

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 98cb7323-c91b-4cc4-be74-52791612fbef
Meeting date: November 28, 2024
Student ID: aq786
Counselor ID: Nguyen

SUMMARY

Anna is struggling to balance her academic demands in the social studies major with feelings of overwhelm and uncertainty.

KEY CONCERNS

- Taking many interesting but unstructured courses in the Education major
- Feeling responsible for maintaining a high GPA even as the content gets more complex
- Feeling like she's not mastering the material fast enough, even though she's doing well academically
- Uncertainty about whether she's actually fit into the Education program or if she should consider switching

ACTION PLAN

- Help Anna identify which courses are engaging and how to apply critical thinking skills across different fields
- Refer her to peer tutoring or writing center for academic support
- Discuss the potential benefits of switching to a more interdisciplinary major or minor
- Encourage Anna to stay in the Education program if it's a good fit, but also reassure her that grading is not the only metric of success