

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: c7510541-d757-49ec-a755-1b3e56909afa
Meeting date: November 12, 2024
Student ID: mm649
Counselor ID: mrodriguez

SUMMARY

Mike is struggling with the demands of his Economics and business-related course load in the final semester, and is feeling overwhelmed and anxious.

KEY CONCERNS

- Struggling with academic performance in the last semester
- Experiencing stress from college life (e.g. Participating in extracurriculars, academic pressure, personal balance)
- Lack of understanding of how to manage a heavy workload in Economics
- Feeling like he's not meeting academic or social expectations

ACTION PLAN

- Help Mike reviewing course outlines and identifying which courses are most relevant for graduation
- Recommendation to take a lower load for the final semester, with academic coaching on Economics and business topics
- Connect Mike with academic support teams (e.g. Writing center, tutoring) and social peer-to-peer groups
- Encourage mindfulness and self-regulation strategies to manage stress and stay focused

FOLLOW UP PLAN

- Check in mid-semester after finals looming and provide academic coaching progress report
- Refer Mike to a finals prep workshop and connect him with graduation support team
- Offer to connect Mike again after graduation and celebrate academic achievement in a positive way