

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 78ce2fca-aa96-4e84-ae56-aef0cbd990bd  
Meeting date: August 21, 2024  
Request ID: c329665e-0a69-4b37-aa26-c56db4c9f472  
Student ID: ag433  
Counselor ID: mrodriguez

## SUMMARY

Ashley is experiencing first-year anxiety and is struggling to balance academics and self-care in her major.

## KEY CONCERNS

- First-year anxiety from a diverse set of courses including geography, environmental science, and urban studies
- Regularly feeling overwhelmed and unsure of her academic abilities
- Panic attacks around mid-semester when workload increases
- Wanting help to balance academics with personal growth and self-identity
- Need for strategies to thrive in geography and environmental studies, including mindfulness, time management, and critical thinking

## ACTION PLAN

- Encourage Ashley to seek out academic support through tutoring and study skills centers
- Discuss the complex nature of geography and environmental studies courses in the humanities and social sciences
- Recommend mindfulness and self-reflection exercises for managing academic stress, including journaling and reflecting on personal identity and environmental issues
- Encourage Ashley to join a student organization focused on environmental justice or community engagement in her major

## FOLLOW UP PLAN

- Schedule a check-in later this semester to monitor academic progress and emotional well-being
- Refer Ashley to a mental health peer support group if needed
- Encourage Ashley to apply what she's learned to positive and impactful ways to engage with her major and community