

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 4be44a38-2263-4218-aa05-a1bc3f505963
Meeting date: March 13, 2025
Student ID: ar522
Counselor ID: mrodriguez

SUMMARY

Aaron is experiencing first-year anxiety and uncertainty about his academic and career goals in the arts.

KEY CONCERNS

- Worrisome grades and pressure to perform well in first semester
- Worries about major and career fit without a clear plan
- First-time college student and unfamiliarity with academic demands
- Uncertainty about ability to succeed in the arts and related fields

ACTION PLAN

- Help Aaron adjust to college by setting a realistic academic schedule and providing support for time management
- Introduce first-year seminar series as a way to explore major options without pressure
- Recommend career counseling services or internship opportunities for theater students
- Encourage Aaron to explore the arts as a possible career path and consider major changes if necessary

FOLLOW UP PLAN

- Check in later this semester after adjusting academic expectations and sharing career options with the theater department
- Offer to meet again after a semester break to review progress and plan
- Refer Aaron to a mentorship program for first-year students in the arts or STEM fields