

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 8afd590a-ff9e-4131-a59e-69b936e22cd1
Meeting date: February 13, 2025
Student ID: wb279
Counselor ID: rsharma

SUMMARY

William is experiencing academic stress and is reaching out for academic support after experiencing significant performance decline in his history and history of Europe courses.

KEY CONCERNS

- Struggling with academic performance in history and history of Europe courses
- Unable to complete assignments or papers due to academic anxiety
- Feeling afraid of failing again and losing confidence
- Need for academic recovery plan and guidance in history and history of Europe

ACTION PLAN

- Help William understand the different styles and approaches to history in the US and Europe
- Recommend meeting with a history tutor or academic advisor to discuss academic recovery
- Provide a detailed research paper assignment for a different class to build confidence
- Encourage self-regulation and mindfulness practices to manage academic stress effectively

FOLLOW UP PLAN

- Schedule a check-in meeting in 1-2 weeks to review academic recovery progress
- Log academic work progress every week in a planner
- Encourage WILLIAM to join a peer tutoring or academic support group in the future
- Refer William to the writing center if he needs further assistance