

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: b0b74f93-f1cd-4053-8991-0fd0ad2eae6e
Meeting date: February 26, 2025
Student ID: mf407
Counselor ID: schen

SUMMARY

Megan is experiencing unstable emotional state and high-risk academic situation due to stress, depression, and personal issues.

KEY CONCERNS

- Academic performance in upper-level Middle East courses has fallen significantly
- Unstable emotional state with depression and anxiety, which has affected writing and overall academic performance
- Personal issues, including family expectations and academic identity in the Middle East program
- High-risk situation due to unfinished Middle East courses and potential failure

ACTION PLAN

- Reach out to academic advisor for emotional support and academic accommodations
- Work with Megan to address emotional regulation through mindfulness and journaling practices
- Encourage writing and self-care strategies to manage academic stress and emotions
- Refer to mental health peer support group if needed

FOLLOW UP PLAN

- Schedule a check-in session next week to monitor emotional state and academic progress
- Offer referral to mental health peer support group if needed, and remind about academic stress and emotional support needs
- Encourage Megan to seek out a new academic advisor and explore alternative pathways within the Middle East program if necessary