

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 270455c6-ba8b-45fb-b2cd-13deba910e6c
Meeting date: November 28, 2024
Student ID: dm731
Counselor ID: awashington

SUMMARY

David is struggling to balance his geography course with academic demands, and is still trying to figure out his identity within the humanities program.

KEY CONCERNS

- Learning at a rapid pace in a humanities course, leading to exhaustion
- Difficulty adjusting to a major in a new field
- Feeling like friends are ahead of him in other majors
- Concerns about academic integrity and fit for geography major

ACTION PLAN

- Help David understand the academic demands of geography and how to manage his schedule
- Introduce strategies for academic adjustment (time management, peer review, etc.)
- Discuss how to balance coursework with personal growth, including attending academic events
- Encourage David to join the geography student organization to connect with peers and get feedback on his work

FOLLOW UP PLAN

- Check in mid-semester to check adjustment status and academic performance
- Offer to meet again after finals to review progress and potential adjustments
- Recommend joining a professional network for humanities students in the same major
- Offer to help write a personal statement or major plan if needed