

GUIDANCE AND COUNSELLING UNIT-I

Issues v/s Problems:

- The word **Issue** is used for an important problem that people talk or debate about. It is used to talk about things that a large number of people care about.

Example of Issue: Ocean Scientists spoke on the environmental issue of plastic pollution.

- **Problem** is a word that you can use in many different situations. It is a difficulty to overcome or a question to solve.

Example of Problem: The poor economy has caused social problems.

OR

Asking someone if they look sad - What's the Problem?

Issues of Guidance

- Educational issues
- Social issues
- Physical issues
- Psychological issues
- Career issues

Problems of Guidance

- Feeling of Aimlessness in Guidance
- Parental and Peer Pressure
- Huge increase in the number of students
- Lack of infrastructure
- Lack of Money/Fund
- Lack of Experienced and Trained Experts
- Attitude of Principal , Teachers and Head of the Institution
- Lack of Publicity about Guidance Services

COUNSELLING

- Counselling is a part of Guidance Process. It is a process in which the student/individual is approached on an individual level. Counselling is a collaborative effort between the counsellor and the client. It is a talking therapy that involves a trained therapist listening to you and helping you find ways to deal with personal issues. Counselling depends on the needs of the individual.



Nature of Counselling

- Counselling concerns itself with attitudes as well as action.
- Counselling involves one to one relationship. It involves 2 persons- one seeking help (Counselee) and another a professionally trained person (Counsellor).
- Counselling is more than giving advice and solution to problems. There should be a mutual relationship of respect between the 2 individuals.
- It's function is to bring changes in the person so that he/she can discover and solve his/her own problems.
- Emotional feelings are most important in counselling. The main emphasis is on the client's self-direction and self-acceptance.
- Counselling is democratic. It allows the Counselee to do freely whatever he/she likes.

Need of Counselling

1. To Help Total Development and Growth
2. Maintaining Mental Health
3. To develop readiness for choices and changes to face new challenges
4. Ditching Bad Habits
5. Creating a new normal by breaking old stereotypes
6. Trying something new and different
7. Investing in yourself
8. To develop Different Perspectives of Life

Differences Between Guidance and Counselling

➔ ON THE BASIS OF MEANING:

Guidance is any information or piece of advice given by one person to another.

Counselling refers to the professional advice given by the counsellor to the person to solve various problems.

➔ ON THE BASIS OF PRIVACY:

Guidance is open and less private.

It is Confidential.

➔ ON THE BASIS OF ENVIRONMENT:

Guidance can be given in normal settings.

Counselling- calm environment is needed.

➔ ON THE BASIS OF DECISION MAKING:

In Guidance, Guide influences the decision.

In Counselling, Counsellor empowers the person to make his/her own decision.

➔ ON THE BASIS OF MODE:

It may be provided to a group or a single person.

Counselling is one to one dealing.

ON THE BASIS OF NATURE OF PROBLEMS:

➔ It deals with vocational, educational and career related problem.

Counselling deals with personal, social, mental problems.

➔ ON THE BASIS OF CONTINUITY:

Guidance is a continuous and life long process.

Counselling is needed only when a person faces some crucial problem.

➔ ON THE BASIS OF PROVIDED BY:

Guidance is provided by parents, teachers and relatives.

It is provided by the people who have professional training in counselling.

ON THE BASIS OF ASPECT:



Guidance signifies theoretical aspect.

Counselling signifies practical aspect of the problem.



ON THE BASIS OF INTERACTION:

Face to face relation is not essential.

Face to face relation is essential in counselling.



ON THE BASIS OF SERIOUSNESS:

The task is not as serious as that of counsellor.

The task is more serious than guidance.

➔ ON THE BASIS OF RELATIONSHIP:

Guidance = cardinal and satisfying relation is not needed.

Counselling= Relationship is needed.

➔ ON THE BASIS OF ECONOMY:

In guidance, no fee is required.

Fee is required in counselling.

➔ ON THE BASIS OF ORIENTATION:

Guidance is topic oriented.

It is problem oriented.

➔ ON THE BASIS OF SCOPE:

Guidance has wider scope.

It has a narrow scope, Counselling is a part of guidance.

➔ ON THE BASIS OF NEED:

Everyone needs guidance.

Needed only by those who face serious educational, vocational and psychological problems.

Principles of Counselling

- Principle of Communication
- Principle of Empathy
- Principle of Acceptance
- Principle of Respect for the Individual
- Principle of No Judgement
- Principle of Confidentiality
- Principle of Individuality
- Principle of Non Emotional Involvement
- Principle of Permissiveness

Aims of Counselling

- Reducing Tension
- Resolving Conflict
- Increasing Understanding
- Increasing Self Acceptance and Self Development
- Exploring Problem Solving Options
- Improving Interpersonal Relationships
- Promoting Decision Making
- Developing Trust with the client

Issues Of Counselling

- Personal Issues (Sexual Issues, Marriage Issues)
- Ethical Issues
- Moral Issues
- Psychological Issues
- Social Issues

Problems of Counselling

- Lack of co-operation
- Inadequate Time
- Lack of Adequate Knowledge
- Lack of Parent's Support.
- Insufficient Facilities
- Lack of Funding
- Lack of Qualified Personnel
- Inadequate Resources
- Lack of proper Environment

GUIDANCE AND COUNSELLING UNIT-II

Guidance and Counselling Services At School

- **Meaning of Guidance Services**: Guidance services are systematic and organized procedures and facilities towards assisting individuals in securing knowledge and skills needed in life.
- **Meaning of Counselling Services**: Counselling services is a type of therapy involving face to face meeting for interpersonal relationship of the counsellor and the counselee which helps counselee to overcome their own problems.

The major aim of Guidance and Counselling Services is to encourage students academic, social, emotional and personal development. They also help students improve themselves in all areas and be full functioning individuals.

PLANNING

- Planning provides an opportunity to convert ideas into action. It is at this stage that relevant people for providing Guidance and Counselling services are identified and their roles are described.

REASONS FOR PLANNING:

1. It forms the basis for action.
2. It is the basis of Organization.
3. It provides foundation for decision making and commitment.
4. It provides the basis for involvement and assignments.
5. It forms the basis for programme evaluation.

EXECUTION

- Classroom Lessons
- Individual Student Planning
- Responsive Services
- System Support
- Providing Professional School Counsellors and Guidance Personnel.
- Encourage Active Participation from Students, Parents, Teachers and Administration
- Establishing a Counselling Centre
- Educational and Vocational information services

FOLLOW - UP

- It ensures personal contact with the student even after he/she leaves the school
- The information collected about the student's progress in the occupation or course of study during the post placement period provides feedback about the effectiveness of guidance programme
- It helps to keep contact with the employer and heads of other institutions
- Follow up service also paves the way for modifying and improving the guidance programme of the school
- It may help in replacement or change of subjects/occupation if the situation arises.