

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: a3acef5c-221c-4c1d-8c02-418bf4f4b966
Meeting date: December 31, 2024
Student ID: am829
Counselor ID: mrodriguez

SUMMARY

Andrew is experiencing academic pressure, but is struggling to effectively engage with chemistry material due to cognitive challenges and feelings of inadequacy.

KEY CONCERNS

- Lately, chemistry material is becoming more complex and abstract
- Pressure to perform well in finals in a major I'm not sure I'm even good at yet
- Feeling overwhelmed, but not sure what I'm doing well in
- Cognitive challenges and uncertainty about understanding concepts in chemistry

ACTION PLAN

- Help Andrew identify how to better engage with the material in chemistry, even if he's not yet mastering it
- Schedule time for review sessions that focus on explaining complex concepts rather than memorizing facts
- Encourage Andrew to join a chemistry club or tutoring group to connect with peers and ask questions
- Review his major prospects and how his current performance compares to expected outcomes

FOLLOW UP PLAN

- Check in after finals week to check if Andrew is feeling more confident in his chemistry course
- Offer to provide follow-up support after finals are over if he's still struggling
- Encourage Andrew to reach out for academic advising if he's still unsure about his major