

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 2fe8aea2-d137-49b6-9690-502a29acf155  
Meeting date: November 13, 2024  
Student ID: th914  
Counselor ID: Nguyen

## SUMMARY

Tonya is experiencing academic stress and is struggling to maintain her academic performance, fearing graduation outcome.

## KEY CONCERNS

- Working hard in English courses and feeling exhausted
- Late-stage grades and potential graduation delay
- Feeling discouraged and uncertain about ability to keep up
- Worries about academic integrity and graduation eligibility

## ACTION PLAN

- Help Tonya to re-align academic expectations and focus on enjoyable, manageable workloads
- Connect her with academic success coach or tutoring center
- Encourage self-regulation and mindfulness practices to manage stress
- Recommend grading policies and deadlines to avoid impending risk

## FOLLOW UP PLAN

- Check in mid-semester after major coursework shift and provide progress update
- Offer support for academic goal reframing and future plans
- Encourage attendance at graduation ceremony to celebrate progress if things turn around