

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 665a172d-a608-4a61-a6c5-c14cb4867809

Meeting date: August 27, 2024

Student ID: rc717

Counselor ID: awashington

SUMMARY

Richard is experiencing academic stress and academic burnout due to complex and advanced biology coursework in his first semester, lack of understanding of grading and performance expectations.

KEY CONCERNS

- First-year academic stress from complex biology courses
- Stress and anxiety from ongoing grading and assignment deadlines
- Questioning if the major is even possible to excel in biology
- Lack of understanding of academic performance expectations in the first semester

ACTION PLAN

- Help Richard understand the grading and assessment process for biology courses in the College of Arts and Sciences
- Recommend a study schedule that balances his biology course load with self-assessment and academic coaching
- Encourage Richard to join a biology club or academic support group to connect with peers and get feedback
- Schedule weekly check-ins to monitor stress and ensure academic balance

FOLLOW UP PLAN

- Check in after finals week to assess academic burnout and emotional stress
- Offer support for academic goal revision and career planning in biology
- Refer Richard to the university's mental health and wellness resources if academic stress becomes a major concern