

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 3d0c2bc7-953b-4787-908b-913f17f2506a  
Meeting date: April 02, 2025  
Student ID: kh836  
Counselor ID: Nguyen

## SUMMARY

Kimberly is experiencing first-year anxiety and academic pressure due to her music and research-oriented coursework.

## KEY CONCERNS

- Extensive academic pressure from music major and honors requirements
- First-year stress from taking music courses and performing well in classes
- Uncertainty about academic performance and future music career
- Feeling overwhelmed by research and academic demands in music and non-music majors

## ACTION PLAN

- Help Kimberly identify academic expectations and stressors through first-year seminar assignments
- Introduce first-year seminar on music and academic topics for all students
- Recommend research-oriented coursework as a way to manage stress and career goals
- Connect Kimberly with advising office for academic coaching and stress management strategies

## FOLLOW UP PLAN

- Schedule a check-in next semester to assess academic stress level and career goals
- Offer support for research projects and graduation planning
- Refer Kimberly to mental health resources if stress continues