

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 84dc6fe1-075b-4f1d-af9d-8f3ace10d9cb
Meeting date: October 08, 2024
Student ID: rn817
Counselor ID: mrodriguez

SUMMARY

Russell is experiencing first-year anxiety and academic pressure, which is affecting his academic performance and mental health. He is concerned about adjusting to college, taking heavy courses, and balancing multiple course loads and academic demands.

KEY CONCERNS

- First-year anxiety and stress related to adjusting to college and the theater major
- Academic pressure from taking heavy and challenging courses, including theater production and theater history
- Difficulty managing multiple course loads and academic demands in first year
- Stress and sleep issues due to heavy workload and unhealthy stress response

ACTION PLAN

- Recommend scheduling a seminar session on college adjustment and first-year mental health issues
- Suggest that Russell engage with a tutor or peer mentor for writing and theater courses
- Encourage sleep hygiene strategies and academic coping tools for first-year students
- Review academic expectations for the theater program and provide support for integrating the major's requirements

FOLLOW UP PLAN

- Check in after first semester stress and anxiety symptoms
- Offer support for graduation criteria and academic performance review
- Encourage networking with tutoring or academic support services for the next semester