

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: e52e0f45-468a-4e42-9435-52085ada0dce  
Meeting date: February 21, 2025  
Student ID: rs800  
Counselor ID: awashington

## SUMMARY

Rachel is struggling with academic integration, feeling like a failure, and struggling with personal issues affecting her performance in CS.

## KEY CONCERNS

- Low grades despite heavy course load in a highly selective program
- Uncertainty about course material and how to approach academic workload
- Feeling like a failure even though grades are high
- Internal stress and personal issues affecting academic performance

## ACTION PLAN

- Help Rachel identify which courses are most challenging and how much work is expected, even if the grading is high
- Schedule a review session to review grades and workload over time
- Encourage strategies for understanding complex concepts without memorizing, including visualization and modeling
- Work with Rachel to identify personal issues and integrate them into her academic plan
- Encourage self-care practices like mindfulness and journaling to reduce stress and improve focus

## FOLLOW UP PLAN

- After review session, check on how Rachel is feeling with academic integration and workload
- Discuss how to incorporate a more balanced academic load in the future
- Encourage continued support with personal issues through a mental health professional
- Recommend referral to a campus counseling service if academic stress becomes overwhelming