

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 9e8963f4-e596-4fba-b720-5f3be62a722a
Meeting date: February 14, 2025
Student ID: ap136
Counselor ID: mrodriguez

SUMMARY

Adam is struggling to adjust to college life and academic challenges, which are exacerbated by personal and academic unrest.

KEY CONCERNS

- First-year academic and social adjustment anxiety
- Mix of theater and english courses, but not well-suited for college
- Intense course load, including unhealthy academic pressure
- Uncertainty about what to do next (personal or academic)
- Experiencing rough personal time and not processing effectively

ACTION PLAN

- Help Adam identify academic and personal support services (e.g., tutoring, peer mentoring, academic coaching)
- Connect Adam to first-year seminar leaders to provide a safe space for adjustment
- Encourage exploration of interdisciplinary majors or minors that combine theater and other fields
- Encourage journaling or creative projects as a way to process unprocessed emotions and unraveling

FOLLOW UP PLAN

- Check in after first-year adjustment week or first semester feeling burnt out
- Refer to mental health or college counseling referral services if needed
- Offer referral to student wellness center for holistic support