# **Counseling Meeting Report**

## **GENERAL INFORMATION**

Meeting ID: a626b31e-923d-4edc-8329-905a157117b8

Meeting date: December 18, 2024

Student ID: sh762

Counselor ID: mrodriguez

## **SUMMARY**

Stacy is experiencing academic stress and academic burnout due to the intense academic demands of her first-year Classics course.

#### **KEY CONCERNS**

- · Enjoyment of the course material
- · Long readings in ancient history
- Complexity of ideas in ancient texts
- Expectation for scholarly writing and scholarship in a major
- Academic pressure to meet course requirements

#### **ACTION PLAN**

- Encourage Stacy to read more lightly and focus on understanding key concepts in the course without becoming overwhelmed
- Suggest attending writing workshops or peer tutoring for Classics students
- Recommend reviewing major requirements and how to balance academics with personal growth
- Encourage Stacy to consider a different major (e.g., English, history, philosophy) if this is the right fit

# **FOLLOW UP PLAN**

- Check in after first-year seminar ends to check academic stress level
- Offer support for a mid-semester assessment or reflection sheet
- Encourage Stacy to join a student support group for first-year students with academic interests