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# Student Counseling Report Format

## Student Information:

- **Name:** Jacob Miller
- **Age:** 15
- **Grade Level:** 10th Grade
- **School:** Westview High School
- **Date of Report:** March 26, 2024

## Introduction:

This report provides an overview of Jacob Miller's counseling sessions, focusing on his academic performance, emotional well-being, and career guidance. The objective is to outline the progress, concerns, and recommendations to support Jacob's holistic development.

## Academic Performance:

- **Current GPA:** 3.8
- **Strengths:**
  - Math: Jacob demonstrates strong analytical skills and problem-solving abilities.
  - Science: Shows keen interest and aptitude in physics and biology.
- **Areas for Improvement:**
  - English: Improvement needed in reading comprehension and essay writing.

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- Social Studies: Needs to engage more in class discussions and group projects.

### **Counseling Sessions Overview:**

- **Attendance:** Jacob attended 6 sessions over the past semester.
- **Key Focus Areas:**
  - Time Management: Worked on developing effective study schedules.
  - Stress Management: Introduced relaxation techniques and coping strategies.
  - Career Exploration: Discussed interests and potential career paths in STEM fields.

### **Emotional and Social Well-being:**

- **Observations:**
  - Jacob is generally positive but has expressed anxiety related to academic pressures and future college plans.
  - Socially active with a close group of friends, yet shows reluctance in participating in larger group activities.

### **Career Guidance:**

- **Interests:** Shows a strong inclination towards engineering, particularly aerospace.
- **Aptitude:** Excellent in mathematics and physics, supporting his career interest.
- **Recommendations:** Encouraged to explore summer internships in engineering and attend college fairs to gain insight into the aerospace field.

### **Recommendations and Action Plan:**

- **Academic:**
  - Tutoring in English and Social Studies to improve grades.
  - Participation in study groups to enhance learning and engagement.

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- **Personal Development:**

- Continue with stress management techniques and consider joining a school club to improve social engagement.

- **Career Planning:**

- Visit colleges offering strong engineering programs and meet with career counselors to discuss scholarship opportunities.

**Conclusion:**

Jacob is a promising student with strong capabilities in math and science. Continued support in academic and emotional areas, coupled with targeted career guidance, will be crucial in helping him achieve his full potential.

**Next Review Date:**

- September 15, 2024

**Counsellor's Name and Signature:**

- **Counselor:** Mrs. Laura Smith
- **Signature:** [Counsellor's Signature]