

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 00deecab-7614-4542-b138-ddb9350572fb
Meeting date: August 27, 2024
Student ID: aw328
Counselor ID: mrodriguez

SUMMARY

Andrea is dealing with depression and anxiety symptoms during the pandemic and post-graduation adjustment stress.

KEY CONCERNS

- Depression and low mood lately
- Post-graduation adjustment stress and mental health concerns
- Lack of support from academic and personal contexts
- Feeling at risk of missing the mark with mental health care if she seeks help

ACTION PLAN

- Recommend debriefing with dean for student mental health and academic adjustment
- Encourage exploring depression and anxiety as possible responses to stress, not a sign of weakness
- Refer to university mental health resources (e.g., counseling center, wellness center)
- Connect Andrea with a peer support group or mental health professional referral if needed

FOLLOW UP PLAN

- Check in after debriefing with dean and check on depression and anxiety symptoms
- Offer to follow up after academic adjustment ends and provide accountability around mental health
- Encourage journaling or talk therapy as possible next steps