

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: b5257833-53f6-4158-b9a0-1680056e26f9
Meeting date: December 02, 2024
Student ID: bh511
Counselor ID: awashington

SUMMARY

Brooke is experiencing anxiety and uncertainty about her ability to succeed in upper-division theater courses, which is affecting her academic performance.

KEY CONCERNS

- Still performing well in lower-division theater courses
- Struggling with the level of thinking and performance required in upper-level theater courses
- Uncertainty about ability to keep up with academic demands
- Feeling overwhelmed and anxious

ACTION PLAN

- Help Brooke reassess the difficulty and complexity of the upper-level theater courses, including how to approach content more effectively
- Schedule a discussion of academic goals and challenges in the context of Brooke's theater major
- Encourage strategies for reflective writing and speaking in the context of theater, including interdisciplinary topics
- Offer support in developing a long-term academic plan that balances pressure to perform well with growth and mastery

FOLLOW UP PLAN

- After meeting, check on how Brooke is feeling emotionally and whether she's set a schedule for ongoing academic support
- Encourage follow-up meetings to review progress toward academic goals or explore new theater majors or interdisciplinary fields