

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 0df5495c-23d8-419e-891a-0bb7cb39def3
Meeting date: August 14, 2024
Student ID: ad355
Counselor ID: rsharma

SUMMARY

Academic stress and potential career implications in studying German heavily are affecting Amy's overall well-being.

KEY CONCERNS

- Struggling with advanced German coursework, including literature, politics, and language courses
- Pressure to perform well in all classes even as she takes more
- Attempting to balance academic and personal activities, which is straining mental and physical health
- Likely career implications if Amy can't master German or international relations well

ACTION PLAN

- Help Amy identify which advanced German courses are most relevant to her major and career goals
- Explore strategies for managing academic pressure without falling behind
- Connect Amy with resources for internships or study abroad opportunities in Germany
- Encourage mindfulness and self-care practices to manage stress and improve overall well-being

FOLLOW UP PLAN

- Schedule a check-in after finals to review progress in German and academic areas
- Offer referral to German study group for students interested in international relations and culture
- Encourage Amy to explore career pathways that don't rely solely on German studies or international relations