

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: c47341d5-7028-4307-aa63-c3bec13d4e63

Meeting date: March 21, 2025

Student ID: jp440

Counselor ID: awashington

SUMMARY

Jennifer is experiencing academic pressure and a lack of support in her biology degree, leading to feelings of overwhelm and stress.

KEY CONCERNS

- Learning at a high rate in biology courses but feeling overwhelmed by the amount of work
- Expectations from professors and peers to perform well in biology-related majors
- Feeling at risk of failing courses or losing confidence
- Uncertainty about if she's meeting academic expectations

ACTION PLAN

- Help with setting realistic academic goals based on past performance
- Connect with academic advising to learn strategies for managing biology coursework
- Recommendation to join a biology club or tutoring group to connect with peers and get support
- Encourage journaling as a way to reflect on progress and gain insight

FOLLOW UP PLAN

- Schedule a check-in later this semester to assess adjustment progress
- Offer referral to a mental health or academic counseling service if needed
- Encourage attendance at academic events and provide referral for additional support