

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 649910a8-a9ac-4672-b499-7615f57e301c
Meeting date: September 13, 2024
Student ID: dt128
Counselor ID: schen

SUMMARY

Deanna is experiencing academic stress due to a challenging academic load and unfamiliarity with her graduate program's expectations.

KEY CONCERNS

- Struggling with academic performance in the second year of a graduate program
- Challenging academic material in her major (Educational Studies)
- Feeling unfamiliar with her graduate education and uncertainty about progress
- Need for support in staying on track or improving academic skills

ACTION PLAN

- Encourage Deanna to attend a confidential academic counseling session to discuss her academic load and progress, including any specific challenges she's facing
- Discuss the second-year graduate experience with Deanna and provide guidance on how to navigate the academic expectations for graduate students
- Recommend a flexible schedule for readings in her major to reduce stress and help build confidence
- Encourage Deanna to join a peer support group for graduate students in her program to connect with others in her position

FOLLOW UP PLAN

- Schedule follow-up appointment in a few weeks to check on academic stress level and reflect on progress
- Discuss long-term academic goals and how to transition out of the first year of graduate school in a healthy way
- Introduce a mentorship opportunity for Deanna to work with a faculty member on a research project in the future