

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 9233cba1-c68d-48c9-afb7-39becef2a98f
Meeting date: November 28, 2024
Student ID: dr943
Counselor ID: mgarcia

SUMMARY

Dawn is experiencing academic stress due to a heavy course load, personal challenges, and a lack of clarity about her major and career goals.

KEY CONCERNS

- Substantial academic decline in recent semesters, including a D-grade in a required Economics course
- Worrisome personal and academic stress, leading to emotional exhaustion and negative impact on academic performance
- Uncertainty about progress in Economics major and career options
- Need for academic management services, including academic planning, time management, and peer support

ACTION PLAN

- Help Dawn with a detailed academic planning framework that includes balance between Economics and other coursework, stress management strategies, and career counseling services
- Introduce Dawn to academic mentorship program that focuses on academic resilience and career development in a large program
- Encourage Dawn to prioritize self-care through mindfulness and self-assessment tools
- Connect Dawn with academic success coach to provide regular check-ins and review of academic goals

FOLLOW UP PLAN

- Schedule a check-in next semester to monitor academic progress and emotional state
- Refer Dawn to a career counseling referral service if she's considering major changes
- Encourage Dawn to apply for academic leadership positions or research opportunities in the future