

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 36947515-cad9-4332-a785-44e944ae4de0

Meeting date: August 14, 2024

Request ID: c9eeab35-dfb1-4f94-963e-5b8cf28931d0

Student ID: jm416

Counselor ID: acasados

## SUMMARY

Jane is experiencing academic stress and is unsure if she should continue in her art major. She is seeking counseling to evaluate her academic fit and identify a possible alternative major.

## KEY CONCERNS

- Struggling in all art and design courses last semester
- Declining grades in major courses
- Uncertainty about continuing in art major
- Feeling disconnected from academic goals

## ACTION PLAN

- Refer Jane to academic intervention services to review course grades and identify which art or design courses are most suited to her
- Suggest meeting with a counselor specializing in interdisciplinary studies or creative studies
- Discuss potential majors (e.g., art history, art therapy, creative writing) that may better align with her interests and abilities
- Encourage exploration of alternative majors (e.g., English, social sciences, performance studies) if art major is still an option

## FOLLOW UP PLAN

- Schedule weekly check-in to monitor academic performance and identify new challenges
- Refer Jane to a mentorship program for non-traditional art majors
- Help Jane identify resources for academic success, such as tutoring and peer mentoring