

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 8a589859-e515-4d26-b3b2-aa963a3330be
Meeting date: October 31, 2024
Student ID: kb538
Counselor ID: mrodriguez

SUMMARY

Kelsey is struggling to adjust to a large and diverse humanities program, facing academic and personal pressure to succeed.

KEY CONCERNS

- Uncertainty about coursework load and academic expectations in a humanities program
- Difficulty connecting course material to social justice issues and career goals
- Feeling overwhelmed by complex humanities courses and lack of skill development
- Need to work on improving skills in geography, history, and social science
- Expectation to succeed in the program and feel pressure to meet academic standards

ACTION PLAN

- Help Kelsey identify which humanities courses are most relevant to her career goals (e.g. Environmental justice, urban planning, human rights)
- Connect Kelsey with campus resources for skill development (e.g. Tutoring center, career center, graduate school advising)
- Recommend attendance at a workshop or seminar series focused on social justice and environmental issues
- Encourage Kelsey to set achievable academic and personal goals and celebrate progress

FOLLOW UP PLAN

- Check in after first semester adjustment period in spring 2021
- Suggest annual meeting with academic advisor to review course selection and academic goals
- Offer to review Kelsey's graduate school applications and provide support with writing and presentation skills