

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: c0cd71d6-f1f6-4edd-9bd6-f6b173c0e850
Meeting date: December 27, 2024
Student ID: rh101
Counselor ID: rsharma

SUMMARY

Robert is experiencing academic stress and is struggling to maintain his academic progress in upper-division physics courses.

KEY CONCERNS

- Lately, struggling in most of his physics classes
- Challenging seminar-style course content in physics major
- Feeling overwhelmed by previous work and worried about performance
- Desire to improve academic skills but not sure how to do so effectively

ACTION PLAN

- Help Robert identify which upper-division physics and math courses are challenging and how to approach them effectively
- Recommend scheduling meetings with writing and time management tutors in the library
- Encourage Robert to attend peer review sessions for academic support
- Discuss how to integrate better into the physics major and develop a growth mindset

FOLLOW UP PLAN

- Schedule a check-in meeting at the end of semester to assess progress
- Offer after-hours tutoring for next semester if needed
- Encourage Robert to set achievable goals for academic growth and celebrate progress
- Refer Robert to student success center for personalized support