

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 5be2f94c-c036-4c21-a451-a99edede1e43  
Meeting date: February 06, 2025  
Request ID: 15faa6fd-7491-4c91-a56e-e4b1da7e999e  
Student ID: tr642  
Counselor ID: jthompson

## SUMMARY

Thomas is experiencing first-year challenges related to academic load, social integration, and personal stress.

## KEY CONCERNS

- Higher course load than expected, struggling with multiple Romance Languages courses
- Unstructured academic integration, no academic advisor or peer support
- Feeling isolated, lacking confidence in course content
- Experiencing personal stress and uncertainty
- Need for structured academic and social support, academic coaching, and mentorship

## ACTION PLAN

- Schedule a meeting to discuss first-year adjustment issues and academic expectations
- Introduce Thomas to first-year academic advising office
- Discuss how to balance multiple courses and workload effectively
- Create a study schedule based on academic goals and personal needs
- Introduce social support through first-year peer groups and academic events

## FOLLOW UP PLAN

- Review progress by next meeting
- Monitor academic performance, including writing assignments
- Engage in first-year seminar series and peer mentorship
- Attend academic workshops and discussions on campus
- Recommend continued academic coaching, including writing tutoring