

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: c823a0a1-862e-4733-8421-3deb6b598e0f
Meeting date: August 30, 2024
Request ID: 91c25323-105c-4597-b809-1376d6418ed1
Student ID: rf838
Counselor ID: awashington

SUMMARY

Rose is struggling with academic performance in psychology major, and is dealing with personal and academic stress. She is seeking counseling to address both academic and personal concerns.

KEY CONCERNS

- Low academic performance in psychology courses
- Uncertainty about fit in psychology major
- Unwillingness to talk to professors about progress
- Anxiety and depression impacting academic engagement
- Unaddressed personal and academic stressors

ACTION PLAN

- Recommend meeting with academic advisor to discuss course load and progress
- Discuss strategies to manage academically, including time management and mindfulness
- Encourage emotional regulation through mental health resources in the faculty
- Review personal and academic goals to avoid overwhelming the psych major
- Encourage seeking support from a peer mentor or writing group

FOLLOW UP PLAN

- Check progress in academic advising after meeting with advisor
- Refer Rose to mental health peer support group if academic concerns are resolved
- Encourage application to new psychology-specific major or independent study course
- Recommend attending campus events with a focus on mental health and social justice