

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 7238ac77-8946-4d0e-acc6-f769ee699d73  
Meeting date: December 04, 2024  
Request ID: 105fd967-a3d1-48c5-9741-7f2783b53879  
Student ID: kr229  
Counselor ID: mrodriguez

## SUMMARY

Karen is experiencing academic and social adjustment concerns despite taking a variety of college-level courses.

## KEY CONCERNS

- Struggling to maintain a strong academic performance despite taking difficult sociology and anthropology courses
- Difficulty understanding the material in these courses and feeling overwhelmed
- Isolation from campus and lack of connectivity with peers
- Uncertainty about fit and future potential in college environment

## ACTION PLAN

- Help Karen adjust to the academic demands of sociology and anthropology by scheduling regular check-ins and providing review materials
- Introduce Karen to first-year student resources through campus and community organizations
- Encourage social activities through the curriculum (e.g., class discussions, field trips, workshops)
- Refer Karen to a peer mentorship program or first-year success center

## FOLLOW UP PLAN

- Check progress after midterms and provide feedback on academic performance
- Offer follow-up sessions to address any academic or social concerns
- Encourage Karen to join a new first-year seminar next semester to build relationships with peers