

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 7a08db38-e724-4572-8b69-f3156033b0ea
Meeting date: December 04, 2024
Student ID: ma161
Counselor ID: mrodriguez

SUMMARY

Michael is experiencing first-year anxiety and questioning his academic and personal direction due to academic stress and a difficult first-year seminar.

KEY CONCERNS

- Low academic performance in Religion and history of religions courses
- Uncertainty about major or career path in religious studies or religion
- Feeling disconnected from the material and uncertain if it's even meaningful
- High level of anxiety and feeling overwhelmed

ACTION PLAN

- Help with academic management through tutoring center and academic advising
- Recommendation to take a relaxed first-year seminar or explore alternative majors like psychology or social justice
- Connect with religious studies and interfaith studies programs for guidance on religious identity and career paths
- Encourage self-reflection and exploration of how religion and belief can be used for social justice and activism

FOLLOW UP PLAN

- Schedule a check-in later this semester to monitor emotional state and academic performance
- Refer to mental health services if anxiety worsens or interest in unconventional majors is confirmed
- Offer referral to religious studies or interfaith studies major or minors for support in a new major