

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 67522768-2701-42b8-9b37-c137400349f4
Meeting date: February 21, 2025
Student ID: bb316
Counselor ID: Nguyen

SUMMARY

Brandy is experiencing first-year anxiety and is struggling to adapt to college life and academic expectations.

KEY CONCERNS

- Higher than expected academic load, feeling overwhelmed
- Worrisome performance, anxiety, and depression
- Personal issues and academic integration, lack of support
- Difficulty setting achievable goals and managing a heavy workload

ACTION PLAN

- Help Brandy understand the academic expectations for a first-year student and the emotional toll of high-stakes work
- Recommend a study schedule that accommodates personal issues and academic needs
- Introduce mindfulness and self-care strategies for first-year students
- Work with Brandy to develop a personalized academic plan that balances workload and self-determination

FOLLOW UP PLAN

- Schedule a check-in next semester to monitor academic stress and emotional well-being
- Coordinate with a mental health professional to integrate a first-year wellness specialist on campus
- Refer Brandy to campus resources for emotional support and academic support services