

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: d210793f-b8db-4309-9704-07c304629a53

Meeting date: November 12, 2024

Student ID: jo199

Counselor ID: mrodriguez

## SUMMARY

Joshua is experiencing academic stress and emotional distress due to his music-related coursework and club involvement, but is still trying to balance academics and performance.

## KEY CONCERNS

- Pressure to perform academically in music coursework
- Emotional exhaustion from performing in the music club and in academic settings
- Academic burnout and difficulty staying on top of coursework
- Uncertainty about academic performance and mental health impacts

## ACTION PLAN

- Help Joshua understand the academic expectations for music majors and the different types of assignments in music courses
- Introduce strategies for managing performance and academic demands in a music major
- Refer Joshua to mental health resources and academic support teams
- Encourage participation in academic events outside of the music club and balance with other interests

## FOLLOW UP PLAN

- Check in later this semester after performing better in some courses
- Offer a workshop on academic writing and performance integration
- Refer Joshua to a peer mentorship program for music majors