

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 4bd02f32-780c-4cbf-bd6e-210f002fa9ac
Meeting date: August 22, 2024
Student ID: vc359
Counselor ID: mrodriguez

SUMMARY

Veronica is experiencing first-year anxiety and feeling disconnected from her academic journey due to a mix of coursework and academic pressure.

KEY CONCERNS

- Struggling to connect with academic content even partially
- Feeling overwhelmed and at risk of academic stress
- High academic performance but feeling disconnected from the college experience
- Need for academic support, stress management, and sense of belonging

ACTION PLAN

- Help Veronica identify which classes are most challenging and how to approach the content effectively
- Schedule a semester review session to review performance and strategies
- Recommend strategies for academic engagement, stress management, and academic identity development
- Introduce Veronica to campus resources for mental health and academic support

FOLLOW UP PLAN

- Check in after semester review to assess progress
- Offer follow-up sessions after finals to work on executive functioning and self-care
- Encourage Veronica to apply for academic support services if needed
- Refer Veronica to campus leadership for mental health and academic integration