

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 30191816-7c0a-464d-bf89-519f63dfa728
Meeting date: September 19, 2024
Student ID: pp215
Counselor ID: Nguyen

SUMMARY

Pamela is experiencing academic stress and is concerned about her graduate school performance.

KEY CONCERNS

- Losing grades in both academic and personal coursework
- Feeling discouraged and uncertain if she will graduate on time
- Feeling alienated by her academic advisors and unsure of support system
- Difficulty identifying progress and feeling overwhelmed

ACTION PLAN

- Help Pamela review grades and adjust course selection based on personal growth goals
- Connect Pamela with graduate student success center for advising and peer support
- Encourage grading policies and strategies for academic pressure and provide resources for time management
- Refer Pamela to campus workshops on self-care and resilience for graduate students

FOLLOW UP PLAN

- Schedule a check-in session in 2 weeks to assess academic progress and emotional wellness
- Coordinate a workshop on academic integrity and self-care in grad school
- Encourage Pamela to write a graduate thesis that aligns with her personal goals and work plan