

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 54eff125-45c1-40bd-b4bf-231e17007e7c
Meeting date: January 10, 2025
Student ID: ao772
Counselor ID: awashington

SUMMARY

Amber is struggling with academic performance, emotional exhaustion, and unaddressed personal issues in psychology major.

KEY CONCERNS

- Repeating difficult and abstract psychology courses
- Loss of focus and falling behind
- Emotional exhaustion, not sure if studying mind or brain is valid
- Unaddressed personal issues (anxiety, depression, trauma)
- Uncertainty about fit in psychology major and academic demands

ACTION PLAN

- Refer to mental health professional for emotional support
- Recommend course restructuring for psychology majors to reduce complexity
- Encourage academic writing and mindfulness practices for all courses
- Discuss personal and academic boundaries with mental health professionals
- Refer to peer support group or tutoring center for academic pressure

FOLLOW UP PLAN

- Schedule a mental health check-in later this semester
- Offer referral to psychology peer group for emotional support
- Encourage amendment of academic plan and provide accountability through check-ins
- Recommend additional mental health resources based on student feedback