

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 0fd0f28a-d462-4f56-b81b-156c3f9ddf01
Meeting date: January 08, 2025
Student ID: kb857
Counselor ID: rsharma

SUMMARY

Kimberly is experiencing first-year anxiety and feeling overwhelmed by biology coursework, which is leading to worry about academic integrity and potential failure.

KEY CONCERNS

- First-year anxiety and academic stress caused by complex biology course content and math-heavy terminology
- Engagement and grades are both low in biology classes
- Worries that everyone else is ahead of her and she's falling behind
- Feeling like a first-year should be able to handle biology but is overwhelmed by the pressure

ACTION PLAN

- Help Kimberly identify strategies to manage academic anxiety, such as mindfulness exercises or tutoring services
- Encourage students to seek out peer support through biology clubs or tutoring centers
- Review academic performance in biology classes and provide feedback on individual strengths and weaknesses
- Encourage Kimberly to set realistic expectations and work towards a gradual increase in workload

FOLLOW UP PLAN

- Check in after first-year seminar and offer a short update on academic stress and strategies used
- Offer support for applying for academic accommodations in future semesters
- Refer Kimberly to academic counseling if academic pressure becomes a major concern