

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 702e471a-9353-4dec-8fbe-dd4a02810236

Meeting date: September 05, 2024

Student ID: mp286

Counselor ID: mrodriguez

SUMMARY

Michele is struggling with her religious identity and feeling disconnected from both her faith and her academic pursuits.

KEY CONCERNS

- Discomfort with religious content in academics and personal life
- Decline in faith during difficult semester
- Exploring disconnection and possible distancing from religion
- Need for academic and personal support in navigating religious identity and meaning

ACTION PLAN

- Recommend meeting with Michele's academic advisor to discuss her experiences and possible future options
- Connect Michele to a religious studies major or interfaith student organization
- Discuss how to work through personal issues and explore faith without losing connection with academics
- Offer support through journaling and reflection exercises to explore spirituality without denying faith