

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 13fca689-f910-4b8a-8d68-e13e98a4f88a
Meeting date: September 05, 2024
Student ID: wf924
Counselor ID: mrodriguez

SUMMARY

First-year student experiencing academic stress and first-year anxiety due to a religious course load and uncertain major choice.

KEY CONCERNS

- Pressure to succeed academically in Religion course even as it varies greatly
- Feeling overwhelmed and uncertain about future plans
- Pressure to fit into the major and academic expectations
- First-year anxiety and stress leading to emotional exhaustion

ACTION PLAN

- Recommend scheduling adjustment to allow for a more balanced course load
- Encourage seeking academic advisor's help with course selection
- Discuss the relationship between religion and academic fields, and provide resources for mental health and academic support
- Encourage attending at least one academic event or workshop to build connections

FOLLOW UP PLAN

- Set up a check-in session in the next week to assess emotional well-being
- Recommend attending a mental health fair or workshop series on campus
- Provide referral to mental health peer support group for first-years or students in high-stress majors
- Encourage registration for mental health resources on campus