

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 80eeefa6-7dde-4937-96ab-223019843536
Meeting date: December 10, 2024
Student ID: ah927
Counselor ID: mrodriguez

SUMMARY

Adam is experiencing first-year anxiety and academic pressure, which is affecting his academic performance and mental health.

KEY CONCERNS

- First-year adjustment stress from a heavy course load in theater major
- Dealing with academic pressure in a controlled environment
- Personal and academic issues affecting performance
- Anxiety and fear of failure
- Uncertainty about academic standing and future prospects

ACTION PLAN

- Help Adam understand the demands of the theater major and the importance of self-discipline
- Introduce academic support through the campus' tutoring center and peer mentoring programs
- Encourage Adam to set realistic academic goals and practice self-regulation through practice assignments
- Encourage social engagement but also manage stress through mindfulness and relaxation techniques

FOLLOW UP PLAN

- Check in mid-semester to check academic progress and emotional state
- Recommend attendance at academic workshops and peer support groups
- Offer individual counseling on managing academic pressure and career goals in the theater major
- Recommend attending a new major or interdisciplinary program for a more balanced academic path