

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: bc6ccedb-c09c-4f30-ae2d-fd5ed4285ca0
Meeting date: March 04, 2025
Student ID: gf618
Counselor ID: Nguyen

SUMMARY

Gabrielle is experiencing first-year anxiety and feeling inadequate academically and socially due to a lack of preparation and a sense of isolation.

KEY CONCERNS

- Worries about academic performance and feeling overwhelmed over first-year coursework
- Panic attacks around first-year EDS course
- Loneliness and fear of fitting in
- Discomfort with academic pressure and social isolation

ACTION PLAN

- Help Gabrielle adjust to college academically by setting realistic goals, reviewing course materials, and seeking support through tutoring and peer mentoring
- Encourage Gabrielle to form friendships and explore different academic interests, such as social justice or education policy
- Ensure academic readiness by reviewing course requirements and providing support for grading and feedback
- Encourage social engagement through academic events and peer mentorship programs

FOLLOW UP PLAN

- Schedule a check-in later this semester to monitor academic progress and emotional well-being
- Refer Gabrielle to mental health resources and campus support centers
- Encourage Gabrielle to write a reflective journal or academic diary to track progress and reflect on her experiences