

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 506f1dfc-dc69-4e07-93f3-614d0206a7f8
Meeting date: January 31, 2025
Student ID: wd544
Counselor ID: Nguyen

SUMMARY

William is experiencing academic stress and first-year anxiety, which is exacerbated by high expectations from family and peers.

KEY CONCERNS

- First-year student struggling with adjusting to college coursework and academic expectations
- Experiencing heavy course load in pre-ed major
- Uncertainty about major fit and potential for academic pressure
- High academic expectations from family and friends

ACTION PLAN

- Help William understand the academic demands of pre-ed major and the range of possible career paths
- Recommend meeting with pre-ed advisor to discuss career options early
- Encourage openness and self-reflection, but also remind of academic expectations
- Discuss the importance of balance and self-care in a high-pressure environment

FOLLOW UP PLAN

- Schedule a check-in next semester to assess adjustment status
- Encourage journaling or mindfulness exercises to manage anxiety
- Refer to counseling or academic support services if stress levels continue to rise