

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 92f9dd69-8068-4555-b942-0a804fdae454
Meeting date: October 11, 2024
Student ID: dc686
Counselor ID: Nguyen

SUMMARY

Daniel is dealing with depression and anxiety during the pandemic and post-graduation adjustment concerns.

KEY CONCERNS

- Depression and anxiety symptoms during the pandemic and post-graduation stress
- Graduation uncertainty and stress-induced mental health concerns
- Academic and religious studies overlap and potential intersections with depression and anxiety
- Limited support for mental health issues in religious studies contexts

ACTION PLAN

- Recommend cognitive-behavioral therapy for depression and anxiety, including mindfulness and emotional regulation techniques
- Connect Daniel with campus mental health resources and academic counseling services
- Encourage exploration of alternative career paths or interdisciplinary work in religious studies or mental health
- Help Daniel identify which academic or professional contexts may be more supportive of mental health and wellness

FOLLOW UP PLAN

- Check in after depression and anxiety symptoms peak in the next few weeks
- Refer Daniel to weekly check-ins with a mental health professional
- Encourage continued exploration of career options and mental health resources in the coming months