

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: c823a0a1-862e-4733-8421-3deb6b598e0f  
Meeting date: August 30, 2024  
Student ID: rf838  
Counselor ID: awashington

## SUMMARY

Rose is struggling with academic performance in psychology major, and is dealing with personal and academic stress. She is seeking counseling to address both academic and personal concerns.

## KEY CONCERNS

- Low academic performance in psychology courses
- Uncertainty about fit in psychology major
- Unwillingness to talk to professors about progress
- Anxiety and depression impacting academic engagement
- Unaddressed personal and academic stressors

## ACTION PLAN

- Recommend meeting with academic advisor to discuss course load and progress
- Discuss strategies to manage academically, including time management and mindfulness
- Encourage emotional regulation through mental health resources in the faculty
- Review personal and academic goals to avoid overwhelming the psych major
- Encourage seeking support from a peer mentor or writing group

## FOLLOW UP PLAN

- Check progress in academic advising after meeting with advisor
- Refer Rose to mental health peer support group if academic concerns are resolved
- Encourage application to new psychology-specific major or independent study course
- Recommend attending campus events with a focus on mental health and social justice