

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: f2ba04ef-69de-44d1-b671-bb02573e0c4e  
Meeting date: December 16, 2024  
Student ID: dl191  
Counselor ID: Nguyen

## SUMMARY

Dustin is struggling with feelings of disconnection, uncertainty about his faith, and a sense that his identity is in flux.

## KEY CONCERNS

- Grade stress caused by academic demands and discomfort with the religious identity of the department
- Internal conflict around faith and belonging in a secular context
- Uncertainty about future direction and how to reconcile conflicting values
- Need for understanding of his religious identity, but lacking a safe space to explore

## ACTION PLAN

- Encourage Dustin to attend a religious identity workshop or retreat to explore his faith in a non-threatening setting
- Suggest attending a mental health peer group for secular students or exploring online resources for religious identity
- Refer Dustin to the religion and spirituality major seminar for next semester
- Encourage Dustin to start writing about his faith and exploring how it intersects with his academic and social life

## FOLLOW UP PLAN

- Check in after first semester grades to check if Dustin is still grappling with his faith
- Encourage Dustin to write a longer reflection on his identity after the workshop
- Discuss how to incorporate his faith into future academic or social plans