

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 18eab580-a16f-4807-b030-133411e16b04  
Meeting date: March 27, 2025  
Student ID: kt819  
Counselor ID: mrodriguez

## SUMMARY

Katherine is experiencing academic stress and fear of failure in her first-year History course.

## KEY CONCERNS

- Love of history course and engagement with academic discipline
- Pressure to perform academically in first semester
- First-year anxiety and fear of falling behind
- Uncertainty about ability to keep up with intense content and pace

## ACTION PLAN

- Help Katherine adjust to the academic demands of History course
- Introduce strategies for note-taking and comprehension
- Encourage self-care techniques for managing stress and memory
- Connect Katherine with academic support services (e.g., tutoring, peer mentoring)
- Encourage regular progress tracking to manage expectations

## FOLLOW UP PLAN

- Check in mid-semester after major academic shift
- Introduce grading policy and feedback expectations
- Discuss how to reconcile academic goals with first-year stress
- Offer extended meeting time or weekly check-ins if stress level increases