

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 41a33eea-0da7-4e07-bb51-7cf36b32a26e

Meeting date: March 25, 2025

Student ID: tc209

Counselor ID: awashington

## SUMMARY

Terri is experiencing first-year anxiety and academic stress, but is keeping her discomfort hidden due to social isolation and academic pressure.

## KEY CONCERNS

- Extensive course load in difficult and complex philosophical topics
- Worrisome performance on first few courses
- Feeling like out of control
- Low self-esteem and uncertainty about future in philosophy

## ACTION PLAN

- Encourage Terri to seek out academic support through the Center for Learning and Academic Success
- Recommend attending tutoring sessions for difficult courses
- Discuss the academic pressure and first-year anxiety through journaling and peer mentoring
- Encourage open discussion of fears and discomfort around philosophy and academic career

## FOLLOW UP PLAN

- Schedule a check-in later this semester to monitor Terri's emotional state and assess progress
- Refer Terri to mindfulness and emotional regulation workshop series
- Reach out for referral to mental health or higher education services if needed