

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 6e9587b1-09c5-41a6-82f6-b2354595c48b  
Meeting date: October 03, 2024  
Request ID: ea300ad5-ffed-4089-b9f4-ce866354549d  
Student ID: tc330  
Counselor ID: awashington

## SUMMARY

Tommy is experiencing anxiety and uncertainty about his ability to succeed in upper-division theater courses, which is leading to a significant load and potential stress fracture.

## KEY CONCERNS

- Worrisome performance in lower-division theater courses
- Excessive load in upper-division theater courses
- Uncertainty about ability to perform on more advanced work
- Stress fracture if performance slips

## ACTION PLAN

- Recommend scheduling a check-in session to review academic goals and assessment plan
- Suggest attending a theater seminar or workshop to get a sense of the content and style of the upper-division courses
- Encourage participation in the theater club and rehearsals but emphasize the need for careful management of load
- Offer support for stress management through mindfulness or counseling services

## FOLLOW UP PLAN

- After check-in, follow up with performance goals and workload management plan
- Introduce mindfulness or relaxation techniques for performance enhancement
- Recommend attending a peer support group for arts students with similar load