

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: ab363855-8ca1-4f6d-824b-0aa099791bbe
Meeting date: September 11, 2024
Student ID: kp398
Counselor ID: awashington

SUMMARY

Kevin is struggling with the academic pressure of a math-heavy major, feeling overwhelmed and uncertain about his ability to succeed.

KEY CONCERNS

- Heavy course load in math and related fields
- Lack of confidence in his academic abilities
- Feeling like a failure despite passing grades
- Uncertainty about fit and potential for the major

ACTION PLAN

- Reassure Kevin that academic pressure is normal in a math major
- Discuss the expected course load for a major like math and the different types of courses
- Encourage Kevin to seek out support through the math department or student affairs
- Explain the importance of breathing and self-regulation in a heavy major

FOLLOW UP PLAN

- Check in later this semester after major-specific course load has stabilized
- Offer mindfulness and self-help workshops in the math department
- Refer to counseling for academic stress and adjustment issues