

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 5c77f86f-20e0-4a59-9954-db8eff4467b  
Meeting date: October 16, 2024  
Student ID: lm132  
Counselor ID: mrodriguez

## SUMMARY

Laura is struggling to balance her honors-level coursework in the humanities with academic demands from her major and personal commitments.

## KEY CONCERNS

- Extensive course load in advanced humanities courses, including seminars, honors thesis, and honors English class
- Heavy workload leading to exhaustion and potential academic burnout
- Confusion about the demands of the courses and the extent of the academic commitment
- Worry about falling behind or failing to keep up with the material

## ACTION PLAN

- Recommend scheduling adjustment to allow for a break before the next semester of honors-level humanities courses
- Recommend meeting with a professor or adviser to discuss balance and strategies for managing multiple demands
- Encourage journaling or breakdown exercises to process the intense academic load and identify priorities
- Recommend optional honors seminar or academic support group for academic pressure

## FOLLOW UP PLAN

- Check in mid-semester after major course changes and review of academic goals
- Offer support for graduation planning and career goals in the humanities
- Encourage attendance at academic workshops or peer support groups for honors students