

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 560167e3-2a7c-401d-a3d1-7ea56b68e9eb
Meeting date: September 10, 2024
Student ID: st988
Counselor ID: Nguyen

SUMMARY

Stephanie is experiencing first-year anxiety and academic stress, which is affecting her emotional and physical well-being.

KEY CONCERNS

- Adjusting to college life, including academic pressure, low grades, and feeling isolated
- Cumulative impact of heavy course load, including lower-level courses and upper-division assignments
- Worries about fit and representation in upper-level courses
- Uncertainty about identity and interests on campus
- Feeling drained and at risk of falling behind or becoming depressed

ACTION PLAN

- Help Stephanie identify which academic and personal strategies are working for her (e.g., taking breaks, seeking out support, adjusting schedule)
- Connect Stephanie with campus resources for mental health and academic support (e.g., tutoring center, mental health center, ed. advising office)
- Refer Stephanie to attend workshops on self-care and academic balance (e.g., mindfulness, journaling, time management)
- Encourage Stephanie to join a community of first-year students with similar experiences

FOLLOW UP PLAN

- Check in after first semester stress peaks (mid-October)
- Refer Stephanie to check-in sessions with a mental health referral service
- Plan a semester review meeting (e.g., reflecting on goals, challenges, progress)