

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: e2fa3d6f-5bdb-4c2e-bbb8-16f1112165b8
Meeting date: March 11, 2025
Student ID: sd609
Counselor ID: mrodriguez

SUMMARY

Shannon is dealing with depression and anxiety symptoms during the pandemic and post-graduation adjustment stress.

KEY CONCERNS

- Depression and low mood lately
- Post-graduation adjustment stress and mental health concerns
- Lack of support from university and personal concerns
- Feeling at risk of mental illness if not properly addressed

ACTION PLAN

- Recommend debriefing with counseling services or mental health peer support groups
- Refer Shannon to university mental health resources for self-care strategies
- Encourage exploration of grief and loss issues as a way to cope with depression
- Connect Shannon with a mental health professional if depression is a concern or considering treatment

FOLLOW UP PLAN

- Check in after finals week and offer to meet again in person or remind later this semester
- Encourage Shannon to reach out for a check-in session with a mental health peer or academic advisor
- Refer Shannon to a new course on mental health and wellness in the future