

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: a12dd9c2-f4b6-4054-bd5b-bf3068f8deb8
Meeting date: October 01, 2024
Student ID: ce648
Counselor ID: rsharma

SUMMARY

First-year student experiencing academic stress and first-year anxiety due to difficult course selection and social integration in Economics.

KEY CONCERNS

- Feeling behind in Economics courses despite high grades
- Panic over academic performance and social isolation
- Uncertainty about fit and identity in Economics major
- Experiencing negative internal dialogue about academic performance

ACTION PLAN

- Encourage Christina to review her course selection more carefully and seek out tutoring if necessary
- provide academic counseling referral for first-year students with difficult majors
- discuss the social aspects of Economics and how to balance academics and personal growth
- provide support for identifying one's identity within the major and building a support network

FOLLOW UP PLAN

- Schedule a check-in session in the next week to assess academic stress and emotional wellness
- provide reflection work on academic goals and personal identity in Economics course
- offer referral to a mental health peer support group for economics majors