

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: c4e1d540-f830-4b60-baad-410cb4349838

Meeting date: January 24, 2025

Student ID: sc329

Counselor ID: mrodriguez

## SUMMARY

Samantha is experiencing academic pressure from her biology advisors, but is struggling to internalize the complex content of her courses.

## KEY CONCERNS

- Pressure to do well in biology courses and graduate school
- Difficulty adjusting to a biology major and understanding complex biological concepts
- Feeling overwhelmed by coursework and uncertainty about academic performance
- Feeling pressure to meet advising requirements or enter a specific field

## ACTION PLAN

- Schedule a meeting to review course syllabi and discuss how biology majors typically cover content
- Discuss the biological terminology and concepts in genetics, evolution, and cell biology
- Introduce strategies for critical thinking and analyzing complex ideas in a grading context
- Offer support on writing and presentation skills for academic events

## FOLLOW UP PLAN

- After the meeting, assign a grading rub for a biology course to reinforce critical thinking skills
- Encourage Samantha to participate in a biology club or academic mentorship program to get feedback on academic performance
- Recommend attending a graduate-level biology course to see how different fields approach complex topics