

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 5ddf1075-c170-4e86-b041-dbdff259d673
Meeting date: November 21, 2024
Student ID: bc134
Counselor ID: rsharma

SUMMARY

Brian is experiencing first-year anxiety and academic stress, worried about his biology coursework and advisor's expectations in his major and advising student.

KEY CONCERNS

- Worrisome first-year anxiety about first-year biology classes and academic demands
- Stress and anxiety from biology coursework and first-year advisor
- First-year advisor pressure to perform well and academic goals
- Uncertainty about adhering to academic standards in biology and elective courses

ACTION PLAN

- Reassure Brian that academic pressures are normal for first-year students in biology
- Explain the importance of advisor support in biology, especially in high-stakes courses
- Discuss the academic expectations in Brian's major and advising student in a meeting
- Encourage mindfulness and self-regulation strategies for managing stress and academic pressure

FOLLOW UP PLAN

- Schedule a check-in after finals week to assess anxiety levels
- Refer Brian to mindfulness and self-help groups if stress levels rise
- Encourage Brian to seek out peer support for academic stress and first-year adjustment in the student affairs office