

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: c2088429-4634-480b-b4f6-8343d9ff3f81
Meeting date: December 16, 2024
Student ID: jb195
Counselor ID: mrodriguez

SUMMARY

John is struggling to engage with his history coursework due to academic setbacks last semester and is seeking support to maintain his academic performance this semester.

KEY CONCERNS

- Struggling with academic performance in history course
- Emotional fatigue from last semester's course, but not engaging with material
- Seeking help to stay in the upper range of the course
- Uncertainty about ability to maintain academic level

ACTION PLAN

- Help John reflect on the content of the history course and identify key concepts
- Recommend reading schedule to help engage emotions and concepts
- Suggest grading strategies to mitigate emotional impact, including weighting grades differently
- Encourage journaling as a way to reflect and process content without relying on grades

FOLLOW UP PLAN

- Check in mid-semester to check academic engagement vs. emotional fatigue
- Provide progress updates in history course and provide feedback on grades
- Offer support to write a personal statement or academic plan for graduation
- Encourage John to attend a peer tutoring or academic support center if needed