

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: dc0f4b05-7920-400e-ac60-3b08618dba04  
Meeting date: September 18, 2024  
Student ID: nn107  
Counselor ID: Nguyen

## SUMMARY

Nicholas is experiencing first-year stress and uncertainty about his education performance in his major.

## KEY CONCERNS

- Requiring heavy course loads in Educational Studies and causing stress
- Lack of familiarity with college expectations, especially in first year
- Feeling inexperienced and at risk of failing the major
- Uncertainty about ability to keep up with course load

## ACTION PLAN

- Help Nicholas understand the academic demands of the Educational Studies major
- Introduce a support system for academic management (tutoring, study groups)
- Explain the first-year experience and expectations for students in the major
- Encourage Nicholas to set achievable goals for his course load and engagement

## FOLLOW UP PLAN

- Schedule a check-in later this semester to monitor adjustment process
- Refer Nicholas to career services for academic support and career planning
- Discuss how to write a graduation plan that balances academics and personal growth