

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: c29f20d9-b6b6-414a-bfc5-0b70280490cf
Meeting date: November 06, 2024
Student ID: hn580
Counselor ID: Nguyen

SUMMARY

Heather is experiencing first-year anxiety and is struggling with academic stress, personal issues, and emotional regulation.

KEY CONCERNS

- Last semester was a major struggle for academic performance — failed most of her required courses
- Attempt to recover from the writing course and social studies elective failed
- Feeling even more overwhelmed this semester — overwhelmed by personal and academic issues
- Worries about judgement if students share mental health struggles
- Needs support in managing academic and emotional stress, and figure out new major or balance options

ACTION PLAN

- Help Heather identify how to manage the academic pressure of the major and first-year experience
- Recommend meeting with a first-year seminar coordinator to discuss strategies for reclaiming control
- Discuss how to address Heather's personal issues in a way that doesn't stigmatize mental health
- Encourage exploration of a different major or interdisciplinary option if he feels overwhelmed

FOLLOW UP PLAN

- Schedule a follow-up meeting in a more confidential setting (e.g., library study room or email) after discussing academic recovery strategies
- Encourage reflection on if Heather's emotional state has changed enough to consider a change in major or career path
- Introduce resources for mental health support and self-care in the campus community