

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: f832924e-002b-4b05-aae3-a80e642dfde5  
Meeting date: September 05, 2024  
Request ID: 6898deee-529f-4b75-968c-4e0f95f0fe33  
Student ID: ty209  
Counselor ID: awashington

## SUMMARY

Tiffany is experiencing first-year anxiety and academic pressure due to a mix of academic and personal demands.

## KEY CONCERNS

- Feeling overwhelmed by the material load in psychology and brain courses
- Struggling to keep up with the academic standard in her major
- Worries about falling behind due to personal issues or academic stress
- First-time student anxiety and uncertainty about success in college

## ACTION PLAN

- Help with understanding the academic requirements of the psychology major
- Introduce strategies for managing multiple course loads and academic pressure
- Encourage open discussion of personal and academic issues on campus
- provide mental health resources for first-year students through the counseling center

## FOLLOW UP PLAN

- Schedule a check-in session next semester to assess adjustment progress
- Refer to mental health support for academic concerns if needed
- offer to attend first-year seminar series to connect with others in a similar situation