

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 289330e7-85c5-4365-93c5-9585c9436c57
Meeting date: August 28, 2024
Student ID: dr743
Counselor ID: rsharma

SUMMARY

Douglas is struggling to balance his academic workload with his personal and academic goals, leading to feelings of frustration and uncertainty.

KEY CONCERNS

- Low grades in mid-year despite strong academic performance
- Struggling with mid-year course adjustment in physics and potentially shifting course content
- Uncertainty about fit for major and academic demands in multiple courses
- Loss of motivation and potential loss of academic performance if stress level increases

ACTION PLAN

- Schedule a meeting to review academic performance and adjustment plan
- Recommend exploration of interdisciplinary majors (e.g., STEM — Humanities, STEM — Social Justice, Math — Business)
- Recommend attendance at academic support workshops and peer mentoring groups

FOLLOW UP PLAN

- Offer support on a regular basis through a mentorship program
- Encourage students to seek out academic coaching and peer mentoring services
- Encourage students to reflect on how to balance academic work with personal goals and priorities