

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: c5010ef5-0996-416a-ae28-08d04e6b3998  
Meeting date: January 16, 2025  
Student ID: tf173  
Counselor ID: Nguyen

## SUMMARY

Tracy is experiencing feelings of confusion and disconnection in her first year, struggling to adjust to college and unsure of her next steps.

## KEY CONCERNS

- Falls behind in coursework despite being in a major with diverse content
- Lack of understanding of college life (classes, extracurriculars, financial aid)
- Feeling unqualified or uncertain in major choice
- Loss of direction

## ACTION PLAN

- Help Tracy identify which of her major and minor units are most relevant to her current work (education), and provide a course schedule for next semester
- Introduce Tracy to student organizations related to education and social justice, to explore interests and pathways
- Encourage application for academic support services (e.g., tutoring, peer mentoring)
- Help Tracy explore financial aid options and how to manage a higher education budget

## FOLLOW UP PLAN

- Check in later this semester to check if Tracy has made progress, or if academic concerns have escalated
- Refer Tracy to a mental health or college counseling referral if needed
- Offer to connect Tracy with a peer mentor or academic coaching program in the future