

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 488da564-067b-401f-ae3c-6109a5afd81b  
Meeting date: November 29, 2024  
Student ID: mm125  
Counselor ID: Nguyen

## SUMMARY

Mary is experiencing academic stress due to a mix of academic success, personal demands, and external pressures.

## KEY CONCERNS

- Academic load varies across courses, but still falling behind
- Struggling with academic performance, but not sure if education is worth the emotional and financial burden
- Emotional exhaustion, but not sure how to stay committed without feeling overwhelmed
- Internal pressures from family and financial stress, but not sure how to balance all these demands

## ACTION PLAN

- Reassure that academic pressure is normal in the third year of a major, especially for students with diverse backgrounds
- Discuss the importance of education as a meaningful and fulfilling pursuit, even in high-stress situations
- Encourage Mary to set realistic goals and adjust her load accordingly
- Help her develop a balanced academic and personal schedule to manage stress effectively

## FOLLOW UP PLAN

- Check in mid-semester after major course changes and review academic progress
- Offer support for mental health and academic coping strategies through the student counseling center
- Encourage Mary to apply for academic support services if she becomes overwhelmed again