

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 14d40842-c80c-43b6-a980-24e70e5ccee1
Meeting date: November 25, 2024
Student ID: cg898
Counselor ID: acasados

SUMMARY

Claudia is experiencing first-year anxiety and academic stress, which is affecting her mental health and academic performance. She is still adjusting to college life and is worried about her art major and identity.

KEY CONCERNS

- Low academic performance last year (3.5 GPA)
- Experiencing first-year anxiety and depression
- Mental health issues (currently on medication)
- Lack of understanding of art and art education in college settings

ACTION PLAN

- Help Claudia identify strategies to manage academic stress, including time management and self-regulation
- Recommend a supportive academic counseling session to help with adjustment and identity
- Encourage art major integration with mental health and academic support services
- Encourage exploration of art education and discipline outside of the Greens' art program

FOLLOW UP PLAN

- Check in after first semester adjustment check-in
- Offer check-in with art therapy or academic counseling again
- Refer Claudia to art and mental health peer support groups
- Evaluate if art major is still a good fit based on academic performance and mental health