

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 035abfea-c736-4490-ad73-d1fab196cd9e
Meeting date: February 05, 2025
Student ID: tb874
Counselor ID: mrodriguez

SUMMARY

Troy, a first-year student with a major in English, is experiencing first-year anxiety and feeling isolated due to academic pressure and personal challenges.

KEY CONCERNS

- Extensive academic load in first semester, including difficult classes in English, history, and philosophy
- Feeling overwhelmed and at risk of burnout despite high grades
- Panic about performance and identity in first-year class
- Uncertainty about major or degree program—feeling isolated from advisors and peers
- Dealing with personal issues and not seeking support
- Unprepared for the emotional and academic demands of college life

ACTION PLAN

- Help Troy identify strategies for managing academic pressure, including time management, peer support, and academic counseling
- Introduce first-year seminar series focused on non-academic topics (e.g., mental health, creativity, identity)
- Encourage exploration of majors and career paths that don't rely solely on literature or writing
- Help Troy connect with mental health and peer support resources through campus or outside organizations

FOLLOW UP PLAN

- Check in mid-semester after major adjustment struggles and review academic performance
- Refer Troy to mental health check-in service or student wellness center
- Encourage referral to first-year seminar leader for follow-up discussion of major options
- Recommend resources for non-academic career paths (e.g., arts, tech, social impact)