

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 9dd54230-7678-407e-8d94-b9b0995d032b  
Meeting date: August 15, 2024  
Student ID: mp776  
Counselor ID: mrodriguez

## SUMMARY

Molly is experiencing first-year anxiety and academic stress, which is affecting her academic performance and mental health.

## KEY CONCERNS

- First-year confusion and uncertainty about major and course selection
- Tremendous academic load (multiple English, history, and writing classes), leading to anxiety and overload
- Pressure to perform in her major and class load, leading to academic burnout
- Low academic performance, including feeling lost or behind in coursework

## ACTION PLAN

- Recommend scheduling adjustment to reduce overall load and focus on specific courses
- Encourage peer support and academic coaching for first-year students
- Provide first-year writing workshops and tutoring services to help with academic identity and major choice
- Help Molly develop a plan for academic success and self-care, including time management and self-reflection

## FOLLOW UP PLAN

- Check in mid-semester to monitor academic performance and emotional state
- Offer a reflection workshop on academic identity and career pathways in the future
- Recommend a mentorship with a first-year academic advisor or writing center professional