

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 9bc8e73d-bd00-4411-af89-07b43a1e2938  
Meeting date: January 07, 2025  
Student ID: mw430  
Counselor ID: mrodriguez

## SUMMARY

Melissa is experiencing academic and social adjustment anxiety, and is reaching out for guidance about her major and peers.

## KEY CONCERNS

- First-year feeling overwhelmed by major and course load
- Difficulty finding interest in her major and uncertainties about career path
- Feeling isolated by pre-med and social justice-focused majors
- Need for support in adjusting to college life

## ACTION PLAN

- Help Melissa identify which of her courses are actually relevant to her major (anthropology vs. Sociology), and how to balance academically without overwhelming herself
- Connect Melissa with a peer mentor in the sociology and social justice majors, to share success stories and support
- Refer Melissa to the writing center for academic adjustment work and provide resources for both majors
- Encourage Melissa to join a social justice club or organization to connect with like-minded peers and get involved outside of her classes

## FOLLOW UP PLAN

- Check in later this semester after major adjustment period has ended
- Offer follow-up meetings to monitor Melissa's progress and assess whether academic or social adjustment is still a concern
- Recommend continued support with academic and social adjustment through writing workshops and peer mentoring