

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 9a21b7fe-f5eb-4509-af40-3e93569726cb
Meeting date: November 22, 2024
Student ID: tm287
Counselor ID: rsharma

SUMMARY

Tammy is struggling with academic pressure, first-year anxiety, and the overwhelming load of biology courses in her first semester.

KEY CONCERNS

- Losing grades in biology classes despite trying hard
- Experiencing first-year stress and feeling inadequate
- Feeling part of an honors-level cohort but struggling to keep up
- Lack of support for academic management and self-reflection

ACTION PLAN

- Help Tammy understand the different styles and expectations of biology professor types
- Recommend scheduling meetings with biology and honors peers to share strategies
- Encourage Tammy to set achievable academic goals and set a positive tone with her peers
- Consider a mindfulness or self-help workshop on academic resilience or time management

FOLLOW UP PLAN

- Check in later this semester after a more rigorous biology load
- Offer a mindfulness session on academic self-care after a difficult semester
- Encourage Tammy to write a reflective journal entry or group assignment as a way to track progress
- Refer Tammy to the student success center for academic support after the semester ends