

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 43bd114d-0785-495f-bdb1-c437a52e112b

Meeting date: September 04, 2024

Request ID: e20dd024-a318-4cb1-9b27-7d046c225072

Student ID: ch853

Counselor ID: schen

SUMMARY

Cynthia is experiencing academic stress, struggling with course load, grades, and personal issues in her Middle East studies major and related fields, and is struggling to regain control.

KEY CONCERNS

- Low grades in major courses (mostly in history and Arabic)
- Slipping grades, especially in history and language courses
- Close major and close relationship with the major, leading to questioning
- Personal issues intertwined with academic work, leading to low grades
- Uncertainty about the stability of the academic track

ACTION PLAN

- Reassure Cynthia that the course load is heavy, and the grading is sensitive to the interdisciplinary nature of the major
- Discuss the potential impact of personal and academic stress on academic performance, including the importance of self-regulation and time management skills
- Encourage Cynthia to explore alternative academic paths (e.g., interdisciplinary studies, humanities without a major), and connect her with campus resources for mental health and academic support
- Offer referral to the academic integrity office if grades continue to drop

FOLLOW UP PLAN

- Check in later this semester after a major shift in academic focus or course load
- Refer Cynthia to a mental health referral if grades continue to drop or concerns persist
- Encourage the student to consider a different major or a different path if academic stress becomes overwhelming