

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 0781dd25-df23-45a2-b20c-bb090ee35822

Meeting date: January 01, 2025

Student ID: sj933

Counselor ID: mrodriguez

## SUMMARY

Sandra is experiencing first-year anxiety and questioning her fit in college due to a lack of academic fit and uncertain major.

## KEY CONCERNS

- Enjoyed some core classes but not sure if I'm cut out for science or college
- Worries about academic fit and uncertainty about major
- Feeling anxious and questioning whether she's good enough to handle course load
- First-time college student and first-time anxiety

## ACTION PLAN

- Help Sandra identify which first-year science courses are most relevant for her interests (e.g. Physics, astronomy, biology)
- Connect Sandra with a first-year seminar leader to discuss her interests and potential outcomes
- Recommend a study buddy system to help manage stress and workload
- Encourage Sandra to explore major options (e.g. Earth sciences, astronomy, biology) during her first semester

## FOLLOW UP PLAN

- Check in after first-year seminar and offer support with career and major decision questions
- Schedule a follow-up meeting after major decision or first-year seminar assignments
- Encourage Sandra to attend a career workshop or panel on STEM fields