

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: b189bbf3-0a3e-4af9-887f-9c12b9406e7d
Meeting date: February 28, 2025
Student ID: rl572
Counselor ID: mrodriguez

SUMMARY

Ruth is struggling with a difficult Classics course in the middle of the semester, fearing failure and feeling overwhelmed.

KEY CONCERNS

- Difficulty understanding dense philosophical material
- Stress and anxiety about failing the course
- Feeling like a student failure is looming
- Lack of confidence in understanding complex ideas in a humanistic discipline

ACTION PLAN

- Help Ruth identify key concepts and key terms in the philosophy text
- Schedule a one-on-one review of the reading material
- Encourage mindfulness techniques to help process complex ideas
- Recommend attending a class discussion group to ask questions anonymously

FOLLOW UP PLAN

- After meeting, check on Ruth's progress in understanding the course material
- Offer to review final exam preparation in a confidential session
- Encourage Ruth to join a philosophy or literature discussion group in the coming weeks