

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 0b857eed-08bd-4809-bb37-7c53efc52ac4
Meeting date: October 31, 2024
Student ID: jm868
Counselor ID: awashington

SUMMARY

Julie is experiencing academic stress due to a poor performance in her history of Europe course and uncertainty about her ability to succeed in the major.

KEY CONCERNS

- Pressure to maintain high grades in a semester-long history course
- Struggle with understanding historical context in a complex way
- Feeling the pressure to write about fascism or engage deeply
- Lack of engagement without improvement
- Uncertainty about whether the major is suitable for someone interested in history

ACTION PLAN

- Recommend scheduling review with professor soon to address grades and historical concepts
- Suggest attending a writing workshop for history students to improve critical thinking
- Discuss the history major and how to engage deeply without falling into a trap
- Encourage Julie to join a history club or academic discussion group to get feedback and support

FOLLOW UP PLAN

- Check in after next meeting to check progress on engagement and grades
- Refer Julie to peer tutoring if needed for a specific history course
- Offer to connect Julie with alumni who have successfully majored in history for career advice