

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 817400be-2a26-4291-b0c6-fe8e6b243d77
Meeting date: November 11, 2024
Student ID: sl727
Counselor ID: mgarcia

SUMMARY

Scott is experiencing high-risk academic and emotional state due to unstable academic performance, depression, and anxiety, which is affecting his attendance and overall performance in his major.

KEY CONCERNS

- Unstable academic performance resulting in negative grades, which is causing depression and anxiety
- Depression and anxiety are affecting Scott's ability to manage his academic work, leading to poor attendance and potential failure
- High-pressure academic environment is making it difficult to manage emotions and stay focused

ACTION PLAN

- Help Scott work with a mental health professional to manage depression and anxiety through medication and therapy
- Establish a study schedule that includes low-stakes assignments and engaging with course content
- Encourage Scott to attend academic support services and seek out peer tutoring or study buddies
- Encourage regular check-ins to monitor academic performance and emotional state

FOLLOW UP PLAN

- Schedule a check-in next week to monitor Scott's mental health and academic progress
- Refer Scott to mental health and academic wellness workshops
- Encourage Scott to write a graduation plan that includes a plan for academic recovery and emotional resilience