

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: ec93e7de-5d31-45bb-8949-dd60db63a98c  
Meeting date: September 13, 2024  
Student ID: en668  
Counselor ID: rsharma

## SUMMARY

Student is experiencing academic difficulty in first-year psychology major and concerns about fit and competence in upper-level course

## KEY CONCERNS

- Struggling to maintain academic performance in first-year psych major
- Lowest ever semester grades in psychology and sociology courses
- Panic about failing courses and feeling like a first-year student again
- Feeling disconnected from academic community due to difficult first semester

## ACTION PLAN

- Review student's academic history and identify areas where Elizabeth has struggled (e.g., cognitive development, social psych, statistics)
- Connect student with academic success center to provide tutoring and study skills support
- Encourage academic integrity and expectations for first-year students in psychology major
- Help student identify social support network (e.g., tutoring group, psychology club, academic advisor)

## FOLLOW UP PLAN

- Schedule check-in next week to monitor academic progress and emotional state
- Introduce student to first-year psychology peer mentorship program
- Offer to provide reflection journal or academic recovery plan to track progress