

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 8873b458-489c-407e-91fd-5aa54c692bb2  
Meeting date: November 19, 2024  
Student ID: md270  
Counselor ID: rsharma

## SUMMARY

Megan is experiencing first-year anxiety and academic stress due to overwhelming first-year experiences, unrealistic expectations, and personal challenges.

## KEY CONCERNS

- Feeling overwhelmed by first-year Sociology and Anthropology courses
- Regarding academic pressure, including course load and assessment
- Experiencing anxiety and depression due to unrealistic expectations
- Unrealistic personal expectations and stress from unresolved personal issues

## ACTION PLAN

- Recommend scheduling adjustments to reduce stress and allow time for first-year courses
- Encourage open discussion about academic expectations and personal challenges
- Introduce mental health resources for first-year students (e.g., tutoring, counseling, peer support)
- Help Megan identify positive academic role models and emotional support networks

## FOLLOW UP PLAN

- Check in mid-semester after major adjustments in first-year courses
- Offer check-in sessions to monitor mental health and provide referral follow-up
- Encourage reflection on personal challenges and academic identity in personal essays or assignments