

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: d787aa4e-c20b-4bbd-8418-6b84924a02e8

Meeting date: February 11, 2025

Request ID: 342afdd4-c9de-40df-b493-6e22ace7ca9e

Student ID: ab432

Counselor ID: Nguyen

## SUMMARY

Angela is dealing with depression and anxiety concerns during the pandemic and post-graduation adjustment stress.

## KEY CONCERNS

- Depression and mood swings during personal and academic changes
- Lack of support for personal and academic identity in religious studies
- Feeling trapped in academia and uncertain about future options
- Difficulty managing emotions without a clear plan

## ACTION PLAN

- Recommend mindfulness and emotional regulation exercises
- Connect Angela with campus resources for faith and mental health support
- Encourage exploration of non-academic career paths in religious studies or social justice work
- Help Angela brainstorm ways to reconcile her faith and identity post-graduation

## FOLLOW UP PLAN

- Check in mid-semester to check for emotional stabilization
- Offer a reflection seminar on faith and mental health in the workplace
- Encourage Angela to apply what she's learned to real-world problems and connect with alumni or community organizations