

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 61d15b2f-fa76-42d7-abb7-8d601748370d

Meeting date: January 17, 2025

Student ID: jl418

Counselor ID: erodriguez

SUMMARY

Jonathan is struggling with academic pressure in his final year, feeling overwhelmed by his major and elective workload, but is concerned about grades and validating his work.

KEY CONCERNS

- Low academic performance in major and elective courses
- Frustration with grades and fear of losing his strong academic standing
- Feeling overwhelmed and not understanding the material
- Uncertainty about whether he's imparting enough effort

ACTION PLAN

- Repeat with Jonathan's professors to discuss academic expectations and strategies
- Encourage Jonathan to attend tutoring sessions for his major and electives if needed
- Recommend reviewing coursework and assignments to improve focus and grades
- Encourage journaling or practice exercises to bridge the gap between academic work and personal life

FOLLOW UP PLAN

- Schedule a check-in later this semester to monitor academic progress
- Encourage Jonathan to write a reflective journal entry after a big assignment or presentation
- Discuss long-term goals and how to balance academic performance with personal growth