

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 5f94cefa-78b3-4ac3-93fb-7c342a1d2b3c
Meeting date: February 21, 2025
Student ID: hw764
Counselor ID: Nguyen

SUMMARY

Heather is struggling with academic pressure, uncertainty about graduation, and overload in her major coursework.

KEY CONCERNS

- Experiencing academic pressure from her major and extracurricular activities
- Feeling burned out and anxious about exams and graduation
- Lack of clarity about whether she's meeting her major requirements or if she's being too hard on herself
- Uncertainty about the impact of her coursework on her graduation essay performance

ACTION PLAN

- Help Heather with reviewing course content and assessment standards in her major
- Connect Heather with academic advising to address academic load and expectations
- Encourage relaxation and self-care strategies for academic stress
- Refer Heather to peer support group for academic pressure and career anxiety

FOLLOW UP PLAN

- Schedule a check-in session next week to review progress and academic concerns
- Offer after-school tutoring or study group led by faculty members
- Encourage Heather to join a new academic honor society for students who excel in rigorous courses