

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 1100824a-d74c-45d3-bb47-a30d5bc89389  
Meeting date: February 05, 2025  
Student ID: bg444  
Counselor ID: rsharma

## SUMMARY

Benjamin is experiencing first-year anxiety and academic stress due to high expectations from his biology and research-focused majors.

## KEY CONCERNS

- First-year overload, feeling like a failure due to poor understanding of biology topics
- Difficulty managing academic pressure through multiple biology classes and research projects
- Feeling inadequate in biology and uncertain if he's meeting expectations
- Struggling to develop a coherent academic plan and seek support
- Need for strategies to improve understanding, reduce anxiety, or achieve better grades

## ACTION PLAN

- Help Benjamin identify which biology and research courses are most relevant to his academic goals and stress level
- Recommend meeting with biology professor to discuss course load and learning strategies
- Discuss how to prioritize academic work and manage anxiety through a first-year seminar
- Encourage Benjamin to join a support group for first-year students with high academic expectations

## FOLLOW UP PLAN

- Schedule a check-in after finals week to monitor academic stress and progress
- Offer to provide after-graduation support through a new academic advising service
- Encourage Benjamin to apply what he's learned to real-world problems or explore alternative academic pathways