

Holistic Intervention Plan

Canvas Message:

Hi Jordan,

I want to thank you for discussing with me after class the other day, the many challenges you are currently facing and how they are impacting your overall performance and well-being. As I mentioned, I had noticed that in the last two weeks, you had arrived late to class, which was unlike you, and you also appeared to be quite tired, to the point of nodding off in class. This was concerning because if you are not sleeping well, it is difficult to focus on the material and to retain what we are reviewing.

In addition, your week 4 midpoint project was not turned in. This is a large percentage of your overall grade. I do want to work with you to allow you to get it completed to receive at least most of the points. I'd like to know how much extra time you may need and ask if you could complete it before our next class meeting?

I understand your promotion at work with the increased responsibilities related to the new role are likely causing you to have to focus more on what is needed to learn the new role and be successful there. As you said, this is certainly impacting your role at home as well as in school. It is definitely overwhelming to feel pulled in so many different directions at the same time.

While none of these responsibilities are likely to change any time soon, managing them effectively may mean looking at new ways to organize your time as well as having some crucial conversations with your supervisor and or family members (or even with me!). To that end, I'd like to recommend the Licensed Counseling services available through the Comp Psych service. Sometimes, having the space to dump out all our feelings without fear of judgement (sometimes easier with a "stranger") can

release the pressure valve from holding it all in. From there, a guided review of your situations and relationships with a licensed counselor can be helpful to see fresh, untried options we would not have thought of on our own.

For an appointment contact:

Phone-based counselors: 844-268-5855

Website: guidanceresources.com (Web ID: SouthCollege)

Other than that, I can offer a “hardship extension” for the week 4 project of up to seven days, so that you can achieve the full points on the assignment.

I look forward to hearing back from you on when you think you can get the assignment completed, and to letting me know what else you might need, in the way of support.

Also, if you choose to access the counselor service, please let me know if you found it helpful.

Sincerely,

Professor Mateo.