

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 15e7212b-2f32-4484-a55f-7adf57a60188  
Meeting date: November 15, 2024  
Student ID: jw616  
Counselor ID: mrodriguez

## SUMMARY

Jessica is experiencing academic stress and first-year burnout, but is struggling to articulate her concerns in a formal setting.

## KEY CONCERNS

- First-year Economics course, complex material, long reading assignments
- Stress from studying intensely, feeling overwhelmed
- Struggling to keep up grades despite trying hard
- Burnout, fear of failing the major
- Uncertainty about whether to continue majoring in Economics

## ACTION PLAN

- Help Jessica identify the academic demands of the Economics course and the stressors she is experiencing
- Recommend scheduling adjustments to reduce stress and allow time for comprehension
- Encourage regular progress updates to monitor academic performance
- Offer mindfulness and stress-management strategies through the academic advisor's office

## FOLLOW UP PLAN

- Schedule a check-in session in 1-2 weeks to review progress and concerns
- Evaluate academic performance and identify which courses are still relevant for the major
- Discuss potential alternatives, such as switching majors or adding a different academic track