

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: a9fc8930-10ef-40f7-a848-3c48849899ae
Meeting date: March 14, 2025
Student ID: jw372
Counselor ID: rsharma

SUMMARY

James is struggling with the academic demands of his geography major and the pressure to perform well in his humanities coursework.

KEY CONCERNS

- Learning in challenging geography courses and feeling at risk of falling behind
- Experience with taking more electives to meet academic requirements
- Feeling overwhelmed by academic expectations and uncertainty about his future
- Pressure to perform well in his major and humanities courses

ACTION PLAN

- Help James identify elective options that are more geography-focused or that integrate humanities concepts
- Refer James to upper-level geography and humanities seminars for academic reflection
- Encourage James to take a break from the heavy course load and focus on writing assignments and research
- Help James reevaluate his academic goals and identify which humanities courses are most relevant for his future career

FOLLOW UP PLAN

- Check in later this semester to monitor progress and assess whether James is still struggling with geography or academic demands
- Offer to provide weekly check-ins with a academic counseling referral if needed
- Encourage James to reach out for career advising if he's still unsure about his major or how to balance academic and professional goals