

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: b976a368-277d-48d0-bae5-f91d430e75d3
Meeting date: March 11, 2025
Student ID: am574
Counselor ID: Nguyen

SUMMARY

Amanda is experiencing high-stakes academic pressure, anxiety, and stress, which is affecting her academic performance and overall well-being.

KEY CONCERNS

- Struggle with high-stakes academic assignments and failure, which is causing anxiety and stress
- Worrisome performance in recent semesters, particularly in Romance and Comparative Literature
- Willingness to take on more academic pressure in the coming semesters
- Uncertainty about career options and how to prepare effectively in the arts

ACTION PLAN

- Help Amanda identify strategies to manage stress through mindfulness and relaxation techniques
- Connect her with campus resources for academic support and career counseling
- Discuss career options in the arts, including teaching, arts administration, and creative entrepreneurship
- Encourage Amanda to write a personal statement that reflects her academic and creative experiences

FOLLOW UP PLAN

- Schedule a follow-up meeting in 2 weeks to check on stress level and academic performance
- Refer Amanda to a peer mentorship program for high-performance students
- Offer to provide referral to campus writing center or career center if needed