

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 8a6a3d8c-aa44-42d1-a263-ef09220f3e26  
Meeting date: December 24, 2024  
Request ID: 3a1f7d7a-53db-4c62-877e-1d68e308356c  
Student ID: aw396  
Counselor ID: mrodriguez

## SUMMARY

Amanda is experiencing difficulty balancing her academic work with her personal and academic goals, leading to feelings of stress and uncertainty.

## KEY CONCERNS

- Requiring significant amounts of time and effort in multiple courses
- Difficulty integrating coursework with personal and academic interests
- Uncertainty about major or intended outcomes without clear plan
- Feeling overwhelmed and at risk of burnout

## ACTION PLAN

- Help Amanda identify which courses are relevant to her personal and academic goals, and how to integrate them effectively
- Provide guidance on writing and critical thinking skills for both academic and personal use
- Connect Amanda with student success center for academic advising and accountability
- Schedule a meeting to review academic plan and explore career pathways in multiple fields

## FOLLOW UP PLAN

- Check in after first semester review meeting to assess balance and progress
- Refer Amanda to alumni networking events for career advice and guidance
- Encourage attendance at a writing conference or workshop to improve writing skills
- Help Amanda develop a long-term academic and career plan based on her coursework and interests