

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 3b7d78d2-ae3-4886-a25b-ed8e88e77576

Meeting date: January 03, 2025

Request ID: b95c0866-27c5-4f84-b262-1fbb60e25cbf

Student ID: aj907

Counselor ID: awashington

SUMMARY

Amanda is experiencing academic stress and emotional distress due to poor grades, unrealistic expectations in her biology sequence, and personal challenges in her academic journey.

KEY CONCERNS

- Struggling with course grades in biology, particularly in genetics and evolution courses
- Unrealistic expectations from large university biology courses
- Uncertainty about academic fit and personal stressors affecting academic performance
- Emotional distress due to poor grades and negative self-talk

ACTION PLAN

- Repeat with lower genetics and evolution courses to ease into biology
- Encourage A-to-F grading norm and strategies for managing difficult concepts (e.g., DNA repair, epigenetics, cell signaling)
- Work with Amanda's academic advisor to address personal and academic concerns
- Encourage self-care practices like mindfulness and journaling to manage stress and improve focus

FOLLOW UP PLAN

- Schedule a check-in next semester to monitor grades and emotional state
- Refer Amanda to mental health or academic counseling referral service
- Offer support for goal revision or adjustment to fit within the larger biology sequence