

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 791a977c-d86a-494a-9e13-b898d52ff553

Meeting date: January 23, 2025

Student ID: It699

Counselor ID: awashington

SUMMARY

Lorraine is struggling with academic performance in her history of Europe and history of the Americas courses, and is concerned about falling behind in her major.

KEY CONCERNS

- Low academic performance in history courses (including Ds in history of Europe and history of the Americas)
- Worries that the difficult content of these courses is too much to handle at this point
- Openness to academic coaching and structured study plan
- Experience with interdisciplinary history and the need for mindfulness and self-regulation

ACTION PLAN

- Help Lorraine review the content of history of Europe and history of the Americas in detail, including key concepts and historical events
- Schedule regular check-ins to monitor academic progress and identify areas for focus or revision
- Offer structured study plans for the history of the Americas and history of the world since 1450 courses, with gradual increase in workload and self-regulation exercises
- Refer Lorraine to writing workshops or peer tutoring if needed