

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: c9cbfc70-009a-4f09-a438-818b661e3325
Meeting date: February 11, 2025
Student ID: mm514
Counselor ID: awashington

SUMMARY

Michael is experiencing academic delinquency and academic burnout due to heavy course load, unrealistic expectations, and unsupportive academic environment.

KEY CONCERNS

- Low academic performance despite strong academic performance in first-year courses
- Feeling lost and overwhelmed in major of Sociology and Anthropology
- Academic burnout and academic anxiety
- Unrealistic expectations for scholarly performance in first semester

ACTION PLAN

- Help Michael identify academic strategies to manage workload effectively, such as time management, peer support, and self-talk techniques
- Schedule a discussion of academic and personal growth options in Michael's major, including research opportunities and writing assignments
- Encourage academic self-care through journaling, workshops, and social support
- Recommend a mentorship with a faculty member experienced in academic advising and first-year success

FOLLOW UP PLAN

- Check in after first semester stress and anxiety, ask about academic adjustment plan status
- Offer referral to academic wellness center if academic performance declines
- Recommend attendance at first-year seminar series for first-gen students with similar challenges