

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: bf1a0ef3-8dfd-4a7e-9654-bf70461fb2a5
Meeting date: November 07, 2024
Student ID: bk949
Counselor ID: mrodriguez

SUMMARY

Brett is experiencing first-year anxiety and academic stress due to the complexity and historical content of his first history course.

KEY CONCERNS

- Enjoys the course but feels overwhelmed by the content and pace
- Struggles to understand history in a scholarly way
- Feels inadequate based on incomplete understanding
- Fear of failing the course or being labeled as a failure

ACTION PLAN

- Help Brett understand the historical context and scholarly approach to the course
- Recommend daily reading logs to break the material down
- Encourage reflective writing exercises to process the material
- Schedule weekly check-ins to monitor progress and emotional well-being

FOLLOW UP PLAN

- Set up a weekly academic journaling session to reflect on the course and process
- Offer support for academic writing skills through the writing center
- Encourage peer review sessions to build confidence in critical thinking
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