

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 232ab6fb-e9bb-4967-b473-2790a9b22135

Meeting date: December 10, 2024

Student ID: jb686

Counselor ID: mrodriguez

## SUMMARY

Jose is experiencing academic pressure, first-year anxiety, and confusion about his major and academic path in Religion.

## KEY CONCERNS

- Struggling to manage a diverse set of academic readings in a first-year Religion course
- Feeling uncomfortable with the intensity of the course material and the potential long-term impacts
- Worries about fitting into a major and whether he's doing well enough to major in Religion
- Uncertainty about the academic and career potential of a major in Religion

## ACTION PLAN

- Help Jose adjust to the intense academic environment of Religion first-year courses
- Introduce strategies for note-taking and comprehension, such as mind mapping or grading techniques
- Recommend taking a lower-numbered Religion course or exploring other academic fields
- Encourage journaling as a way to process the content and find balance
- Consider major options that don't rely heavily on religion or religious studies

## FOLLOW UP PLAN

- Check in mid-semester after major decisions are made
- Provide referral to academic counseling if academic pressure becomes overwhelming
- Discuss possible minor in a non-religious field if Journal of Religion and Theology Libraries is not appealing
- Offer support for internship or research opportunities that don't rely heavily on religion