

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 214fb718-1110-452e-a904-6783b5215b13  
Meeting date: February 14, 2025  
Student ID: ra357  
Counselor ID: schen

## SUMMARY

Robert is experiencing high-risk behavior due to academic and personal stress, but struggling to seek out a diagnosis or plan of action.

## KEY CONCERNS

- Academic performance at a high level, but unstructured and risky behavior
- Unresolved emotional and academic issues, leading to impulsive decision-making
- Loss of focus and potential for major academic or personal risk
- Need for personal and academic support, including counseling and academic coaching

## ACTION PLAN

- Recommend scheduling a counseling session to assess academic stress and risk-taking behavior
- Discuss the emotional and academic context with Robert's academic advisor
- Encourage careful planning and reflection in high-risk situations, especially in the Romance Languages and Literature program
- Recommend workshops on time management, academic integrity, or emotional regulation

## FOLLOW UP PLAN

- Check in after a midterm or final exam period
- Refer Robert to a peer mentoring group for high-risk students
- Encourage a strategic essay or research project for next semester
- Review academic performance with the academic advisor after a major shift