

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 2a9ecc70-b803-4d32-a845-2d8792b7c733

Meeting date: December 16, 2024

Student ID: gl179

Counselor ID: erodriguez

## SUMMARY

Gina is experiencing high-stakes testing-induced anxiety and emotional distress, which is affecting her academic performance, emotional well-being, and academic engagement. She is experiencing high stress and is struggling to manage her stress and emotions effectively.

## KEY CONCERNS

- High anxiety and depression following high stakes testing (e.g. SAT, ACT, AP exams)
- Loss of academic engagement and potential drop in academic performance
- Unmanaged anxiety and emotional distress leading to negative academic and emotional outcomes
- Need for academic support (managing anxiety, study strategies, safe study environment)

## ACTION PLAN

- Schedule a session to discuss academic stress and high-stakes testing anxiety
- Recommend academic study schedules that prioritize relaxation and mindfulness
- Provide emotional regulation and anxiety management strategies (mindfulness, deep breathing, journaling)
- Introduce a safe study space with low stakes assignments or no deadlines

## FOLLOW UP PLAN

- After the session, follow up with Gina to monitor academic performance and emotional state
- Recommend gradual reduction of high-stakes testing assignments if anxiety improves
- Encourage regular check-ins to monitor emotional and academic well-being