

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: a231e7d8-4f68-4075-8644-613f49ed2c64
Meeting date: November 29, 2024
Student ID: eb356
Counselor ID: mrodriguez

SUMMARY

Eugene is experiencing deep distress, questioning his faith and personal struggles, and is concerned about the potential loss of meaning and relevance in the face of societal challenges.

KEY CONCERNS

- Intense and personal religious beliefs, often used to justify oppression or identity
- Heavy academic and spiritual investment, but not sure how to reconcile these with broader issues
- Dealing with personal issues, but not sure how to integrate faith and self-reflection
- Feelings of loss of meaning and potential loss of faith or relevance in society

ACTION PLAN

- Help Eugene explore how religious beliefs intersect with broader social and political issues, including mental health and spirituality
- Recommend mindfulness and self-reflection exercises as a way to process deep emotions and find a sense of balance
- Connect Eugene with campus resources for spiritual and social justice orientation, or faith-informed leadership opportunities
- Encourage exploration of alternative faiths or non-theistic pathways if he's ready to move beyond his deeply held beliefs

FOLLOW UP PLAN

- Check in later this semester after deeper exploration of faith and social justice, including how it's changed or not
- Offer support for academic adjustments if Eugene becomes overwhelmed or feels like he's lost
- Encourage referral to mental health or faith integration services if needed