

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: d5abd8e6-f4f2-4113-b544-f5b64af82ee7
Meeting date: September 12, 2024
Student ID: hg963
Counselor ID: awashington

SUMMARY

Heidi is experiencing academic and social adjustment challenges during her first year, which is leading to feelings of insecurity and difficulty staying engaged.

KEY CONCERNS

- First-year confusion about major and academic fit
- First-year classmood issues, especially with sociology class
- Isolation from major peers and academic environment
- Lack of confidence in major choice or fit
- Uncertainty about long-term academic goals

ACTION PLAN

- Help Heidi identify which of her first-year courses relate to her Sociology major
- Introduce a social-studies or interdisciplinary course model to help her see how sociology can be applied across different fields
- Recommend a small sociology class for the next semester to build confidence
- Discuss long-term major options with a Sociology professor or academic advisor
- Encourage Heidi to join a student organization or academic club to connect with peers and gain skills outside of her major

FOLLOW UP PLAN

- Check in mid-semester after adjustment challenges have settled
- Refer Heidi to a mentorship program for first-year students in her major
- Offer to provide after-hours tutoring or study space for sociology courses
- Host a campus-wide event or workshop series for first-year students in academic fields