

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 900c7bcc-6d4d-42fc-a99b-0f09473d57c6  
Meeting date: December 11, 2024  
Student ID: cp331  
Counselor ID: mrodriguez

## SUMMARY

Christopher is struggling with academic pressure and confidence issues related to his biology coursework, even after discussing with his biology professor.

## KEY CONCERNS

- Low GPA from biology courses last semester
- Discouragement from professor's grades
- Feeling lost and uncertain about biology's ability to be understood
- Worry about falling behind in his major

## ACTION PLAN

- Refer Christopher to biology tutoring services for course review and homework assistance
- Suggest attending biology seminar series to learn about non-traditional biology course options
- Connect Christopher with peer tutoring group for academic support
- Encourage journaling and discussion of scientific concepts instead of memorization

## FOLLOW UP PLAN

- Schedule check-in later this semester to monitor academic progress and confidence
- Recommend attendance at a biology seminar final exam prep workshop
- Discuss long-term academic planning with professor's office