

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: adf41e2f-6557-46bd-b3cb-620f013f58d3
Meeting date: November 22, 2024
Student ID: ag975
Counselor ID: Nguyen

SUMMARY

Alexandria is struggling to balance her heavy humanities load with academic performance, and is worried about dropping out of her major.

KEY CONCERNS

- Low GPA in humanities courses despite high grades in other areas
- Struggle to balance heavy academic load with personal growth and academic integrity
- Worries about breaking down without majoring in Classics
- Uncertainty about the intensity of the humanities coursework without a break

ACTION PLAN

- Help Alexandria with a detailed course schedule that prioritizes balance and breaks, including writing seminar and philosophy course
- Recommend that Alexandria enroll in a supportive writing group or peer tutoring program for humanities courses
- Encourage Alexandria to declare major in Classics with honors restriction to manage her load more effectively
- Help Alexandria develop self-regulation skills to manage academic stress without falling behind