

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 4ddf0770-4e5e-4066-ab1d-c8b6688fa19f  
Meeting date: August 15, 2024  
Request ID: 80071ef5-ec7d-4586-8123-4f890cc4ee64  
Student ID: cm439  
Counselor ID: awashington

## SUMMARY

Charles is experiencing emotional distress and uncertainty about his future in religious studies or faith-related work due to personal and academic concerns.

## KEY CONCERNS

- Investment in political and religious extremism
- Disillusionment with the role of religion in society
- Emotional distress from personal and academic exploration
- Uncertainty about career path in religious studies or faith-related fields

## ACTION PLAN

- Help Charles identify potential career paths that don't involve faith or religion (e.g., social work, nonprofit management, data analysis)
- Refer Charles to mental health and career counseling services that can address emotional regulation and career exploration for faith-related fields
- Connect Charles with a religious studies alumni who has transitioned into nonprofit work or secular leadership roles

## FOLLOW UP PLAN

- Check in after campus events to assess emotional wellness
- Refer Charles to a mental health check-in before finals week
- Encourage alumni referral for potential internship or mentorship opportunities in secular faith-based work or nonprofit leadership