

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: e07f21f7-bc7b-4fb7-add7-9daa1853fdd3  
Meeting date: November 26, 2024  
Request ID: aab8603a-bcae-44be-8a33-7bc08eadb95c  
Student ID: mh504  
Counselor ID: mrodriguez

## SUMMARY

Michelle is experiencing first-year anxiety and academic stress, which is exacerbated by a heavy first-year load in her major and personal challenges.

## KEY CONCERNS

- Extensive academic pressure during first semester
- Feeling overwhelmed and at risk of academic failure
- Anxiety and depression leading to emotional exhaustion
- Personal and academic issues are intertwined
- Uncertainty about one's ability to succeed in major field

## ACTION PLAN

- Recommend scheduling adjustments to reduce stress and focus on first-year coursework
- Encourage open dialogue with academic advisors about accommodations for academic pressure
- Encourage mental health support through campus resources (e.g., counseling, writing center)
- Help Michelle identify strategies for engaging with her English major and developing critical thinking skills
- Help her develop a personal plan for how to integrate her major and personal identity in academics

## FOLLOW UP PLAN

- Check in mid-semester to monitor stress level and academic performance
- Refer Michelle to reflection workshops on writing about identity and academic identity
- Encourage additional academic support if needed (e.g., time management workshop, writing for honors thesis)