

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 7d196cec-d119-4393-bdd7-3ad83c517d37
Meeting date: February 13, 2025
Student ID: vr483
Counselor ID: rsharma

SUMMARY

Veronica is experiencing academic stress and self-doubt due to a mix of coursework and major-specific requirements, but is in need of academic counseling and academic support services.

KEY CONCERNS

- Struggling with coursework in physics and astronomy, including math-heavy courses
- Feeling a lot of uncertainty about academic ability, especially in complex courses
- Self-doubt and uncertainty about ability to keep up in major-specific fields
- Need for academic counseling and academic reassurance

ACTION PLAN

- Help Veronica identify areas where she's falling behind in her physics and astronomy courses
- Recommend review sessions for complex math and physics courses
- Explain academic rejection in astrophysics and how to re-engage with a different path
- Work with Veronica on developing a strategic academic plan that includes self-assessment and goal-setting

FOLLOW UP PLAN

- Schedule a check-in session after finals week to review progress and confidence
- Offer support for writing retreats or study groups with peers
- Encourage graduate school or transfer to a different major if academic stress is high enough