

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: fa95a608-f801-4f05-9d9d-3a83e0e196bd
Meeting date: October 01, 2024
Student ID: kd761
Counselor ID: Nguyen

SUMMARY

Kristy is experiencing first-year anxiety and uncertainty about her academic and personal goals, which is leading to poor academic performance and emotional distress.

KEY CONCERNS

- Struggling with difficult coursework in Education major, including grades that indicate significant stress
- Feeling alienated by the academic expectations and pressure to succeed early on
- Uncertainty about appropriate major or career path based on personal and academic experiences
- Emotional distress from personal issues and lack of self-reflection
- Lack of supportive environment for navigating complex academic and personal issues

ACTION PLAN

- Help Kristy identify which first-year Education students are more likely to be understanding and supportive of first-year stress
- Introduce strategies for managing academic pressure, including time management and self-reflection
- Refer Kristy to first-year seminar series for emotional and academic integration
- Encourage open discussion of personal and academic issues to build resilience
- Connect Kristy to mental health resources on campus and beyond

FOLLOW UP PLAN

- Check in mid-semester after major changes in coursework and academic environment
- Offer check-in session later this semester to monitor progress and emotional wellness
- Refer Kristy to a peer mentorship program if she becomes more isolated or anxious
- Encourage Kristy to apply what she's learned to her personal goals and seek out support for long-term plans