

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 4ca4b2b4-5113-4907-8d7e-fba78086673e
Meeting date: November 08, 2024
Student ID: ab961
Counselor ID: mrodriguez

SUMMARY

Adam is struggling with the science content and academic pressure of his biology courses, which are weighing on him heavily.

KEY CONCERNS

- Feeling overwhelmed by genetics, evolution, and biology in general
- Trying to balance biology with math and statistics majors, math, and engineering
- Feeling the pressure to perform academically in a major with high expectations
- Uncertainty about ability to keep up with science-based coursework

ACTION PLAN

- Help Adam understand how biology relates to other fields, including medicine and environmental science
- Ensure Adam is taking lower-level biology classes to ease into the load, not overwhelming himself
- Recommend taking a more relaxed approach to academic expectations, emphasizing personal growth
- Consider adding a science-fiction or nonfiction major to provide a broader perspective on scientific inquiry

FOLLOW UP PLAN

- Check in after a midterm and assess adjustment progress
- Offer support for writing retreats or academic coaching services
- Encourage attendance at a science-fiction or nonfiction conference if interested