

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: d2c7a14e-2eca-4642-b925-ee7f9649c984  
Meeting date: December 19, 2024  
Student ID: cj339  
Counselor ID: mrodriguez

## SUMMARY

Crystal is struggling with academic stress and personal issues, which are exacerbated by her first-year course load in Classics. She is concerned about falling behind and risking academic dismissal.

## KEY CONCERNS

- Academic performance under heavy load (low grades in core classes, including Latin and Greek)
- Personal stress and anxiety exacerbated by first-year course load
- Uncertainty about fit and ability in major (Classics vs. other fields)
- Feeling at risk of academic dismissal if performance slips

## ACTION PLAN

- Help Crystal adjust to the rigor of the Classics curriculum by setting up a schedule for grading and reviewing grades
- Encourage Crystal to seek out academic support through the Classics department and campus
- Ensure that Crystal feels comfortable and supported in her personal life, especially in a new academic environment
- Refer Crystal to mental health resources if academic stress becomes overwhelming

## FOLLOW UP PLAN

- Check in after first-semester stress check period
- Offer referral to counseling for trauma and academic adjustment
- Encourage Crystal to plan for graduation and how to manage her load over the next few semesters