

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 044d53c3-5930-49f2-bd32-2b492bb8ed8f
Meeting date: January 29, 2025
Student ID: jt310
Counselor ID: Nguyen

SUMMARY

Jacob is experiencing academic stress, unsure of career pathways in environmental studies, and worried about his academic development.

KEY CONCERNS

- Falling behind in environmental studies coursework
- Fear of major in environmental studies or related fields
- Uncertainty about career options in environmental studies
- Lack of engagement and lack of direction in academic work

ACTION PLAN

- Recommend scheduling adjustment to reduce stress and focus on grading better
- Suggest meeting with an environmental studies advisor to explore career paths
- Provide resources on writing and academic skills for environmental studies students
- Encourage exploration of other environmental-focused fields (e.g., ecology, conservation biology, climate policy)
- Create a academic planning sheet to track progress and set short-term goals

FOLLOW UP PLAN

- Schedule a follow-up meeting after adjusting course load or major decision
- Evaluate progress by mid-semester and update on career and academic interests
- Encourage reflection on interests and skills and consider major or minor switch if needed
- Offer referral to campus writing center or career center for further support