

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 5edfa49b-7161-477f-b32c-eb948a81ded4

Meeting date: March 11, 2025

Request ID: efc595ea-a11e-4b4a-9215-9f122a328f7c

Student ID: mr218

Counselor ID: schen

SUMMARY

First-year student struggling with adjusting to first-year Environmental Studies major and classmates

KEY CONCERNS

- Feeling overwhelmed by course content and classmates' level of engagement
- Need for academic and social integration, but not sure how to get help
- Willingness to work closely with first-year student peer mentor to address concerns

ACTION PLAN

- Help Martin identify learning challenges and potential solutions in his environmental studies coursework
- Introduce first-year adjustment workshops or peer mentoring as possible options
- Encourage Martin to reach out for individualized support if he feels isolated or lost
- Schedule a meeting to discuss first-year adjustment issues and potential academic support options

FOLLOW UP PLAN

- Check in after first-year seminar sessions to check progress on academic and social adjustment
- Offer to follow up after peer mentoring sessions if needed
- Encourage Martin to reflect on how to best engage with the major and make connections with peers in the future