

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 761deded-5977-4b9c-be92-e009a3aad216

Meeting date: October 14, 2024

Student ID: as512

Counselor ID: mrodriguez

## SUMMARY

Amanda is experiencing academic stress and first-year burnout due to a heavy course load, personal stress, and confusion about her major choice.

## KEY CONCERNS

- Feeling overwhelmed by over 30 credits in Economics coursework
- Struggling with coursework assignments, including complex readings and exams
- Anxiety and questioning if she belongs in Economics
- Personal stress from high-performing family background and academic expectations
- Confusion about major and whether she can keep up with course load

## ACTION PLAN

- Repeat the first few Economics courses to ease into the load
- Encourage self-regulation strategies (e.g., mindfulness, time management, breaking down complex concepts)
- Recommend academic support services (e.g., tutoring, peer reviewers)
- Encourage open discussion about the major and academic pressure in high-achieving families

## FOLLOW UP PLAN

- Schedule a check-in later this semester to assess academic progress and emotional well-being
- Refer to mental health services if burnout or academic crisis occurs
- Encourage referral to interdisciplinary or academic-focused student affairs offices if needed