

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 4d3e500f-f9a4-484b-9433-406b72d12e69
Meeting date: January 08, 2025
Student ID: mn525
Counselor ID: Nguyen

SUMMARY

Melinda is experiencing academic stress and is struggling to stay on track in her graduate studies.

KEY CONCERNS

- Low grades in graduate coursework
- Decline in performance in recent semester
- Uncertainty about fit and progress in graduate work
- Feeling overwhelmed by academic demands and potential implications for career
- Need for academic support and personal counseling

ACTION PLAN

- Recommend scheduling a meeting with the graduate advisor to discuss academic progress
- Encourage Melinda to attend a workshop on time management and goal setting
- Recommend reviewing graduate course requirements and adjusting workload if necessary
- Suggest seeking out personal and academic counseling to address unresolved issues
- Help Melinda develop a plan for graduation and career goals that align with her academic goals

FOLLOW UP PLAN

- Schedule a follow-up meeting within the next month to check on progress and review progress toward graduation
- Encourage Melinda to write a graduate thesis if she's feeling stuck, but also offer support for a research project or reflection project
- Recommend attending a graduation ceremony to celebrate progress and connect with other graduate students
- Encourage Melinda to seek out professional development opportunities through the university or seek out external mentorship