

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 53e30941-8f85-4122-aa5e-5d2818fabb96
Meeting date: September 09, 2024
Student ID: cw889
Counselor ID: mrodriguez

SUMMARY

Christina is struggling with a disconnect between her religious identity and the academic study of religion, and is questioning her faith and future in the major.

KEY CONCERNS

- Feeling disconnected from religious identity and questioning if the academic study of religion is a good fit
- Struggling with feeling alienated and uncertain about her faith
- Uncertainty about whether to continue with the religious studies major
- Questioning whether it's even a good fit for her

ACTION PLAN

- Reassure Christina that the academic study of religion is not the only way to be religious or question her faith
- Discuss the diverse religious communities that Christina has explored and the ways in which faith can be expressed without belief
- Encourage Christina to explore alternative religious pathways, such as spirituality or secular spirituality
- Recommend attending religious and non-religious events to build connections and gain perspective

FOLLOW UP PLAN

- Schedule a check-in later this semester to monitor Christina's emotional and spiritual well-being
- Encourage Christina to reflect on her academic and personal identity in a more holistic way
- Recommend attending a religious or spiritual support group for students like her