

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: b452a666-93f7-44d5-8796-ec727771643e

Meeting date: March 18, 2025

Student ID: ab383

Counselor ID: Nguyen

SUMMARY

Academic stress caused by a mix of liberal arts and education-related coursework, but lack of engagement and unclear path forward.

KEY CONCERNS

- Feeling overwhelmed by coursework load and uncertain if I can keep up
- Struggling to meet academic standards with heavy content and frequent writing/research requirements
- Frustration and worry about grades without a clear academic path
- Wanting support to stay engaged but unsure how to adjust coursework or major

ACTION PLAN

- Schedule a brief meeting to review course titles and grading rubrics
- Discuss potential course rotation or adjustment to a more mixed-field major
- Recommend meeting with an academic advisor to discuss major adjustment or course redesign
- Encourage journaling or practice exercises to stay engaged without stressing too hard

FOLLOW UP PLAN

- Check in mid-semester after major adjustment discussion with advisor
- Encourage reflection on transferable skills or potential career paths in education or nonprofit work
- Remind to stay on track and ask for additional support if grades dip