

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 58b2e697-c98a-4799-bad9-763b39d76a32
Meeting date: November 21, 2024
Student ID: kg681
Counselor ID: mrodriguez

SUMMARY

Katelyn is experiencing first-year anxiety and is struggling to adjust to college life with high-stakes academic demands.

KEY CONCERNS

- Academic stress and dropping courses
- Uncertainty about major and personal issues
- First-year anxiety and difficulty adjusting
- Weakness and potential for depression or academic burnout

ACTION PLAN

- Recommend academic support through tutoring center and course re-enrollment
- Connect Katelyn with mental health and college-readiness resources
- Encourage exploration of non-academic majors (e.g., art therapy, music education)
- Help set a realistic academic path and address any personal concerns in a confidential setting

FOLLOW UP PLAN

- Check in mid-semester to check if Katelyn is still struggling
- Refer for counseling referral if academic stress persists
- Encourage regular check-ins with a mental health professional