

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 6f10abf0-1993-4a31-9120-65cb152ea2ed
Meeting date: January 09, 2025
Student ID: rd970
Counselor ID: mrodriguez

SUMMARY

Robin is experiencing academic stress and academic burnout due to a challenging first-year geography course load.

KEY CONCERNS

- Pressure to perform academically even as the content becomes more complex
- Tension between academic achievement and personal growth
- Difficulty understanding complex geography concepts
- Feeling overwhelmed and struggling to stay on track
- Low energy and fear of failing or losing interest in the course

ACTION PLAN

- Help Robin understand the academic demands of the geography major and the importance of engagement
- Recommend scheduling adjustments to reduce stress and allow time for comprehension
- Encourage regular check-ins to monitor progress and set achievable goals
- Encourage mindfulness and self-care strategies (e.g., journaling, breaks, affirmations)
- Refer to academic support services if academic pressure becomes overwhelming

FOLLOW UP PLAN

- Check progress after midterms and provide academic coaching after finals week
- Offer referral to mental health or academic wellness resources if needed
- Recommend attendance at a first-year academic workshop or peer mentorship group