

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 909592ab-9b3a-405a-90cf-e109a2f7387c  
Meeting date: March 04, 2025  
Student ID: oa305  
Counselor ID: mrodriguez

## SUMMARY

Olivia is experiencing first-year anxiety and uncertainty about her major and personal identity in her first semester.

## KEY CONCERNS

- Enjoyment of first-year course, but also academic stress and anxiety
- Worries about fit between majors (English vs. SCIENCE), fear of failure
- Personal stress from background and identity, but not being able to articulate how first semester will work
- Unbalanced approach to first-year classes, leading to anxiety and uncertainty

## ACTION PLAN

- Help Olivia identify how to manage academic stress effectively, including mindfulness and time management tools
- Connect Olivia with first-year seminar facilitators and peer support groups to explore her identity and major options
- Recommend individual counseling for managing anxiety and developing a balanced academic plan
- Encourage Olivia to attend workshops on interdisciplinary studies and how to combine her passions

## FOLLOW UP PLAN

- Check in mid-semester after taking a test or major decision
- Offer follow-up counseling session after first-year seminar or major decision
- Encourage Olivia to reflect on how her anxiety is affecting her academic performance and planning future steps