

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: a8b4cff4-6048-4c4e-8f6e-0940e6e67fbc
Meeting date: March 28, 2025
Student ID: do249
Counselor ID: awashington

SUMMARY

Dawn is struggling with academic pressure and emotional overload in her psychology major.

KEY CONCERNS

- Repeating difficult psychology courses mid-semester and still falling behind
- Personal and academic stress leading to academic performance anxiety
- Feeling unprepared to manage the workload in the major
- Feeling discouraged and considering dropping out

ACTION PLAN

- Help Dawn understand the academic risks of taking multiple difficult psychology courses in a row
- Recommend a graded assignment for each of the courses to ease the pressure
- Encourage Dawn to attend a mental health workshop on managing academic stress
- Offer support in writing personal and academic goals that prioritize balance and self-care

FOLLOW UP PLAN

- Schedule a check-in next week to review workload and progress
- Assign a mental health and academic integration workshop for spring semester
- Encourage Dawn to attend a career seminar next semester to consider alternative majors or career paths without dropping the psychology major