

Counseling Meeting Report

GENERAL INFORMATION

Meeting ID: 4d942a21-4d2a-47c4-b003-deb6d6c5f057

Meeting date: January 17, 2025

Student ID: jm783

Counselor ID: mrodriguez

SUMMARY

Joshua is experiencing first-year anxiety and uncertainty about his major and academic path due to heavy coursework in Religion and personal issues.

KEY CONCERNS

- Stress from academic demands in Religion course
- Worrisome stress level, especially in light of personal issues
- Uncertainty about major or academic fit in first year
- Feeling not yet ready for major in Religion or related fields

ACTION PLAN

- Support for academic and emotional wellness through counseling and academic support services
- Recommendation to take a relaxed first-year seminar or a different Religion course if appropriate
- Advising on religious studies or other academic paths that may appeal to his personal issues
- Encourage exploration of other academic interests (e.g., psychology, social work, philosophy) in the first year

FOLLOW UP PLAN

- Check in mid-semester to monitor anxiety and whether Joshua is still struggling
- Refer to mental health clinic if anxiety worsens or concerns about graduation
- Provide referral to religious studies or interdisciplinary programs for future study if needed