

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 20daec7d-ae5c-469e-b912-e82c8fc8960b  
Meeting date: January 09, 2025  
Student ID: hr453  
Counselor ID: acasados

## SUMMARY

Helen is experiencing academic stress and anxiety due to a heavy course load in her major, with no plan to improve or adjust.

## KEY CONCERNS

- Low grades and increasing difficulty in coursework across multiple courses
- Stress and anxiety from a heavy academic load, including major-specific assignments and readings
- Worries that the major requires strong academic performance without flexibility in course load
- Uncertainty about whether she can keep up or if she'll lose interest in art studies

## ACTION PLAN

- Repeat the grading system for the art major and provide support for consistent and accurate grading
- Encourage a gradual increase in course load with review sessions or assignment breaks
- Offer adjustment sessions or a course rotation plan that allows for flexibility without losing focus
- Recommend that Helen explores a different major or a new approach to art studies if stress levels continue

## FOLLOW UP PLAN

- Schedule a check-in later this semester to monitor academic performance and emotional state
- Refer Helen to the student mental health service if stress levels continue to rise
- Encourage Helen to reach out for referral to art education or art therapy programs if interested