

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 3cbe9d07-c810-47ea-8db6-3bb6c61a00e1
Meeting date: January 13, 2025
Student ID: sw478
Counselor ID: mrodriguez

SUMMARY

Steven is experiencing first-year anxiety and feeling overwhelmed by academic pressure and the pressure to perform well in college.

KEY CONCERNS

- First-year anxiety from heavy theater coursework and challenging professors
- Pressure to perform academically and isolation from college life
- Difficulty adjusting to college already and feeling like a first-year student
- Worries about failing and becoming a bad fit for the major

ACTION PLAN

- Help Steven identify academic pressure and the value of taking challenging courses early
- Connect Steven with first-year peer mentoring and academic advising services
- Encourage Steven to join theater and performance studies clubs to connect with like-minded students
- Recommend slowing down and setting achievable goals for academic performance

FOLLOW UP PLAN

- Check in later this semester after taking more theater courses and discussing academic goals with advisors
- Offer to check in again after a midterm or final exam if pressure is still high
- Encourage Steven to reach out for academic support after a semester-ending performance piece