

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 9562e514-93cb-45c0-bf17-7c4f4a558d47

Meeting date: August 16, 2024

Student ID: he326

Counselor ID: Nguyen

SUMMARY

Heather is experiencing first-year anxiety and academic stress due to high academic expectations and unrealistic expectations for performance in music and college courses.

KEY CONCERNS

- Depression and anxiety symptoms
- Loss of interest in music due to academic pressure and unrealistic expectations
- Difficulty managing intense academic demands and negative self-talk
- Uncertainty about fit within college culture and future career goals

ACTION PLAN

- Recommend scheduling with music faculty to discuss academic expectations and performance expectations
- Encourage Heather to seek out support through campus mental health services
- Encourage music major to reframe academic pressure as a motivation for excellence, not a barrier to creative expression
- Encourage Heather to develop a balance between music and academic activities to reduce stress

FOLLOW UP PLAN

- Check in later this semester after a major performance or assignment
- Refer Heather to mental health check-in service if academic stress becomes overwhelming
- Encourage Heather to plan for next steps in music and academic life in a supportive way