

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: da783dff-f55f-46e9-a411-6d6c64cf9a17
Meeting date: October 14, 2024
Student ID: kr767
Counselor ID: awashington

SUMMARY

Kenneth is experiencing severe anxiety and self-doubt due to the intense nature of his theater senior seminar course, which is pressuring him to perform well.

KEY CONCERNS

- Extreme academic pressure from the theater major and peers
- Severe anxiety and depression leading to low motivation and anxiety
- Feeling inadequate in the performance of the senior theater course
- Lack of support for mental health and academic stress management

ACTION PLAN

- Help Kenneth understand the academic demands of the theater senior seminar and the importance of performance
- Recommend scheduling a mental health check-in session to address anxiety and self-doubt
- Provide strategies for managing the intense academic demands of the theater major, including time management and self-reflection
- Encourage Kenneth to join a support group for theater students or mental health advocates

FOLLOW UP PLAN

- Schedule a check-in session in the next week to assess progress and anxiety levels
- Recommend attending a theater-themed mental health workshop
- Encourage Kenneth to seek out a peer mentor or academic advisor for pressure management