

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 4222f048-7d23-4387-b5d3-6678cc4b30c2

Meeting date: August 14, 2024

Student ID: br709

Counselor ID: awashington

SUMMARY

Brian is experiencing academic stress due to a heavy course load in math and statistics, but is struggling to adjust to the more abstract and difficult content in his major. He is worried about falling behind and is seeking support for reworking his workload or improving his skills.

KEY CONCERNS

- Struggling with difficult coursework in math and statistics, including calculus, statistics, machine learning, and probability
- Reaching a breaking point as workload approaches 50 hours
- Feeling overwhelmed and uncertain about progress
- Worries about falling behind in his major and missing out on important content
- Need for rework or major adjustment to academic schedule

ACTION PLAN

- Offer to schedule a meeting to review course selection and revise strategies for math and statistics
- Discuss the complex nature of the major and the difficulty of integrating multiple fields
- Encourage the use of time management tools (e.g., planners, mind maps)
- Recommend attending tutoring or writing center for revision work if necessary

FOLLOW UP PLAN

- Check progress after meeting with academic advisor and revise course selection if needed
- Provide follow-up after final exams to assess progress and plan for graduation
- Encourage continued engagement in the major but emphasize self-care and academic resilience