

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 304f4804-056d-470c-8ada-5779ae891b5d

Meeting date: September 12, 2024

Request ID: ef295592-20f9-4320-82a0-103c8f801853

Student ID: kf340

Counselor ID: schen

## SUMMARY

Kristi is struggling to balance coursework in environmental studies with academic pressure, academic anxiety, and graduation concerns.

## KEY CONCERNS

- Enjoying coursework but feeling overwhelmed by scientific content
- Pressure to perform academically in honors program
- Anxiety about graduation and the demands of environmental studies
- Lack of academic management skills and uncertainty about ability to succeed in coursework

## ACTION PLAN

- Help Kristi with understanding the scientific concepts in environmental studies courses
- Introduce strategies for note-taking and organization in environmental studies
- Encourage grading strategies for honors students (e.g., weighting grades based on assigned readings)
- Recommend mindfulness and time management workshops for environmental studies students

## FOLLOW UP PLAN

- Check in before finals week in spring 2021
- Offer academic coaching sessions after finals period
- Encourage graduation-related reflection work and how to balance priorities