

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 795b980e-5324-4f95-b1d1-7de3b9413ff4  
Meeting date: November 26, 2024  
Student ID: pt791  
Counselor ID: mrodriguez

## SUMMARY

Phillip is experiencing first-year anxiety and uncertainty about his major and academic performance in Religious Studies.

## KEY CONCERNS

- Strong academic performance in difficult classes
- Panic about failing the Religion course
- Isolation from academic peers and unsupportive faculty
- Uncertainty about major and career path in Religious Studies

## ACTION PLAN

- Help Phillip identify academic stress and anxiety as a first-year experience
- Recommend meeting with Religious Studies faculty to discuss academic expectations
- Connect Phillip with student support center for mental health and academic adjustment
- Encourage exploration of other religious or non-religious majors in the College of Arts and Sciences

## FOLLOW UP PLAN

- Check in later this semester after major adjustment course
- Refer Phillip to career services for career counseling and religious field options
- Monitor academic performance and provide feedback on future course selection