

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 313e5e81-bc40-4842-9fe1-6d3909a40d07

Meeting date: March 25, 2025

Request ID: 80ef92d6-5a72-4bfb-b08b-cd635e1cd073

Student ID: rl445

Counselor ID: rsharma

## SUMMARY

Ralph is experiencing a significant academic regression after a significant personal and academic shift, leading to a loss of confidence and direction in his academic pursuits.

## KEY CONCERNS

- Academic performance declining after a significant academic and personal shift
- Difficulty taking harder courses due to the shift's impact on confidence and motivation
- Feeling lost and ungrounded due to personal and academic shifts
- Worries about losing academic edge or passion due to the shift

## ACTION PLAN

- Recommend a review of academic policies and support for high-risk students with significant academic history
- Discuss the potential benefits of a more balanced academic schedule with a faculty advisor
- Encourage reflection on personal and academic values and how to integrate them in new ways
- Provide guidance on critical thinking and social justice topics for difficult and challenging courses

## FOLLOW UP PLAN

- Schedule a check-in after finals week to assess academic recovery or relapse
- Offer support for writing retention plans and career planning strategies
- Refer to mental health services if academic stress becomes overwhelming