

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 3af085ec-4eb8-4a3a-b9ec-0aeb3692d856

Meeting date: December 23, 2024

Student ID: mh289

Counselor ID: awashington

SUMMARY

Melissa is experiencing academic stress due to a heavy history of Europe course, academic performance in her other history classes, and emotional distress related to her major.

KEY CONCERNS

- Struggling with academic performance in history course
- Dry and uninteresting readings in history of Europe course
- Worrisome emotional state related to major—still in progress
- Uncertainty about staying in history major

ACTION PLAN

- Help Melissa read more engagingly and enjoy the history of Europe course again
- Refer to a history tutor if academic performance improves
- Encourage exploration of other history or non-majors within the same university
- Consider major adjustment if academic stress persists and uncertainty about career path continues

FOLLOW UP PLAN

- Check academic progress in history and history major in the next meeting
- Encourage writing assignments or discussion groups for history students
- Discuss potential career options that don't rely heavily on history major