

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: d5165b5b-4a4c-4c76-a91b-2c1b967735d7
Meeting date: August 20, 2024
Student ID: fs484
Counselor ID: Nguyen

SUMMARY

Francisco is experiencing academic stress due to a heavy humanities course load, which is affecting his academic performance and overall well-being.

KEY CONCERNS

- Stress from balancing heavy humanities course load with academic demands
- Worrisome feeling of falling behind or overwhelming
- Involvement in student organizations and desire to maintain academic performance
- Uncertainty about balance and potential for burnout or failure

ACTION PLAN

- Help Francisco understand the academic demands of his major and humanities courses, including the different styles and topics covered
- Recommend scheduling adjustments to reduce stress and allow time for academic work
- Encourage Francisco to join a study group or peer tutoring program to manage his load more effectively
- Refer to academic support services if stress levels become unmanageable

FOLLOW UP PLAN

- Check in mid-semester to monitor academic stress and progress
- Offer referral to academic counseling if stress reaches a new high
- Encourage reflection on goals and prioritization strategies for the remainder of the semester