

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 4c8892cc-628c-4481-bba1-e9a56a263c29  
Meeting date: March 31, 2025  
Student ID: dr980  
Counselor ID: schen

## SUMMARY

David is experiencing academic stress and is struggling to manage his high-pressure academic environment in Romance studies.

## KEY CONCERNS

- Low academic performance in Romance courses
- Unstable social environment, including involvement in academic and social extracurriculars
- Feeling more isolated than ever due to academic pressure
- Lack of strategies to regain control in academics

## ACTION PLAN

- Recommend scheduling adjustment to allow for a break in high-stakes Romance courses
- Introduce strategies for managing emotions and academic anxiety in the context of the major
- Encourage peer support and academic accountability groups for high-risk students
- Review course selection and expectations to minimize stress load

## FOLLOW UP PLAN

- After scheduler's recommendation, meet privately to review academic performance and course selection
- Schedule a semester review with Romance faculty and peers
- Discuss potential academic adjustments for next semester based on progress report
- Encourage continued peer support and academic coping strategies