

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 61dbf19d-7da5-4bea-8820-bd2e604f8c77
Meeting date: April 02, 2025
Student ID: Is617
Counselor ID: awashington

SUMMARY

Leah is experiencing academic stress due to a heavy course load in political science and related fields, but is still unsure of her fit in the major.

KEY CONCERNS

- Severe academic burnout from taking a wide variety of courses in the political science and policy fields
- Uncertainty about which courses are appropriate for the political science major, especially those with heavy emphasis on writing and analysis
- Lack of personal growth balance due to heavy course load, leading to a sense of isolation or overestimation of academic abilities
- Need for strategies to stay strong in the political science major, including time management, critical thinking, and emotional regulation

ACTION PLAN

- Help Leah identify which political science and policy-related courses are appropriate for her major, based on past performance and course syllabi
- Discuss how to balance academic work with personal growth through seminars, papers, and fieldwork options outside of the major
- Encourage leisurely study and self-care practices to mitigate the academic stress, but also emphasize social and intellectual benefits of the major
- Recommend a mentor to help Leah develop a personalized academic plan to avoid burnout and achieve success in the future

FOLLOW UP PLAN

- Check in later this semester to monitor academic and emotional wellness, including journaling or reflective writing assignments
- Offer a seminar on mindfulness and academic resilience for Leah's major or as a group
- Recommend a major-specific course next semester if academic performance is still a concern