

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: f002a0ea-39da-414d-a408-61b79badb869
Meeting date: November 22, 2024
Student ID: rc878
Counselor ID: rsharma

SUMMARY

Ryan is experiencing first-year anxiety and academic stress due to a challenging first-year chemistry course, which is weighing heavily on him.

KEY CONCERNS

- Depression and anxiety symptoms
- Difficulty understanding chemistry concepts
- Lack of confidence in the course's requirements
- Uncertainty about whether he's on track in his major

ACTION PLAN

- Recommend scheduling an appointment for academic advising for the chemistry course
- Encourage Ryan to seek support from a peer mentor or tutoring center
- Discuss strategies for managing academic pressure, including breaking down complex concepts and seeking help when needed
- Encourage open communication about academic goals and how the first-year course fits into the major

FOLLOW UP PLAN

- Check in after first semester review session
- Refer Ryan to mindfulness and self-help workshops on mental health and academics
- Monitor academic performance and provide support through final grades