

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: f6ed8e6e-7006-48da-907e-2bca292828bd
Meeting date: February 18, 2025
Student ID: br351
Counselor ID: awashington

SUMMARY

Intrigued by Barbara's intense academic performance in her English major, and interested in strategies to manage the workload effectively before finals loom.

KEY CONCERNS

- Struggling with academic performance in the final year of a major
- Working long hours in both coursework and writing assignments
- Making mistakes without significant consequences
- Feeling overwhelmed and at risk of falling behind
- Intention to seek out strategies for breaking through the workload

ACTION PLAN

- Schedule a one-on-one meeting before or after class to review coursework and assessment tasks
- Discuss strategies for breaking down complex assignments into smaller chunks
- Recommend free tutoring or peer support for English majors
- Encourage a gradual increase in workload if academic performance is a concern
- Set a goal to improve academic performance before finals roll around

FOLLOW UP PLAN

- After meeting, check on how Barbara is feeling in terms of academic pressure and stress
- Encourage follow-up sessions if academic performance is a recurring concern
- Refer to academic counseling if needed for long-term support
- Offer to check in periodically to monitor progress and support plan