Follow-Up After Graduate Advising Session

Dear [Advisor's Name],

I hope this message finds you well. I wanted to take a moment to thank you for our recent advising session on [Date]. I truly appreciate your insights and guidance regarding my academic and professional goals.

As we discussed, I am particularly interested in [specific topics or opportunities mentioned]. I will begin taking the necessary steps to [actions you plan to take] and would welcome any additional resources or advice you might have.

Thank you once again for your support. I look forward to keeping in touch and sharing my progress with you.

Best regards,

[Your Name] [Your Student ID] [Your Program/Department] [Your Contact Information]