

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: c2862d6a-5a1f-4117-9a88-bae70f5ca0ce  
Meeting date: March 28, 2025  
Student ID: ec403  
Counselor ID: awashington

## SUMMARY

Elizabeth is struggling with academic performance in history and history of the Americas majors, and is questioning her fit in the academic track.

## KEY CONCERNS

- Low academic performance in history and history of the Americas courses
- Feeling further behind than expected, especially after last semester
- Feeling discouraged and uncertain about staying in the major
- Worries about academic fit for history and history of the Americas track

## ACTION PLAN

- Refer Elizabeth to academic skills workshops for history and history of the Americas
- Suggest meeting with history department chair to discuss academic adjustment
- Encourage taking breaks from heavy course load and focusing on strategies
- Help Elizabeth identify potential minors or interdisciplinary options

## FOLLOW UP PLAN

- Schedule a meeting with history department member to review progress
- Refer Elizabeth to a peer tutoring session for academic support
- Evaluate if Elizabeth should continue to major in history or switch to a different major
- Recommend continued engagement with the history community but emphasize self-care and academic growth