

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: f6fd02ef-d753-4003-8307-76c582fb28a3
Meeting date: January 10, 2025
Student ID: sc773
Counselor ID: awashington

SUMMARY

Sabrina is experiencing academic stress and emotional distress due to academic failure, personal challenges, and disrupted academic trajectory.

KEY CONCERNS

- Struggling with writing in English major, including coursework in English, composition, and literature
- Severe academic decline last semester, leading to significant anxiety and disorientation
- Difficulty adjusting to more advanced coursework in the major
- Uncertainty about ability to succeed in advanced English courses
- Emotional distress from academic failure, including depression and anxiety

ACTION PLAN

- Recommend scheduling a writing workshop with a faculty mentor to address specific writing challenges
- Suggest registering for a new writing course in the English department this semester
- Encourage Sabrina to seek out peer support through the Writing Center or student organizations
- Help Sabrina develop a personalized academic plan that includes balance with other interests and stressors

FOLLOW UP PLAN

- Check in mid-semester to monitor academic progress and writing performance
- Offer a check-in session later this semester to review progress and strategies
- Encourage Sabrina to reflect on how her personal and academic challenges have impacted her thinking and writing, and provide support for long-term transformation