Dear [Advisor's Name],

I hope this message finds you well. I am writing to follow up on our recent conversation on [date of conversation] regarding my academic progress and course selection for the upcoming semester.

I would appreciate any further insights you might have about [specific courses/concerns]. Additionally, I would like to know if there are any upcoming deadlines or important information that I should be aware of as I prepare for next semester.

Thank you for your guidance and support. I look forward to hearing from you soon.

Sincerely,

[Your Name]

[Your Student ID]

[Your Contact Information]