

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: a626b31e-923d-4edc-8329-905a157117b8
Meeting date: December 18, 2024
Request ID: e6d6641e-be4c-42e9-970d-12d4968ad106
Student ID: sh762
Counselor ID: mrodriguez

SUMMARY

Stacy is experiencing academic stress and academic burnout due to the intense academic demands of her first-year Classics course.

KEY CONCERNS

- Enjoyment of the course material
- Long readings in ancient history
- Complexity of ideas in ancient texts
- Expectation for scholarly writing and scholarship in a major
- Academic pressure to meet course requirements

ACTION PLAN

- Encourage Stacy to read more lightly and focus on understanding key concepts in the course without becoming overwhelmed
- Suggest attending writing workshops or peer tutoring for Classics students
- Recommend reviewing major requirements and how to balance academics with personal growth
- Encourage Stacy to consider a different major (e.g., English, history, philosophy) if this is the right fit

FOLLOW UP PLAN

- Check in after first-year seminar ends to check academic stress level
- Offer support for a mid-semester assessment or reflection sheet
- Encourage Stacy to join a student support group for first-year students with academic interests