

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: f832924e-002b-4b05-aae3-a80e642dfde5
Meeting date: September 05, 2024
Student ID: ty209
Counselor ID: awashington

SUMMARY

Tiffany is experiencing first-year anxiety and academic pressure due to a mix of academic and personal demands.

KEY CONCERNS

- Feeling overwhelmed by the material load in psychology and brain courses
- Struggling to keep up with the academic standard in her major
- Worries about falling behind due to personal issues or academic stress
- First-time student anxiety and uncertainty about success in college

ACTION PLAN

- Help with understanding the academic requirements of the psychology major
- Introduce strategies for managing multiple course loads and academic pressure
- Encourage open discussion of personal and academic issues on campus
- provide mental health resources for first-year students through the counseling center

FOLLOW UP PLAN

- Schedule a check-in session next semester to assess adjustment progress
- Refer to mental health support for academic concerns if needed
- offer to attend first-year seminar series to connect with others in a similar situation