

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: de0010df-7fbd-4983-b2f0-1c3f7b02d358
Meeting date: November 22, 2024
Student ID: aw804
Counselor ID: mrodriguez

SUMMARY

Anthony is struggling with mid-year course adjustment, academic pressure, and academic performance management during a high-pressure semester.

KEY CONCERNS

- Struggling with a difficult Economics course midway through the semester
- Feeling overwhelmed and doubting ability to keep up mid-year
- Experiencing academic pressure and feeling the pressure to perform
- Uncertainty about academic performance management during a high-pressure semester

ACTION PLAN

- Schedule a meeting to review academic plan for the remainder of the semester including adjusting to the more challenging Economics course
- Discuss academic pressure and workload management strategies (e.g., time management, reading efficiently, breaking down course material)
- Recommend engaging with academic advising and peer tutoring services for mid-year adjustment
- Encourage self-regulation and focus through positive self-talk and goal-setting

FOLLOW UP PLAN

- Schedule a mid-semester check-in to monitor academic progress and self-regulation
- Refer to academic support workshops on mindfulness and time management for mid-year adjustment
- Offer follow-up sessions after a mid-semester break to review progress and adjusted schedule if needed