

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 75a5aa40-738a-4aa6-9e44-6d534168b86c
Meeting date: February 19, 2025
Student ID: cm758
Counselor ID: awashington

SUMMARY

Cynthia is struggling to stay up in her history major, but unsure of how to improve her academic performance.

KEY CONCERNS

- Low academic performance in history and history of Europe courses
- Fear of stagnating in her major
- Wanting to discuss strategies for improving grades
- Uncertainty about how to engage more meaningfully with her coursework

ACTION PLAN

- Encourage Cynthia to attend a academic skills workshop focused on writing for academic purposes and analyzing historical texts
- Suggest attending a career center to explore career paths that involve historical analysis or writing
- Discuss how to engage more deeply with her history courses without sacrificing grades
- Help Cynthia brainstorm a personalized academic plan that includes writing assignments and reflection activities

FOLLOW UP PLAN

- Schedule a check-in meeting in 2 weeks to review progress and strategies
- Log progress updates in Cynthia's academic journal or on her coursework
- Encourage Cynthia to seek out a tutor or academic advisor if she needs help with specific assignments