

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: b53cbb5e-29c7-4840-9df2-e87cfaef7ff7  
Meeting date: January 24, 2025  
Student ID: jc362  
Counselor ID: mrodriguez

## SUMMARY

Joshua is experiencing first-year anxiety and academic pressure, which is affecting his academic performance and overall well-being.

## KEY CONCERNS

- Enjoyment of the arts major and sophomore theater courses
- Pressure from high-stakes academic requirements
- Uncertainty about fit and performance in first-year semester
- First-year stress leading to anxiety and difficulty adjusting

## ACTION PLAN

- Help Joshua understand the theater major's academic integration and the pressure it places on students
- Recommend scheduling adjustment to allow for more time for theater courses and other academic demands
- Introduce strategies for academic self-regulation, such as journaling or mindfulness
- Encourage openness and resilience skills for first-year experience

## FOLLOW UP PLAN

- Check in mid-sophomore semester to monitor academic stress and progress
- Offer support for writing retreats or peer mentorship groups
- Refer to mental health professional for deeper work on identity and academic identity integration