

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: c1d8711c-90fa-4b6e-8a30-5ed3417ce0e5

Meeting date: December 11, 2024

Student ID: gj464

Counselor ID: Nguyen

## SUMMARY

George is experiencing depression and anxiety during the pandemic's aftermath and is struggling to regain his academic and personal direction.

## KEY CONCERNS

- Depression and anxiety during the pandemic's impact on academic work and project completion
- Difficulty adjusting to post-graduation life and uncertainty about future goals
- Treatment needed to regain academic confidence and identify long-term plans
- College support system needed to navigate complex emotional and academic challenges

## ACTION PLAN

- Refer to mental health services for individual counseling and coping strategies
- Connect George with college peer support groups for academic recovery and career exploration
- Help him identify long-term goals (e.g., music industry, education, performance art) that fit his academic background
- Encourage exploration of post-graduation opportunities (e.g., music festival, music school directorship)

## FOLLOW UP PLAN

- Check in after a week to check for depression symptoms or anxiety rebound
- Refer George to a mental health check-in during class finals week
- Encourage attendance at college events or peer support groups in the coming weeks