

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 522dee69-a43f-4142-a417-7f6caf7bbd15
Meeting date: December 03, 2024
Student ID: mj182
Counselor ID: mrodriguez

SUMMARY

Mark is experiencing deep distress and questioning his religious identity, which is affecting his academic and social well-being.

KEY CONCERNS

- Investment in coursework related to religion and social justice issues
- Heavy and complex issues in his coursework, including climate justice and religious justification for violence
- Isolation from the religious community on campus, which is affecting Mark's mental health
- Distraught and questioning whether he still believes in his religious identity or if he should explore other options

ACTION PLAN

- Help Mark identify other students with similar academic interests and identities
- Discuss the complexities of the religious topics being explored in his major, including how they intersect with social justice and faith
- Encourage Mark to attend a religious studies or interfaith group on campus
- Recommend mindfulness and emotional regulation exercises to manage distress and reframe negative feelings

FOLLOW UP PLAN

- Check in after a midterm review, to assess whether Mark is back on track or struggling further
- Refer to mental health services if distress worsens or if Mark is feeling lost
- Encourage continued engagement with the religious community, but also explore alternative faith paths if needed