasados

## SUMMARY

John is struggling with the academic demands of his art major and the need to balance personal and academic work.

## KEY CONCERNS

- Learning outlook in art and art history major is heavily focused on studio production and conceptual work
- Struggling with personal and academic integration in a studio-focused course
- Feeling overwhelmed by course load and uncertainty about ability to stay in art major
- Uncertainty about academic performance and potential for major reversal

## ACTION PLAN

- Refer John to art and interdisciplinary studies center for support in integrating personal and academic work
- Suggest attending a studio art seminar to focus on non-studio work and critical thinking
- Encourage journaling and reflective writing as a personal and academic integration tool
- Recommend taking a lower load if academic performance is in question

## FOLLOW UP PLAN

- Check on academic progress in spring based on previous workload
- Schedule a meeting to review academic plan and potential reversal options
- Encourage reflection on whether art major is right fit for personal interests
- Recommend continued engagement with art and interdisciplinary studies community