

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 6ee3a455-d366-44bd-80ac-3a451beca0d3

Meeting date: September 30, 2024

Student ID: jm838

Counselor ID: mrodriguez

## SUMMARY

Jose is experiencing difficulty in the advanced Biology courses and is struggling to keep up with the demands of his major. He is feeling frustrated and worried about graduation status, which is affecting his academic performance.

## KEY CONCERNS

- Learning difficulty in Biology courses with increasingly complex material
- Struggle to keep up with advanced Biology coursework
- Worries about graduation status and ability to pass courses
- Feeling isolated due to academic stress

## ACTION PLAN

- Help Jose review course content more efficiently to identify key concepts
- Encourage regular check-ins on difficult topics in biology lectures
- Encourage journaling or note-taking as a way to stay engaged even when the material is difficult
- Connect Jose with tutoring or academic support services if needed

## FOLLOW UP PLAN

- Schedule a check-in next week to assess progress on advanced Biology coursework
- Offer to review academic progress with a tutor if needed
- Encourage journaling as a way to reflect on progress and motivation in final semester
- Recommend mindfulness or relaxation techniques for academic stress