

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 40b256f4-f272-48c4-b592-648b12798f13  
Meeting date: December 18, 2024  
Student ID: ja508  
Counselor ID: schen

## SUMMARY

Jeremy is experiencing academic stress and emotional distress, which is affecting his academic performance and overall well-being.

## KEY CONCERNS

- High-level course load during a heavy semester
- Emotional exhaustion from personal and academic issues
- Taxing academic demands leading to academic stress
- Low academic performance, which is affecting emotional regulation and confidence
- Uncertainty about whether he can keep up with the load without falling further behind

## ACTION PLAN

- Ensure that Jeremy adjusts his schedule to allow for breaks and self-care strategies
- Recommend mindfulness and emotional regulation exercises for his major and upcoming courses
- Encourage academic coping strategies (e.g., time management, peer support, mindfulness apps)
- Help Jeremy set realistic academic goals and manage his emotional state effectively

## FOLLOW UP PLAN

- Check in mid-semester to monitor academic performance and emotional state
- Refer Jeremy to mental health or academic counseling if needed
- Encourage peer support networks and academic support services for students with emotional distress and high-risk academic performance