

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 736b772c-3e65-46b9-abc9-93e46d8b334a
Meeting date: December 10, 2024
Student ID: ss496
Counselor ID: awashington

SUMMARY

Shane is struggling with academic pressure and confusion in his computer science major, seeking guidance on improving his grades and understanding his coursework.

KEY CONCERNS

- Struggling with a mix of computer science and math courses, especially harder topics
- Regarding the elective course load without clear major overlap
- Feeling overwhelmed and unsure of academic performance
- Difficulty understanding the content of the major courses

ACTION PLAN

- Recommend scheduling meetings with academic advisors to review course selection and expectations
- Suggest reviewing major requirements and how to balance coursework effectively
- Discuss how to map out a more coherent academic path in the future
- Encourage journaling and breakdown of complex concepts to improve understanding

FOLLOW UP PLAN

- After meeting, check on how Shane is feeling in terms of academic pressure and overall academic performance
- Recommend writing prompts or reflection exercises for future meetings
- Encourage a review of academic goals and career pathways in the future
- Help Shane brainstorm potential internships or entry-level roles that align with his major