

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 906bb81c-6dd4-4825-afed-34d43d55c43d  
Meeting date: January 06, 2025  
Student ID: dm960  
Counselor ID: Nguyen

## SUMMARY

Danielle is experiencing academic stress due to progressing academically in graduate school despite being in a different academic setting than high school.

## KEY CONCERNS

- Struggling with academic performance in high-level graduate coursework
- Feeling ahead of herself in high-stakes academic settings
- Pressure to graduate in a timely manner
- Experiencing academic burnout and uncertainty about future success

## ACTION PLAN

- Help Danielle identify how much of her academic work has shifted from high school to graduate-level standards
- Recommendation to increase balance between coursework and personal and professional demands
- Strategies for managing high-stakes academic pressure, including mindfulness and time management
- Referral to graduate student support center for academic coaching

## FOLLOW UP PLAN

- Schedule a check-in session in a high-stakes academic setting later this semester
- Offer academic coaching for graduate school, including time management and advanced course selection
- Recommendation to apply for academic accommodations if Danielle is feeling overwhelmed
- Help Danielle set realistic goals for graduation and integrate academic success with personal growth