

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 0d3ac2ed-83fa-4c16-94f4-0022dee6ccc8  
Meeting date: December 02, 2024  
Request ID: 01d974ef-e2ec-492f-853f-8fa04a60ef6f  
Student ID: cd133  
Counselor ID: awashington

## SUMMARY

Christopher is experiencing emotional distress and feeling isolated in the political science department due to heavy academic pressure and lack of support for mental health and well-being.

## KEY CONCERNS

- Depression and anxiety symptoms
- Heavy academic load and feeling overwhelmed
- Lack of emotional support from professors and peers
- Uncertainty about belonging in the political science major

## ACTION PLAN

- Recommend seeing a mental health professional who specializes in college-aged populations
- Encourage Christopher to attend mental health workshops or peer support groups in the student health center
- Provide referral to counseling services or psychiatry if needed
- Introduce strategies for managing academic stress and emotional regulation, such as mindfulness and emotional regulation exercises

## FOLLOW UP PLAN

- Schedule a check-in session in a few weeks to assess how Christopher is feeling and whether he's found ways to manage his mental health effectively
- Refer Christopher to reflect group discussions on the importance of mental health support in the political science community
- Encourage Christopher to continue engaging with the department in positive ways, such as attending academic events and seeking out mentors