

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: d0977d7c-1e6c-423f-b6f2-590d910fe697  
Meeting date: January 24, 2025  
Request ID: c3e86605-5771-41c2-8748-22f57a73c9aa  
Student ID: jm870  
Counselor ID: mrodriguez

## SUMMARY

John is experiencing academic and social adjustment concerns in his first year, despite taking several major-specific courses.

## KEY CONCERNS

- First-year overload, feeling unprepared for sociology and anthropology content
- Isolation in social sciences department, lack of friends or peers
- Uncertainty about fit and performance in program
- Feeling inadequate on first-year academic path

## ACTION PLAN

- Recommend scheduling adjustment session to review course outline and learning outcomes
- Connect John with first-year social science and engagement center
- Suggest joining social science club or peer group through student affairs
- Encourage self-reflection and brainstorming strategies for academic and personal integration

## FOLLOW UP PLAN

- Check in again after first-year seminar assignments are out
- Offer follow-up session on academic adjustment or major integration
- Refer John to academic advising after major switch or major-specific courses
- Help John explore career pathways in social sciences or interdisciplinary fields