

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: beb76cf1-c90c-4651-88da-5dd261b3bbf9  
Meeting date: October 11, 2024  
Request ID: 875a0b4c-e2fc-45f7-936a-ab0624c273e4  
Student ID: jf586  
Counselor ID: schen

## SUMMARY

Jade is dealing with a high-risk academic situation and is struggling with emotional distress and anxiety, which is affecting her academic performance.

## KEY CONCERNS

- Low final-semester grades in major coursework and core requirements
- Emotional distress from academic failure and anxiety, which is affecting Jade's attendance and performance
- Referral to a high-stress environment with limited support structures
- Need for advising or peer support to get back on track before finals

## ACTION PLAN

- Schedule a confidential meeting to discuss Jade's academic history and current situation
- Introduce the College's peer-support network and academic-recovery center to Jade's peers
- Recommend strategies for managing emotional regulation, including mindfulness and journaling
- Encourage Jade to attend a seminar series focused on Romance Languages and literary studies
- Help set achievable goals for academic recovery and provide accountability support

## FOLLOW UP PLAN

- Schedule again soon to check on Jade's progress and check-in on whether advising or peer support is working for her
- Attend a peer-support workshop later this semester and offer to facilitate a group for high-risk students
- Refer Jade to the writing center if she needs help with her academic work