

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 15958080-b256-4eb0-9bc7-76f11b288687

Meeting date: August 14, 2024

Student ID: md323

Counselor ID: awashington

SUMMARY

Maria is struggling to keep up in political science and international relations courses, and feels overwhelmed by the academic load.

KEY CONCERNS

- Falling behind even after consistent work
- Difficulty integrating course material with political and social context
- Feeling unprepared for the academic demands of her major
- Lack of direction in her academic pursuit and uncertainty about career pathway
- Experience with engaging with the field through internships or research

ACTION PLAN

- Help Maria identify which political science and international relations courses are most challenging and how to pace herself
- Recommend meeting with a professor or academic advisor to discuss how to integrate concepts and apply to real-world contexts
- Refer Maria to campus engagement opportunities (e.g., internships, research projects, events)
- Encourage journaling or reflective writing as a way to stay focused and express herself critically

FOLLOW UP PLAN

- Schedule a follow-up meeting in a few weeks to check on progress and academic engagement
- Evaluate progress toward degree goals and provide support to switch course if needed
- Encourage referral to student success center for academic advising or study skills work