

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: d5585c71-d68a-4fa6-8001-528007fdc0b7
Meeting date: August 30, 2024
Student ID: dc395
Counselor ID: schen

SUMMARY

Dawn is experiencing significant academic and emotional distress, which is impacting her ability to succeed in her Romance Languages major and overall academic journey.

KEY CONCERNS

- High-level course load leading to academic failure
- Emotional exhaustion and anxiety related to academic performance
- Unresolved personal and academic experiences
- Lack of support for emotional regulation in a highly structured academic environment

ACTION PLAN

- Ensure academic readiness by reviewing grading policies and strategies
- Emotional support through individual and group sessions focused on resilience, self-regulation, and goal setting
- Emotional and academic coaching for specific Romance Languages courses
- Encourage positive self-talk and strategies for managing emotions in a high-pressure environment

FOLLOW UP PLAN

- Schedule a check-in after finals week to assess progress
- Review academic performance in semester's end and identify areas for improvement
- Offer support for a potential transfer or redesign of major options if academic performance declines