

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 7f0a9737-41cc-41cc-ab11-4042c2e68700  
Meeting date: August 08, 2024  
Student ID: eb318  
Counselor ID: schen

## SUMMARY

Emily is experiencing first-year anxiety and uncertainty about her major and academic performance, which is exacerbated by pressure to fit in and perform academically.

## KEY CONCERNS

- Anxiety and academic stress resulting from first-year adjustment challenges
- Decision stress and possible dropout from first-year courses
- Pressure to fit into a major and academic identity
- Experience with academic pressure and failure in other contexts

## ACTION PLAN

- Recommend that Emily discuss her academic performance and adjustment concerns with her first-year seminar instructors
- Encourage Emily to meet with a first-year adviser to review course selection and goals
- Help Emily identify support systems (e.g., tutoring center, academic peer group) to manage anxiety and improve confidence
- Encourage Emily to reconsider her major if academic pressure is no longer a concern

## FOLLOW UP PLAN

- Check in later this semester to monitor anxiety and academic-related stress
- Refer Emily to career counseling if academic pressure becomes a significant concern
- Help Emily brainstorm a new major or a plan for graduation that fits her interests and personality