

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: c6389201-81a6-40fb-9c69-67f6fce4db7a  
Meeting date: January 20, 2025  
Request ID: 0b943a85-7ebd-4084-a954-a7836f748c6b  
Student ID: te325  
Counselor ID: acasados

## SUMMARY

Thomas is experiencing academic stress and uncertainty due to his first-year arts coursework, which is not directly related to his major in Art and Art History.

## KEY CONCERNS

- Academic overload and anxiety due to first-year course load
- Uncertainty about major and intended use of arts courses
- Lack of understanding of potential career path in arts or cultural studies
- Feeling like he's failing even though he enjoys classes

## ACTION PLAN

- Help Thomas identify which art and design courses are relevant to his major (e.g., art history, cultural studies, visual culture)
- Connect Thomas with advising services for arts and academic transitions
- Offer support for academic writing and time management strategies through the writing center
- Encourage exploration of career paths in arts or cultural studies, including internships or job opportunities

## FOLLOW UP PLAN

- Check in after first semester stress check
- Refer Thomas to a career counseling session after finals week
- Discuss long-term plan for his arts major and potential career path in arts or cultural studies
- Recommend attendance at a cultural or arts event to build skills and engagement