

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 6e14b687-5583-4164-8d24-8d42043df596
Meeting date: January 30, 2025
Student ID: wr387
Counselor ID: mrodriguez

SUMMARY

Wayne is experiencing first-year anxiety and academic stress due to a difficult first-year semester, including a difficult English course and the pressure to major in English.

KEY CONCERNS

- Feeling overwhelmed by first-year classes and major-related coursework
- Struggling with academic identity and self-perception
- Worries about competence and whether to major in English
- Pressure to succeed in a difficult major

ACTION PLAN

- Recommend scheduling adjustment to ease academic load and focus on individual course struggles
- Introduce first-year writing and critical thinking workshops to reduce anxiety
- Connect with the English club and peer support network to alleviate stress
- Recommend taking a break from major-related courses if anxiety is high

FOLLOW UP PLAN

- Check in mid-semester to check academic stress level has subsided
- Offer referral to writing center for individual writing workshop or tutoring
- Encourage participation in a relaxed first-year seminar next semester
- Revisit major and identity concerns with a faculty member