

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: f72dc4ba-8951-479a-b2e9-23586b20605c
Meeting date: September 20, 2024
Student ID: rc796
Counselor ID: mrodriguez

SUMMARY

Robert is experiencing academic burnout and first-year stress due to a challenging Economics course, but is still working hard despite feeling overwhelmed.

KEY CONCERNS

- Low level of engagement with complex economics concepts
- Tiredness and exhaustion
- Feeling like he's falling behind the course
- Low confidence in completing the course successfully

ACTION PLAN

- Encourage Robert to set realistic goals for his academic performance and seek out support through academic advising and peer mentoring
- Suggest attending a first-year seminar to help manage workload and understand the course structure
- Encourage self-care strategies like mindfulness exercises and sleep hygiene to manage stress
- Recommend registering for a lower-level Economics class if he's feeling overwhelmed