

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: d5b03b19-8f47-44e0-96ad-a8877d4d7651
Meeting date: October 18, 2024
Student ID: sl983
Counselor ID: Nguyen

SUMMARY

Sarah is experiencing academic stress and fear of failing in her history major, which is affecting her emotional state.

KEY CONCERNS

- Struggling with heavy and emotionally charged history courses
- Emotional overload, leading to academic stress and fear of failing
- Low academic performance, which is affecting her confidence and ability to manage her course load
- Uncertainty about whether she can keep up with her workload without falling behind

ACTION PLAN

- Refer to a academic counseling center for help with course selection and grading policies
- Discuss strategies to manage heavy history courses more effectively, including mindfulness and emotional regulation
- Encourage self-reflection and emotional processing through writing assignments and peer support
- Schedule regular check-ins to monitor academic performance and emotional well-being

FOLLOW UP PLAN

- After meeting, follow up via email or check-in face-to-face to review academic progress and emotional state
- Recommend mindfulness and emotional regulation workshops for history majors
- Offer referral to mental health or writing center if emotional stress becomes overwhelming