

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 5c6e0e3a-be86-4bed-bffe-0cd8ceb91c5d
Meeting date: January 24, 2025
Student ID: cr236
Counselor ID: mrodriguez

SUMMARY

Cynthia is experiencing first-year anxiety and academic stress, but is still struggling to adjust in her music coursework and writing group.

KEY CONCERNS

- Low academic performance in music courses
- Feeling overwhelmed and anxious
- Academic pressure to perform in writing group
- Lack of support for managing emotions in first-year context

ACTION PLAN

- Recommend scheduling adjustment for Cynthia's music courses to allow for a slower pace
- Introduce writing group members as potential support system
- Encourage attending academic workshops or peer-to-peer support groups
- Discuss how to manage emotions effectively in a first-year context

FOLLOW UP PLAN

- Schedule a check-in session next week to assess how Cynthia's academic performance is improving
- Refer Cynthia to writing workshop to address drafting and self-reflection
- Discuss how to address both academic and emotional needs in a more holistic way