

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 90d1084f-1955-4b78-b336-85c2f8aaebac
Meeting date: December 25, 2024
Request ID: a5ce3dcc-0eaf-4f82-889e-f1e2936d90f2
Student ID: cm986
Counselor ID: Nguyen

SUMMARY

First-year student experiencing academic stress and academic burnout, struggling to find engagement in first-year coursework.

KEY CONCERNS

- Enjoyment of first-year environmental studies courses
- Pressure to choose a major right now
- Academic burnout and difficulty finding engagement
- Uncertainty about fit for environmental geosciences major

ACTION PLAN

- Encourage Christine to seek out a peer tutoring or academic support program
- provide referral to first-year academic wellness center
- provide examples of engaging environmental studies courses and how to integrate with other students
- help Christine re-engage with academic process by discussing potential majors or interests

FOLLOW UP PLAN

- Schedule a check-in later this semester to monitor academic engagement and identify potential interests
- provide academic planning session following finals week
- offer support for graduate school or career options in environmental fields