

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 506f1dfc-dc69-4e07-93f3-614d0206a7f8  
Meeting date: January 31, 2025  
Request ID: 364900c7-4206-4b03-85ae-90e53e1fefee  
Student ID: wd544  
Counselor ID: Nguyen

## SUMMARY

William is experiencing academic stress and first-year anxiety, which is exacerbated by high expectations from family and peers.

## KEY CONCERNS

- First-year student struggling with adjusting to college coursework and academic expectations
- Experiencing heavy course load in pre-ed major
- Uncertainty about major fit and potential for academic pressure
- High academic expectations from family and friends

## ACTION PLAN

- Help William understand the academic demands of pre-ed major and the range of possible career paths
- Recommend meeting with pre-ed advisor to discuss career options early
- Encourage openness and self-reflection, but also remind of academic expectations
- Discuss the importance of balance and self-care in a high-pressure environment

## FOLLOW UP PLAN

- Schedule a check-in next semester to assess adjustment status
- Encourage journaling or mindfulness exercises to manage anxiety
- Refer to counseling or academic support services if stress levels continue to rise