

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 25d9eb0a-e123-4202-a326-1575af98e35c
Meeting date: December 16, 2024
Student ID: jm272
Counselor ID: awashington

SUMMARY

Jeremy is experiencing academic stress and struggling to keep up in his advanced physics courses despite a deep commitment to his major.

KEY CONCERNS

- Significant grades decline in difficult and upper-division physics courses
- Feeling overwhelmed and uncertain about his academic progress
- Feeling like he's losing his sense of direction in his major
- Loss of confidence in his ability to succeed in his major

ACTION PLAN

- Reassure Jeremy that academic pressure is normal for advanced courses, especially in his major
- Encourage regular review of course content and performance metrics
- Help Jeremy identify strategies for managing academic anxiety, such as time management and self-compassion
- Connect Jeremy with tutoring or peer mentoring for his major to build support network

FOLLOW UP PLAN

- Schedule a check-in next week to monitor academic performance and emotional state
- Refer Jeremy to academic support center for advanced physics courses if needed
- Encourage Jeremy to pursue a major switch or a new academic path if things get too intense