

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 3cf3a4ff-010e-4712-ab10-f4f945c809be
Meeting date: November 25, 2024
Student ID: jb560
Counselor ID: awashington

SUMMARY

Jasmine is struggling with academic performance in biology, feeling lost between coursework and expectations at a large public university.

KEY CONCERNS

- Falling grades in biology courses despite trying hard
- Panic over failing grades and fear of being labeled as a bad student
- Loss of interest in biology due to mixed messaging about academic expectations
- Lack of connection with faculty or peers in biology at a large university

ACTION PLAN

- Help Jasmine review course material more efficiently and identify strategies for managing workload
- Connect Jasmine with biology tutoring services to address academic anxiety
- Refer her to biology club leadership for feedback on presentation and performance
- Encourage participation in biology-related events and community to build connections

FOLLOW UP PLAN

- Schedule a check-in session to review academic progress and goal revision
- Offer support for a final exam or project that aligns more with Jasmine's interests
- Encourage Jasmine to join a new biology-focused club next year to build network and confidence