

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: c19c0f5a-b1ff-47b9-9537-04be5f39d4c6
Meeting date: March 25, 2025
Student ID: dh554
Counselor ID: mrodriguez

SUMMARY

Deborah is experiencing first-year anxiety and academic stress due to a mixed academic and religious environment.

KEY CONCERNS

- Struggling to adjust to college and her religious background
- Feeling overwhelmed and not sure if she's meeting academically
- Academic pressure to perform well in religious courses
- Mixed perception of her religious identity and academic commitment

ACTION PLAN

- Help Deborah identify strategies to manage academic stress, including time management and self-regulation
- Introduce a religious studies major and academic culture as a way to connect, even if she's not entirely religious
- Encourage academic self-care through religious identity and academic identity, and provide resources for balancing both
- Work with Deborah to develop a religious identity that aligns with her academic journey

FOLLOW UP PLAN

- Check in mid-semester to monitor stress and academic performance
- Discuss how religious identity intersects with academic success in a faculty member's class
- Offer a mentorship or academic support network for students with religious backgrounds in high-stakes fields