

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: c3e1cfee-3aab-420c-902a-fd56112dc888

Meeting date: November 25, 2024

Student ID: mw534

Counselor ID: Nguyen

SUMMARY

Michelle is experiencing academic stress and fear of failure in her second-year major due to heavy course load, pressure from peers, and inadequate academic support.

KEY CONCERNS

- Struggling with academic performance in the second year, especially in her major and heavy course load
- Feeling more exhausted and anxious than ever before
- Feeling pressure from faculty and peers to perform well, which is making academic stress worse
- Worries about falling behind and risking failure in her major courses

ACTION PLAN

- Recommend scheduling adjustment to reduce stress and allow time for all courses
- Introduce academic coaching services to help with course selection and time management
- Encourage open communication with faculty and peers about academic stress and how to manage effectively
- Recommend attending a study skills workshop to manage distractions and focus better

FOLLOW UP PLAN

- Check in mid-semester after major course load has subsided
- Offer follow-up coaching sessions after academic adjustments are complete
- Encourage participation in a mid-semester assessment task to monitor progress
- Recommend new major and academic goals for the next semester