

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: aa308761-0fb7-4d52-bdd5-1cd385d6d5b7

Meeting date: March 10, 2025

Student ID: cj678

Counselor ID: mrodriguez

## SUMMARY

Carl is experiencing academic stress due to a heavy course load in the humanities, including advanced classes, and is reaching out for academic support.

## KEY CONCERNS

- Struggling with academic performance in advanced humanities courses
- Falling behind in classes, including writing seminar and ancient history classes
- Uncertainty about whether to continue taking advanced courses or if it's time to step back
- Feeling involved in multiple student organizations and trying to balance academic work with community involvement

## ACTION PLAN

- Recommend scheduling a check-in session to review academic progress and assignments
- Provide guidance on managing advanced coursework in a way that doesn't overwhelm the brain
- Recommend meeting with a first-year seminar teacher or peer tutor for support
- Encourage participation in academic support events (e.g., tutoring center, writing center)

## FOLLOW UP PLAN

- Schedule a follow-up check-in after finals week to assess progress
- Offer referral to academic counseling for students with complex academic needs
- Encourage reflection on how to prioritize self-care and balance in a complex academic environment