

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 77cf435c-c9e4-4d8d-9016-8769587bf36b
Meeting date: November 14, 2024
Student ID: lj307
Counselor ID: rsharma

SUMMARY

Leslie is struggling with academic pressure and exams, but is reluctant to seek out support due to fear of rejection or failure.

KEY CONCERNS

- Struggling with coursework in her major (Mathematics)
- Experiencing significant academic anxiety
- Feeling like she's not living up to expectations in her major or faculty
- Uncertainty about progress and future exams

ACTION PLAN

- Encourage Leslie to attend a campus counseling center and seek help for academic stress and mental health
- Introduce strategies for time management and problem-solving in her math courses
- Recommend working with a tutor or peer mentor for her major
- Encourage self-care practices like meditation or journaling to reduce stress and focus on academic work

FOLLOW UP PLAN

- Schedule a check-in session in the coming weeks to check progress and identify next steps
- Offer to provide accountability coaching through a mentorship relationship
- Encourage a positive reflection on the student's academic journey and what's next after graduation