

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: fefe912b-569a-4d80-be2a-075795ec86ab  
Meeting date: December 04, 2024  
Student ID: mc292  
Counselor ID: mrodriguez

## SUMMARY

Melissa is experiencing academic stress and emotional overload due to large course load in biology at a large university.

## KEY CONCERNS

- Pressure to perform academically in biology courses
- Struggling with biology coursework, especially genetics and cell biology
- Emotional exhaustion from the pressure to succeed
- Lack of confidence in academic ability
- Feeling like she's not measuring up to her major

## ACTION PLAN

- Help Melissa with a comprehensive course schedule that aligns with her academic goals and skillset
- Recommend meeting with biology professor to discuss course content and learning style
- Introduce strategies for data analysis and interpretation in biology (e.g., mind mapping, statistical analysis tools)
- Encourage self-talk support and emotional regulation techniques through journaling and therapy

## FOLLOW UP PLAN

- Check in mid-semester after major course load has subsided
- Offer a mentorship with a biology major or professor to discuss adjusting to college life
- Encourage application for academic support programs or peer mentorship groups