

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: a476823e-77e9-4818-b4dc-03eb51d64876

Meeting date: September 13, 2024

Student ID: hj436

Counselor ID: Nguyen

## SUMMARY

Heidi is experiencing academic stress, worries about career prospects in German studies, and uncertainty about major coursework in the German major.

## KEY CONCERNS

- Struggling with advanced German courses and academic pressure
- Worries about fit for major and career options in German studies
- Uncertainty about major coursework in the German major

## ACTION PLAN

- Recommend scheduling adjustment to reduce stress and focus on easier courses
- Suggest exploring career pathways in areas like finance, technology, and language tech
- Provide guidance on major and minor requirements in the German major
- Work with Heidi to develop a study plan that avoids burnout and prepares for graduation
- Regular check-ins to monitor progress and address any setbacks or concerns effectively

## OUTCOME GOAL

To help Heidi manage academic stress and develop a strategic graduation plan that avoids burnout in German coursework.