

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 15e2fe21-183d-42e5-b6c9-3803971363f9

Meeting date: November 07, 2024

Student ID: kc170

Counselor ID: awashington

## SUMMARY

Karen is experiencing significant academic stress and is struggling to engage with her history major due to heavy course load, emotional content, and emotional exhaustion.

## KEY CONCERNS

- Lately, grades have plateaued despite heavy coursework in history
- Struggling with engagement and emotional exhaustion in history courses
- Feeling like even a strong history major may not be enough to handle the emotional and historical content
- Uncertainty about ability to continue in history major without major break

## ACTION PLAN

- Ensure Karen is aware of academic support for history courses, including tutoring and breathing techniques
- Recommend meeting with history tutor to discuss emotional and historical content, and strategies for managing heavy load
- Discuss how to engage more deeply with history content without becoming emotionally overwhelmed, and how to stay on track without a major break
- Encourage continued interest in historical topics but emphasize the need for self-care and academic balance

## FOLLOW UP PLAN

- Check in mid-semester to check for emotional exhaustion or academic burnout
- Recommend attendance at a history seminar or workshop to explore different historical perspectives
- Offer support for a major switch if academic stress becomes overwhelming
- Encourage application to history-focused graduate programs for long-term planning