

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 43bd114d-0785-495f-bdb1-c437a52e112b  
Meeting date: September 04, 2024  
Student ID: ch853  
Counselor ID: schen

## SUMMARY

Cynthia is experiencing academic stress, struggling with course load, grades, and personal issues in her Middle East studies major and related fields, and is struggling to regain control.

## KEY CONCERNS

- Low grades in major courses (mostly in history and Arabic)
- Slipping grades, especially in history and language courses
- Close major and close relationship with the major, leading to questioning
- Personal issues intertwined with academic work, leading to low grades
- Uncertainty about the stability of the academic track

## ACTION PLAN

- Reassure Cynthia that the course load is heavy, and the grading is sensitive to the interdisciplinary nature of the major
- Discuss the potential impact of personal and academic stress on academic performance, including the importance of self-regulation and time management skills
- Encourage Cynthia to explore alternative academic paths (e.g., interdisciplinary studies, humanities without a major), and connect her with campus resources for mental health and academic support
- Offer referral to the academic integrity office if grades continue to drop

## FOLLOW UP PLAN

- Check in later this semester after a major shift in academic focus or course load
- Refer Cynthia to a mental health referral if grades continue to drop or concerns persist
- Encourage the student to consider a different major or a different path if academic stress becomes overwhelming