

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 27a60a65-f4f6-4b0c-b42a-efc0f9add06e
Meeting date: September 10, 2024
Request ID: 819da3c3-2547-4dcc-846e-8ad90efb5c01
Student ID: hs587
Counselor ID: awashington

SUMMARY

Hannah is struggling with the demands of her math major and the pressure to perform in difficult courses, leading to anxiety and questioning her academic fit.

KEY CONCERNS

- Extensive course load in math and statistics, including calculus, statistics, machine learning, probability, etc.
- Significant grades and percentages in major courses, but also significant drop-off in overall performance
- Feeling overwhelmed and uncertain if she's still fit within the math major or if she should switch
- Mental health concerns related to academic pressure and anxiety

ACTION PLAN

- Recommend scheduling adjustment to reduce course load or switch to a different major if grades improve
- Encourage seeking academic advising for course selection and grading strategies
- Refer to mental health resources if anxiety or depression worsens
- Recommend attending workshops on time management and critical thinking in the major

FOLLOW UP PLAN

- Check in before finals season to check on academic stress and mental health
- Offer support for academic retention and career counseling with the math major
- Encourage attendance at academic events and connect with alumni in the major for a positive community