

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 660466d2-a6c2-456b-bced-f7052eed6543

Meeting date: November 07, 2024

Student ID: mc649

Counselor ID: awashington

## SUMMARY

Mariah is experiencing academic stress due to a mix of humanities and science courses in her second-year, but cannot articulate the depth of her understanding in some of the material.

## KEY CONCERNS

- Frustration with understanding some of the humanities concepts in her classes
- Anxiety about not fully engaging with the material in a way that makes sense
- Difficulty identifying how much she doesn't understand in some of the readings

## ACTION PLAN

- Help Mariah identify which humanities courses are most relevant to her major (Classics) and how much she's covered in the syllabus
- Explain the philosophical and theological implications of ancient Greek concepts to her, especially in the context of her major
- Encourage deep reading and critical thinking but also provide examples and context to make sense of the material in a way that feels accessible to Mariah

## FOLLOW UP PLAN

- Schedule a discussion about her academic plan and how to integrate her humanities studies with her major in the future
- Discuss how to use journaling or other reflective strategies to better understand the ideas in the course
- Offer a mentorship or study group for students like Mariah to support engagement with complex humanities content