

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 99e48eb9-d199-48ea-89e7-fb7789371c52

Meeting date: March 28, 2025

Student ID: tk361

Counselor ID: awashington

SUMMARY

Timothy is struggling to engage with his Classics course, is worried about his academic future, and is concerned about emotional fatigue.

KEY CONCERNS

- Emotional engagement has been challenging in the course
- Worrisome attitude towards academic performance
- Emotional exhaustion may be impacting long-term academic commitment
- Uncertainty about appropriate course pace or academic fit

ACTION PLAN

- Help Timothy understand the academic demands of the Classics course and the emotional toll of reading difficult material
- Recommend slowing down or switching to a more narrative or interpretive approach
- Encourage journaling as a way to process emotions without sacrificing engagement
- Refer Timothy to academic support services for long-term academic challenges

FOLLOW UP PLAN

- Schedule a check-in later this semester to assess academic engagement and emotional well-being
- Offer a reflection journal for next semester's reading
- Recommend academic counseling referral if long-term academic concerns persist