

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: c8e63734-2bb0-49bb-a8f7-c5256367cf1d
Meeting date: February 21, 2025
Student ID: ja658
Counselor ID: Nguyen

SUMMARY

Recommend a personalized academic plan to manage the demands of advanced humanities coursework, address stressors, and achieve academic success

DESCRIPTION

Jonathan will attend a meeting to discuss his academic load and performance in his humanities courses. He will share how difficult the semester has been, including the heavy load in upper-level humanities classes and the emotional toll of the material. He will express concerns about falling behind, fearing failure in his major or graduation requirements. He will express a need for academic support in managing his workload, including tutoring for literature analysis or time management strategies. He will also share emotional stressors, such as the pressure to perform academically or the impact of the coursework on his personal identity and academic identity. The meeting will explore academic stress management techniques, academic coping resources, and emotional support for the humanities major.

ACTION PLAN

- Recommend academic tutoring for Jonathan's humanities courses for literature analysis and historical interpretation
- Provide referral to emotional support services (e.g., Counseling and Psychological Services, Mindful U) for emotional stress
- Schedule a check-in session after the midterm exam period to monitor academic performance and emotional well-being
- Encourage journaling as a stress-reduction technique and connect with the humanities community for social support