

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 01d358ae-01a8-427e-a98e-c8d51a73159a
Meeting date: February 04, 2025
Student ID: lw488
Counselor ID: Nguyen

SUMMARY

Lori is struggling with academic pressure, anxiety, and the pressure to graduate on time in her major, and is not sure how to cope with her workload.

KEY CONCERNS

- Struggling with academic performance, feeling discouraged and anxious
- Working in a major research seminar, which is adding to the pressure
- Worried about graduation deadline and feeling overwhelmed
- Wasn't sure how to stay focused or what to do next semester

ACTION PLAN

- Schedule a confidential academic counseling session to discuss strategies for managing workload and academic performance
- Recommend academic coaching to help manage stress and improve critical thinking
- Discuss potential graduation alternatives (e.g., delaying thesis or switching to a different major)
- Encourage Lori to explore non-academic ways to achieve graduation, such as writing a book or creating a project that aligns with her passion

FOLLOW UP PLAN

- Check in after the academic counseling session to check progress and openness
- Refer Lori to a mentorship program for graduate students with high-pressure majors
- Encourage follow-up meetings to discuss graduation timeline and potential career options after graduation