

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 38a8adb1-0dfe-4358-b69d-f582d0a3f87e
Meeting date: December 27, 2024
Student ID: jc613
Counselor ID: mrodriguez

SUMMARY

Jackie is experiencing first-year stress, struggling with academic failure, and dealing with personal issues that are affecting her college performance and emotional well-being.

KEY CONCERNS

- Low grades in history courses last semester
- Confusion about course structure and ability level
- Mental fatigue and fear of failure
- Uncertainty about college readiness and future goals
- Uncertainty about support system and how to improve academically

ACTION PLAN

- Help Jackie understand the different types of history courses and their grading structures
- Recommend scheduling meetings with academic advising to review course options
- Encourage Jackie to attend first-year seminar series and discuss her personal issues
- Introduce mindfulness and self-reflection practices as a way to manage stress and improve academically

FOLLOW UP PLAN

- Check in mid-semester after major course failures and offer support with re-enrolling or transferring
- Encourage Jackie to join a student support group or peer mentoring program
- Refer to mental health services if stress levels continue to rise