Follow-Up After Interdisciplinary Advising Session

Dear [Advisor's Name],

I hope this message finds you well. I wanted to take a moment to thank you for the enlightening interdisciplinary advising session we had on [Date]. Your insights into [specific topics discussed] were incredibly valuable.

As we discussed, I am particularly interested in [specific areas of interest or next steps]. I believe this guidance will greatly benefit my academic and professional trajectory.

If you have any further recommendations regarding resources or opportunities in these areas, I would greatly appreciate your input. Thank you once again for your support and guidance.

Best regards,

[Your Name]

[Your Contact Information]