

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 31233c16-ae92-46f7-912a-5bb344ab6488
Meeting date: August 12, 2024
Student ID: cb485
Counselor ID: Nguyen

SUMMARY

Caitlin is experiencing academic stress and is uncertain about her graduate school performance.

KEY CONCERNS

- Working hard in graduate coursework but experiencing academic stress
- Losing track of grades and feeling overwhelmed
- High-profile status in graduate program
- Uncertainty about graduation timeline

ACTION PLAN

- Help Caitlin develop a grad study plan that prioritizes readability and understanding, including weekly check-ins
- Recommend scheduling adjustments to reduce overload and focus on high-impact courses
- Encourage self-care strategies for academic engagement, including mindfulness and time management
- Help Caitlin explore graduate-level internships or research opportunities to build momentum

FOLLOW UP PLAN

- Check on graduation timeline in spring semester
- Refer Caitlin to potential internship match or research opportunity
- Encourage follow-up meeting to review academic progress and plan for graduation