

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 20d3cebf-04f7-4668-8fc5-8c766f041367  
Meeting date: February 04, 2025  
Student ID: ea435  
Counselor ID: rsharma

## SUMMARY

First-year student experiencing academic stress and first-year anxiety due to large biology major load, unstable class load, and pressure to perform.

## KEY CONCERNS

- Feeling overwhelmed by biology coursework and academic expectations
- Regarding first-year anxiety and stress, which is affecting academic performance
- Pressure to succeed in major and unstable class load
- Lack of support for managing a large academic load

## ACTION PLAN

- Recommend scheduling adjustment to reduce workload over time
- Introduce first-year peer mentorship program for biology students
- Encourage academic self-care strategies (breaking tasks down, setting achievable goals)
- Recommend reviewing academic expectations and stressors in the major

## FOLLOW UP PLAN

- Check progress in adjusting course load and academic pressure
- Offer academic coaching sessions on writing for biology, time management, and grading
- Recommend attendance at academic support workshops for first-years and biology majors