

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 1eb0234a-8c7e-41ff-820c-bf65c9630fc2
Meeting date: December 25, 2024
Student ID: sj674
Counselor ID: mrodriguez

SUMMARY

Sandra is struggling to balance her academic load with personal commitments and is feeling overwhelmed by the demands of her major and broader academic commitments.

KEY CONCERNS

- Low GPA in advanced classes, causing stress and feeling like she's failed her major
- Heavy workload in second semester, risk of falling behind
- Unbalanced commitments (volunteering, writing for nonprofit, refugee work), risk of missing out on academics
- Need help managing academics and personal commitments effectively

ACTION PLAN

- Recommend scheduling adjustment to reduce load to 2-3 advanced classes at a time
- Suggest meeting with writing center or academic advising to address writing needs
- Discuss how to balance personal and academic responsibilities without falling behind
- Recommend volunteering or reviewing academic skills to build confidence in academics

FOLLOW UP PLAN

- Set up check-in session in 2-3 weeks to check progress on balancing academics and personal commitments
- Offer referral to academic support center for writing or writing tutoring
- Encourage continued involvement in academic and community-based activities