

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 9715ca69-8d29-4ecb-bb4a-d33a4b9cab14  
Meeting date: November 15, 2024  
Request ID: cdb423b8-ce29-4675-bf64-13018946ae1d  
Student ID: kt123  
Counselor ID: mrodriguez

## SUMMARY

Kristina is struggling to balance her humanities coursework with her science and social science requirements, and is uncertain about the interdisciplinary nature of her major.

## KEY CONCERNS

- Feeling overwhelmed by coursework in humanities and social sciences
- Struggling to adapt to a more interdisciplinary humanities curriculum
- Regarding her major (Environmental Studies/Geography) without understanding the course structure
- Uncertainty about the fit of her major based on the interdisciplinary nature

## ACTION PLAN

- Help Kristina identify which humanities courses are part of her major (e.g. Environmental History, Culture and Society, Environmental History, etc.)
- Discuss the interdisciplinary nature of her major with an academic advisor
- Explain the social and environmental implications of the humanities courses (e.g. History of environmentalism, ecological justice, climate change, etc.)
- Recommend a course rotation that balances humanities and science requirements

## FOLLOW UP PLAN

- Schedule a check-in later this semester to monitor Kristina's adjustment to her major and course load
- Offer support for a major review if needed
- Encourage Kristina to join a student organization or academic club that focuses on interdisciplinary humanities and social justice