

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 342e7e08-f0cc-4c31-be53-021f4dffa17
Meeting date: August 27, 2024
Student ID: sw904
Counselor ID: mrodriguez

SUMMARY

Samantha is experiencing first-year anxiety and academic stress, but is struggling to articulate her concerns or seek support.

KEY CONCERNS

- Enrollment in philosophy course, intense reading load, stress from multiple assignments and exams
- Being behind in coursework, already behind on project, worried about graduation and career path
- Feeling unstable and anxious
- Worries about fit and major uncertainty

ACTION PLAN

- Recommend scheduling a counseling session to explore academic and personal concerns
- Suggest attending a first-year seminar series to gain exposure to different fields and perspectives
- Provide sample academic support strategies (e.g., time management, critical thinking, writing) for philosophy majors
- Encourage exploring career options in the humanities or social sciences, rather than settling into a specific major

FOLLOW UP PLAN

- Schedule follow-up meeting after academic seminar to discuss personal growth and career path
- Recommend writing workshop or career counseling referral if anxiety worsens
- Introduce student success center resources (e.g., tutoring, mental health referral, financial aid)