

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 5fe5e07b-8053-4bab-bf34-6f8060bd8d07  
Meeting date: January 06, 2025  
Student ID: jd620  
Counselor ID: mrodriguez

## SUMMARY

Justin is experiencing academic stress and academic burnout due to a difficult first-year chemistry course, which is affecting his confidence and overall academic outlook.

## KEY CONCERNS

- First-year academic stress from a difficult chemistry course
- Pressure to perform in a major and academic expectations
- Feeling like a failure even though he's trying hard
- Declining academic confidence and potential for failure in the major

## ACTION PLAN

- Help Justin understand the academic demands of the chemistry course and the expectations for first-year students
- Recommend scheduling adjustments to reduce stress and allow time for the material
- Encourage Justin to seek out academic support through the first-year center and tutoring services
- Encourage journaling or mindfulness practices to manage emotions and improve academic confidence

## FOLLOW UP PLAN

- Check in later this semester after taking a break from the chemistry course
- Refer Justin to a peer mentorship program for first-year students
- Offer optional academic wellness workshops for first-year students in the future