

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 53bff7c3-1c16-4aac-86f2-428472e51a25  
Meeting date: January 29, 2025  
Student ID: db728  
Counselor ID: mrodriguez

## SUMMARY

Daniel is experiencing first-year anxiety and uncertainty about his academic and personal future in religion and religious studies.

## KEY CONCERNS

- Enjoyment of religious course material, but also stress and anxiety
- Struggling to focus on coursework due to personal and academic concerns
- Worries about academic performance and potential failure
- First-time student nature, lack of connection with peers or support system

## ACTION PLAN

- Help Daniel work through personal and academic issues through individual counseling or academic advising
- Encourage journaling or reflective writing as a way to process stress and identify patterns
- Recommend attending academic support services for Religion and theology students
- Refer Daniel to first-year seminar peer mentors if he's interested in exploring alternative paths or exploring faith without a religious background

## FOLLOW UP PLAN

- Check in after first-year seminar assignments to check for anxiety or other stressors
- Offer support for academic transitions in the fall through the writing center
- Recommend attending campus events or peer groups that focus on personal growth and intellectual exploration