

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: d4846596-db8b-40bf-bfd1-5418aba0bc01  
Meeting date: February 25, 2025  
Request ID: 81ebaac8-2d90-47c3-a81b-7e006135899e  
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