

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: c8adc4fa-0f8f-4b43-bfcb-74858b5459d8
Meeting date: October 02, 2024
Student ID: kg128
Counselor ID: rsharma

SUMMARY

Kimberly is experiencing first-year anxiety and uncertainty about her biology major and academic expectations.

KEY CONCERNS

- Likely first-year student, feeling overwhelmed by biology coursework
- Experiencing positive academic support from professor, but still at a high risk for stress
- Worrying about falling behind or failing again
- Uncertainty about fit for biology as major and future career goals

ACTION PLAN

- Recommend scheduling meetings with academic advisor to understand biology course requirements and expectations
- Suggest attending first-year seminar series to get a sense of biology concepts and learning style
- Discuss the pressure to perform well and the importance of self-care in a high-pressure academic environment
- Recommend using journaling and critical thinking skills to manage anxiety and build confidence in biology

FOLLOW UP PLAN

- After first-year seminar, recommend individual session on mindfulness and academic self-care
- Encourage Kimberly to join a student organization focused on biology or mental health advocacy
- Offer to connect again later this semester as she adjusts to college life