

Demographic Details

Name –

DOB -

Age –

Address –

Contact Number –

Email Address –

Date of First Visit -

Reasons for Meeting the teacher –

1. **Academic and Career Related Issues** – confusion about subject choice / goal setting / difficulties with studying – reading and writing skills / performance or exam anxiety / worries about the appropriate career option, etc.
2. **Personal Issues** – inferiority feeling / low self-confidence / problem with the concentration, self blaming / guilt, difficulties in controlling anger / financial worries, etc.
3. **Family Issues** – Conflicts with siblings or parents / high expectations / criticism / rejection
4. **Social Issues** – communication difficulties / difficulties in maintaining relations with others / teasing / rejection
5. **Health Issues** – Any Physical problem specify
 - Whether taken treatment – Yes / No
 - Whether require hospitalization or surgery – Yes / NoHistory of drug use -

Describe –

Behavioural Observation (To be filled by the teacher)-

Rapport – Established easily/ Established with difficulties / Not Established

Concentration – Adequate / distractible

Mood (As Reported by the Student) –

Affect – Nervous / worried / restless / anxious / distressed / depressed

Intensity – Mild / Moderate / Severe

Speech – Spontaneous / Non-spontaneous, Relevant / Irrelevant

Suggestions Given –

- About Study Skills
- About Time Management
- About Goal Setting
- Breathing and Relaxation
- Referred to Counselling Cell – Yes / No
- Any other (Please Specify)

Seen By –

Signature -

PROGRESS MONITORING / FOLLOW UP SESSIONS

First Follow Up

Date -

Suggestion followed – Yes / No

Improvement Reported -

Reduction in distress – Yes / No

Current Intensity Level – Mild / Moderate / Severe

Improved Mood - Yes / No

Academic Status - Significant improvement / slight improvement / No Improvement

Personal Status - Significant improvement / slight improvement / No Improvement

Family Status - Significant improvement / slight improvement / No Improvement

Social Status - Significant improvement / slight improvement / No Improvement

Health Status - Significant improvement / slight improvement / No Improvement

Describe –

Second Follow Up

Date -

Suggestion followed – Yes / No

Improvement Reported -

Reduction in distress – Yes / No

Current Intensity Level – Mild / Moderate / Severe

Improved Mood - Yes / No

Academic Status - Significant improvement / slight improvement / No Improvement

Personal Status - Significant improvement / slight improvement / No Improvement

Family Status - Significant improvement / slight improvement / No Improvement

Social Status - Significant improvement / slight improvement / No Improvement

Health Status - Significant improvement / slight improvement / No Improvement

Describe –