

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 39f59e96-5fef-416c-b195-9383f6bbbd83
Meeting date: March 17, 2025
Student ID: kb409
Counselor ID: acasados

SUMMARY

Kyle is experiencing first-year anxiety due to the sheer volume of coursework and social pressure in his art major, which is overwhelming him.

KEY CONCERNS

- Feeling overwhelmed by course load in art history and studio arts programs
- Worries about fitting in and being a first-generation student in a highly competitive environment
- Feeling anxious about academic performance and social isolation
- Need for support navigating a complex academic and social environment

ACTION PLAN

- Help Kyle understand the academic demands of the art major and the range of courses available
- Introduce strategies for time management and critical thinking in art history and visual culture
- Connect Kyle with first-year peer mentorship and first-year seminar leaders
- Encourage social integration through art events and community-building opportunities

FOLLOW UP PLAN

- Schedule a check-in session in the coming weeks to monitor academic and social stress
- Offer a reflection workshop on art and identity later this semester
- Recommend attending a first-year seminar series with diverse classmates for support and inspiration