

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: c2107cf7-57f4-400e-a0e5-d8a7af892ddd
Meeting date: March 07, 2025
Student ID: mc757
Counselor ID: jthompson

SUMMARY

Michaela is experiencing first-year anxiety and uncertainty about her theater major's expectations during a crucial adjustment period.

KEY CONCERNS

- First-year anxiety and academic pressure
- Difficulty fitting in academically and artistically
- Uncertainty about fit for the theater major
- Feeling alienated from peers and faculty

ACTION PLAN

- Help Michaela identify strategies for managing academic and performance stress, such as mindfulness and time management
- Connect Michaela to tutoring and peer support groups for theater students
- Refer her to the theater department for individualized feedback on performance and academic goals
- Encourage the admission of a new theater major to the first-year seminar to build community and learn from experienced peers

FOLLOW UP PLAN

- Check in after first-year seminar to assess integration and emotional well-being
- Offer follow-up sessions to review progress and reflect on new major choice
- Recommend continued tutoring and peer support in the future