

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 46f43b1c-b2eb-4619-a629-1e7fac4c0347
Meeting date: January 10, 2025
Student ID: cb297
Counselor ID: awashington

SUMMARY

Chris is experiencing academic stress and self-doubt, but is unsure of how to cope due to a mixed academic track in psychology.

KEY CONCERNS

- Feeling overwhelmed and struggling with academic performance in psychology courses
- Experiencing self-doubt and uncertainty about ability to succeed in major
- Mixed academic track (psychology, sociology, brain science)
- Uncertain if grades are a valid indicator of progress or if he should adjust his academic plan

ACTION PLAN

- Reassure Chris that academic pressure is normal for a mixed-track psych major
- Discuss potential adjustments to course schedule or assignment complexity in psychology
- Encourage self-reflection and brainstorming exercises to manage anxiety and develop coping skills
- Refer to mental health or academic counseling if needed based on progress logs

FOLLOW UP PLAN

- Check in again after midterms to check if Chris is feeling more in control or if something changed
- Offer to schedule a check-in session for academic adjustment next semester
- Encourage Chris to reach out for additional support if needed, whether through academic advising or mental health resources