

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 2144e783-02ac-4a88-9ef7-1ac1e1591280  
Meeting date: December 23, 2024  
Student ID: cl101  
Counselor ID: mrodriguez

## SUMMARY

Christopher is struggling with his religious identity and faith in a secular context, and is unsure of his future plans.

## KEY CONCERNS

- Deep commitment to religious belief despite not attending a religious institution
- Uncertainty about what his major means to his faith and academic future
- Feeling disconnected from the faith aspect of his college experience
- Loneliness and uncertainty about navigating secular faith in a new context

## ACTION PLAN

- Encourage Christopher to reflect on his religious identity and how it's shaped his academic and personal life
- Discuss the meaning of faith and belief in a secular context with Christopher's academic advisor
- Recommend attending religious or spiritual support groups for a safe and diverse space to explore faith without a religious background
- Encourage Christopher to explore academic or professional opportunities that align with his faith or spirituality, such as environmental justice or interfaith work

## FOLLOW UP PLAN

- Schedule a follow-up meeting in 1-2 weeks to check in on how Christopher's faith is evolving and what steps he's taken
- Check in again after attending the religious or spiritual support group and discuss how to integrate what he's learned into his academic or career path
- Refer Christopher to mental health resources for spiritual distress and provide referral to counseling or faith integration specialists