

Counselling Notes

Student Name: _____

Grade: _____

Date: _____

Main Topics Discussed:

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Academic / Social / Emotional Concerns:

Session Notes & Observations:

Resources & Strategies Shared:

Next Steps / Action Items:

Student	Counsellor	School/Family

Plan For Next Session:

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Connecting:

☐ Student will reach out if needed

☐ We will meet again _____