

## Case Description – College Counseling Interpretive Report

Elton W., an 18-year-old unmarried college freshman at a large university in the Midwest, was self-referred for college counseling after experiencing a panic episode in which he was plagued by fears of failure.

He has recently been experiencing anxiety and social avoidance. He acknowledged having problems “fitting in” at college. He is having difficulty making friends and is experiencing a lot of doubt about his ability to handle the workload. At midterm he encountered disappointments in his grades in two of the classes in which he thought he was doing well. He received two Cs in required classes. In addition, his dorm roommate, a popular freshman, chose to move into another room, leaving abruptly without an explanation. Elton assumed it was because of something he had done wrong.

Elton grew up in a small town in the Midwest and was a good student in high school, graduating near the top of his class. He chose to go to a large university because he thought the diversity in courses would prepare him well for his chosen career in medicine. His lower-than-expected grades in math and organic chemistry were causing him to rethink his career goals. He sought counseling for reassurance and to determine if he has the capacity to achieve his goals.