

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: a2a7e8de-3c06-4b5d-bda1-5011ea7ca4d1

Meeting date: December 17, 2024

Student ID: jw206

Counselor ID: awashington

SUMMARY

Jerry is struggling with his religious identity, personal issues, and the intersection of faith and personal growth in a secular context.

KEY CONCERNS

- Deepening sense of discomfort with religious identity and faith
- Struggling with personal issues and feeling overwhelmed by religious concepts
- Regularly dealing with personal and emotional challenges, making it hard to ground oneself in faith
- Experiencing the potential negative impacts of a secular identity on personal growth and meaning

ACTION PLAN

- Help Jerry explore his religious identity in a non-theistic context (e.g., existentialism, interfaithism, secular spirituality)
- Recommend counseling for emotional regulation and personal growth, especially in the context of religious identity
- Connect Jerry with campus resources for interfaith engagement and personal transformation
- Encourage Jerry to start a journal or meditation practice to reflect on his faith and personal identity

FOLLOW UP PLAN

- Check in after first semester stress and anxiety, asking if Jerry's faith is still a central part of his life
- Suggest journaling exercise as a reminder of the complexity of religious identity and personal growth
- Encourage Jerry to share his progress with a new academic or spiritual community