

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 8742cf5f-aa27-4ac1-9522-9f1c2f6f32d1  
Meeting date: December 31, 2024  
Student ID: ik603  
Counselor ID: mrodriguez

## SUMMARY

Isaiah is struggling with the demands of a rigorous humanities course load, which is affecting his academic performance and emotional well-being.

## KEY CONCERNS

- Exhaustion from taking advanced classes and mixing coursework with personal responsibilities
- Uncertainty about academic performance in humanities courses, especially in seminar-style settings
- Frustration and anxiety about falling behind even more
- Worries about falling apart due to overload and lack of support

## ACTION PLAN

- Help Isaiah identify which humanities courses are most challenging (e.g. Seminar, philosophy of mind, ancient history)
- Schedule a semester review with Isaiah's academic advisor to evaluate balance and potential for retaking courses
- Recommend strategies for managing complex academic work (e.g. Breaking down tasks into smaller parts, seeking out peer support)
- Connect Isaiah with a peer tutoring or study skills program for the humanities

## FOLLOW UP PLAN

- Check in after finals week to monitor academic performance and emotional stress
- Offer after-hours tutoring or study group for the remainder of semester
- Encourage Isaiah to apply for academic accommodations or support services