

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: b6fb706c-d98f-4536-8815-a3becca7a86a  
Meeting date: November 20, 2024  
Student ID: jy193  
Counselor ID: schen

## SUMMARY

Justin is experiencing academic stress, emotional distress, and a deepening sense of uncertainty about his academic path in East Asian studies after experiencing significant setbacks in his upper-level courses.

## KEY CONCERNS

- High-risk academic performance in upper-level East Asian courses
- Emotional rollercoaster following crushing grades in previous courses
- Feeling completely overwhelmed and at risk of failing
- Uncertainty about whether to continue studying East Asian studies or if this is the end
- Lack of support for emotional regulation and personal issues

## ACTION PLAN

- Refer Justin to the academic recovery center for high-risk students
- Suggest meeting with an adviser to review academic policies and expectations
- Discuss emotional support services and workshops for East Asian studies students
- Encourage journaling and reframing strategies to manage stress and improve performance
- Refer Justin to mental health resources if emotional distress worsens

## FOLLOW UP PLAN

- Schedule a check-in later this semester to monitor academic progress and emotional state
- Encourage reflection on academic performance and personal growth in a thesis or dissertation
- Recommend attendance at a workshop on intercultural competency in the humanities
- Encourage networking with other East Asian students or advisors to build resilience