

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: d204c2f6-8335-40a0-a5bb-e4c390a3c96d
Meeting date: August 16, 2024
Student ID: jc390
Counselor ID: Nguyen

SUMMARY

Jaime is experiencing high-stakes college performance pressure, anxiety, and uncertainty about career path after graduation in the arts.

KEY CONCERNS

- High-stakes college exams and stress from high-impact course load
- Feeling behind and anxious, leading to stress and anxiety
- Worry about not graduating and pursuing arts or writing career
- Uncertainty about appropriate career path after graduation in arts-related fields

ACTION PLAN

- Help Jaime manage the stress and anxiety by scheduling regular progress checks and offering relaxation strategies
- Encourage Jaime to attend career counseling sessions to explore non-arts career options in fields like business, finance, or nonprofit management
- Refer Jaime to potential internships or writing-focused jobs that don't require a graduate degree
- Help Jaime develop a long-term plan that balances academic performance with career goals and self-realization

FOLLOW UP PLAN

- Check in again after final exams to check on stress level and progress plan
- Offer follow-up sessions after finals to review career options and strategies for graduation planning
- Encourage Jaime to reach out for academic advising after graduation to review major and graduate school options