

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 1dcc3a21-2647-400d-acf6-5965f648d033
Meeting date: February 10, 2025
Student ID: bk577
Counselor ID: awashington

SUMMARY

Brian is experiencing academic stress and anxiety in his first year, but is unaware of the academic or career support available to him.

KEY CONCERNS

- Love for psychology and interest in mental health issues, but feeling lost and overwhelmed
- Studying heavily for required courses and feeling burnt out
- Difficulty studying and feeling overwhelmed
- Worry about fit and admission standards in psych major
- Uncertainty about college or graduate school

ACTION PLAN

- Recommend scheduling sessions exploring academic and career pathways in psychology, including mental health and neuroscience
- Introduce first-year seminar series focused on non-academic topics like mental health and social justice
- Suggest working with a mental health professional for study stress management
- Recommend registering for writing or study skills classes to build confidence in research and study

FOLLOW UP PLAN

- Schedule a check-in session in a few weeks to assess progress and academic anxiety
- Offer to write a personal statement or cover letter for graduate school or career pathways
- Encourage Brian to join a student organization focused on mental health and social justice issues
- Refer to academic advising for help with academic planning and graduation requirements