

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 8e08e592-ae1b-4cdb-9c13-10c2eb1b4924
Meeting date: March 03, 2025
Request ID: 64041220-5e99-49e7-a8c3-a8ba8ec1509a
Student ID: ey605
Counselor ID: mrodriguez

SUMMARY

Emma is experiencing academic and social adjustment anxiety, but is struggling to articulate her concerns or seek support.

KEY CONCERNS

- First-year uncertainty about major and intended use of major, uncertainty about fit and value
- First-year social and cultural studies courses are isolating students, but also impacting academically
- Feeling isolated and worried about fitting in, especially with more outgoing peers
- Overwhelming first-year academic load and feeling like a failure if grades aren't high
- Struggling to articulate concerns and seek support in first-year year

ACTION PLAN

- Recommend meeting with first-year academic advisor to review course selection and expected outcomes
- Discuss the social and cultural studies courses as electives and how they relate to major
- Introduce first-year peer mentorship program and offer support through that channel
- Encourage socializing but remind Emma that academic pressure is still a concern

FOLLOW UP PLAN

- Schedule follow-up meeting after first-year seminar series to check emotional state and academic concerns
- Recommend attendance at academic workshops for first-years and mental health resources
- Refer Emma to student success center for individualized support