

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 0aa9d014-c8e6-4e02-9a2a-685ac8be4076

Meeting date: February 07, 2025

Student ID: ap979

Counselor ID: mrodriguez

## SUMMARY

Alexandra is experiencing depression and anxiety during the pandemic's aftermath and is grappling with post-graduation adjustment concerns.

## KEY CONCERNS

- Depression and anxiety symptoms during the pandemic
- Uncertainty about future adjustment after graduation
- Experiencing major depression and seeking help
- Lack of support system during difficult times

## ACTION PLAN

- Recommend cognitive-behavioral therapy for depression and anxiety
- Connect Alexandra with campus mental health resources and peer support groups
- Encourage seeking out a trusted friend or counselor for emotional support
- Help Alexandra explore online resources for post-graduation adjustment and mental health

## FOLLOW UP PLAN

- Check in after depression and anxiety recurrence
- Refer Alexandra to weekly check-ins with her mental health team
- Monitor social media posts for signs of depression or anxiety in the fall
- Refer Alexandra to peer support groups or mental health advocacy organizations