

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 665a172d-a608-4a61-a6c5-c14cb4867809

Meeting date: August 27, 2024

Request ID: 3ba1c059-f542-40c8-a9e0-d41a74f1d883

Student ID: rc717

Counselor ID: awashington

## SUMMARY

Richard is experiencing academic stress and academic burnout due to complex and advanced biology coursework in his first semester, lack of understanding of grading and performance expectations.

## KEY CONCERNS

- First-year academic stress from complex biology courses
- Stress and anxiety from ongoing grading and assignment deadlines
- Questioning if the major is even possible to excel in biology
- Lack of understanding of academic performance expectations in the first semester

## ACTION PLAN

- Help Richard understand the grading and assessment process for biology courses in the College of Arts and Sciences
- Recommend a study schedule that balances his biology course load with self-assessment and academic coaching
- Encourage Richard to join a biology club or academic support group to connect with peers and get feedback
- Schedule weekly check-ins to monitor stress and ensure academic balance

## FOLLOW UP PLAN

- Check in after finals week to assess academic burnout and emotional stress
- Offer support for academic goal revision and career planning in biology
- Refer Richard to the university's mental health and wellness resources if academic stress becomes a major concern