

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: ba032305-9c77-4fe2-81a2-d60efd82500e
Meeting date: September 03, 2024
Student ID: sw869
Counselor ID: schen

SUMMARY

Sierra is experiencing academic burnout, impostor syndrome, and uncertainty about her academic fit in Romance Languages and Literature. She is experiencing a range of emotions and is seeking support to manage stress, re-evaluate her major, and explore career options.

KEY CONCERNS

- Burnout from first-year course load and multiple academic demands
- Impostor syndrome and feeling like a fraud in academia
- Feeling like someone's been watching her or evaluating her work
- Uncertainty about fit in Romance Languages and whether to major or minor

ACTION PLAN

- Help Sierra identify the emotional impact of first-year stress and academic demands on her well-being
- Refer Sierra to the student mental health peer support group for first-year students majoring in arts fields
- Discuss impostor syndrome with Sierra and provide strategies for believing in one's abilities in academia
- Encourage exploration of career paths in Romance Languages or creative fields that are less academically focused

FOLLOW UP PLAN

- Schedule a follow-up meeting in 1-2 weeks to check in on how Sierra is feeling and re-evaluate her academic major if necessary
- Offer support for a transfer or minor in the future if necessary