

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 3fa5f4bf-bd5d-44e0-9a2c-b4b8c7895d94  
Meeting date: December 20, 2024  
Student ID: pt114  
Counselor ID: mrodriguez

## SUMMARY

Pamela is experiencing academic stress and academic burnout due to a heavy course load in geography, but is still trying to fit in academically.

## KEY CONCERNS

- First-year academic stress from a diverse set of complex and complex geography courses
- Difficulty managing a heavy academic load with reading assignments, presentations, and exams
- Feeling exhausted and anxious even after studying hard
- Lack of emotional support about managing academic pressure and academic identity

## ACTION PLAN

- Help Pamela identify strategies to manage her academic load effectively, such as time management techniques, academic mindfulness, and peer support
- Introduce a study buddy system to help with assignments and stress, especially during first-year semesters
- Encourage Pamela to prioritize self-care by setting boundaries around social media and academic activities
- Refer to academic wellness resources and peer mentoring programs for academic pressure

## FOLLOW UP PLAN

- Schedule a check-in later this semester to monitor Pamela's academic and emotional well-being
- Offer a reflection workshop on managing academic identity and academic burnout in a supportive community
- Encourage Pamela to propose a project or course that aligns with her academic interests and mental health