

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: d4846596-db8b-40bf-bfd1-5418aba0bc01
Meeting date: February 25, 2025
Student ID: bm331
Counselor ID: mrodriguez

SUMMARY

Brooke is experiencing academic stress and first-year anxiety, but is also dealing with personal issues and uncertainties about her major and future. Needs assistance with academic planning, interdisciplinary course selection, and career options in Religion.

KEY CONCERNS

- Worries about academic performance and fit in the Religion major
- Stress from first-year course load and anxiety
- Personal issues and uncertainty around faith and academic identity
- Uncertainty about major and career in Religion or Religious Studies

ACTION PLAN

- Help Brooke with academic stress management through grading schedule adjustment and time management strategies
- Connect Brooke with campus resources for academic support, including tutoring and study centers
- Discuss interdisciplinary courses and Religion major with a focus on non-theistic faiths and spirituality
- Encourage Brooke to explore career paths in Religion or related fields, including social justice work and faith-based organizations

FOLLOW UP PLAN

- Schedule a follow-up meeting in 2 weeks to check on academic stress level and adjustment plan
- Refer Brooke to a mental health referral service if academic stress becomes overwhelming
- Discuss potential internships or volunteer opportunities in non-theistic or secular fields