

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 39507b6e-f143-413e-9705-fe0c1f10173b
Meeting date: August 22, 2024
Student ID: rw400
Counselor ID: schen

SUMMARY

Rising senior with a diverse college community, struggling with academic pressure, social pressure, and academic overload, and unstable internal conflict.

KEY CONCERNS

- High-level academic performance (3.8 GPA in major) despite heavy load and unpredictable social environment
- Taking many classes, including upper-level French, Spanish, English, and Latin American studies
- Internal conflict about whether to keep up or take a break, leading to academic stress and anxiety
- Unstable academic pressure from high-stakes tests and social pressure to perform well in all areas

ACTION PLAN

- Recommend scheduling adjustment to reduce load and focus on one or two core courses at a time
- Introduce academic support services (tutoring, study skills workshops) and social-emotional learning resources
- Encourage regular check-ins with academic advisor to manage stress and stay on track
- Encourage boundary setting with extracurricular commitments and academic pressure (e.g., writing for publication, research projects, etc.)