

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: dd5916cb-dbac-4749-8fe3-6bc2fa9aa127
Meeting date: February 05, 2025
Student ID: ac505
Counselor ID: awashington

SUMMARY

Academic stress and anxiety are rising for a senior majoring in social sciences/anthropology, but she is unaware of available support. Needs assessment includes interest in major adjustment, college-wide mental health resources, and career counseling.

KEY CONCERNS

- Academic performance has been strong despite a large course load in social sciences
- Anxiety and feelings of overwhelm have peaked lately
- Uncertainty about major or career path after majoring in social sciences
- Needs assessment indicates interest in college-wide mental health resources, major adjustment, and career counseling

ACTION PLAN

- Schedule a confidential academic counseling session to review academic performance and strategies
- Discuss potential major adjustment (e.g., psychology, business, social work) with a faculty advisor
- Encourage regular check-ins with emotional regulation and stress management strategies
- Refer to college-wide mental health resources (e.g., counseling center, wellness center) for support

FOLLOW UP PLAN

- After counseling session, follow up with academic advisor to discuss course load and future plans
- Offer support for career exploration through the Center for Career Development and mental health resources through the university
- Encourage application to mental health or social sciences-specific internships or fellowships