

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: a654b677-429e-4810-b7a9-555fafa3231c  
Meeting date: February 04, 2025  
Student ID: bh426  
Counselor ID: mrodriguez

## SUMMARY

Brenda is experiencing academic stress and academic burnout due to a difficult first-year Economics course and a large academic load.

## KEY CONCERNS

- Stress from a complex and challenging Economics course
- Emotional overload from a large class with struggling peers
- Low academic performance, but fear of failing the major
- Uncertainty about ability to keep up in Economics or major

## ACTION PLAN

- Help Brenda understand the complexities of the Economics course and strategies for breaking down complex concepts
- Recommend a study buddy system to help manage academic load, especially in the first few weeks
- Encourage self-care techniques (like mindfulness or deep breathing) through the semester
- Connect Brenda with academic support services (e.g., tutoring, peer mentoring)

## LEAD ACTION

Request referral to academic wellness specialist for individualized support for academic stress and major burnout

## LONG-TERM PLAN

- After the first semester, Brenda may feel more confident in the Economics course, but still at risk of academic burnout if the major is heavily technical or data-oriented
- Explore elective options that are more manageable academically or outside the major
- Consider major switch if Brenda is still struggling and feels ready to explore options