

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 3d99098e-fd04-4893-8655-b517b9d80e2c  
Meeting date: August 13, 2024  
Request ID: 66ba058c-06c0-4e70-8db6-71720d6a69aa  
Student ID: al180  
Counselor ID: awashington

## SUMMARY

Anna is experiencing academic stress and emotional overload in her psychology major, struggling to keep up with coursework and adjusting to college life.

## KEY CONCERNS

- Difficulty staying up for coursework in psychology, especially neuroscience and social psych
- Emotional exhaustion from heavy coursework and academic demands
- Feeling like a freshman again, but not sure how to balance personal and academic goals
- Lack of support for managing academically and developing skills effectively

## ACTION PLAN

- Help Anna identify which courses are most challenging and how to pace herself effectively
- Recommend scheduling adjustments for upper-level psychology courses to allow for recovery
- Connect Anna with mental health and academic counseling services on campus
- Encourage participation in academic support groups for psychology majors, including psychology students and students of color

## FOLLOW UP PLAN

- Schedule a check-in session next week to review progress and strategies
- Offer to keep an academic journal to track progress and emotional state
- Encourage Anna to reach out for a mentorship or writing retreat if needed