

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: a733cc25-f1bb-407f-bef3-c51dc19addf5
Meeting date: November 06, 2024
Student ID: al426
Counselor ID: schen

SUMMARY

Amy is experiencing academic and social adjustment concerns despite taking many interesting and challenging courses in her major. Uncertainty about advisor's support and potential issues are rising.

KEY CONCERNS

- Struggling to fit into first-year Environmental Studies students
- Heavy course load, similar themes, uncomfortable
- Uncertainty about major and school fit
- Uncertainty about academic advising and potential issues

ACTION PLAN

- Recommend meeting advisor to discuss how to balance coursework and personal growth
- Provide referral to academic counseling for first-year students
- Discuss the major and school with Amy's advisor
- Encourage open communication about uncertainties and potential challenges

FOLLOW UP PLAN

- Schedule follow-up meeting with advisor next semester to review progress
- Review academic plan for next year with focus on fit and confidence
- Discuss how to write a personal statement or essay for graduation
- Encourage networking with other first-year students and alumni