

GUIDANCE AND COUNSELING



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Meaning of Guidance

The guidance refers to advice or information provided by a person of experience, to solve a problem or improve something. The guidance refers to the process of helping individuals to discover and develop their potential. The need of guidance is something that cannot be ignored by anyone. Furthermore, guidance helps in the development of educational, vocational, and psychological skills in an individual. Most noteworthy, guidance would help an individual to achieve an optimal level of happiness and peace in life. Moreover, an individual who receives proper guidance would surely contribute significantly to society.

The concept of guidance is quite democratic in nature. This is because; a properly guided individual would be able to shape his destiny. Guidance ensures that each individual's choices must serve the interests of the society as well as the interest of the individual.

Definition of Guidance

- **Ruth Strang**, “Guidance is a process of helping every individual, through his own efforts, to discover and develop his potentialities for his personal happiness and social usefulness.”
- **Knapps**, “Learning about the individual student, helping him to understand himself, effecting changes in him and in his environment which will help him to grow and develop as much as possible – these are the elements of guidance.”

Types of Guidance

There are primarily three types of guidance

- Personal Guidance
- Educational Guidance
- Vocational Guidance



Personal
Guidance



Educational
Guidance



Vocational
Guidance



PERSONAL GUIDANCE

Personal Guidance:

Personal guidance deals with the problems of personal adjustment in different spheres of life. Mainly it works for the individuals adjustment to his social and emotional problems. Jones has put the following aims of personal guidance :

(i) to assist the individual gradually to develop his life goals that are socially desirable and individually satisfying.

(ii) to help him to plan his life so that these goals may be attained




- (iii) to help him grow consistently in ability to adjust himself creatively to his developing life goals.
- (iv) to assist the individual to grow consistently in ability to live with others so effectively that he may promote their development and his own worthy purposes.
- (v) to help him grow in self-directive ability
- Thus the goal of personal guidance is self-directive and self realisation

Educational Guidance

Educational Guidance:

- It is a process concerned with bringing about a favorable setting for the individual's education and includes the assistance in the choice of subjects, use of libraries, laboratories, workshops, development of effective study habits, evaluation techniques and adjustment of school life with other activities.



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- Educational guidance is intended to aid the individual choosing a proper educational programme and making progress in it. This involves:
 - i) Knowledge of the abilities and interests of the individual.
 - ii) Knowledge of a wide range of educational opportunities and
 - iii) Programmes of counseling to help the individual to choose wisely on the basis of the above two kinds of knowledge.

VOCATIONAL
GUIDANCE


Vocational guidance is the assistance given to students in choosing and preparing for a suitable vocation. It is concerned primarily with helping individuals make decision and choices involved in planning future and a career decision and choices necessary in effecting satisfactory vocational adjustment.

Vocational guidance would assist an individual in solving these problems.

Vocational guidance is sometimes described as the process of “fitting round pegs in round holes and square page in square holes.”

According to ‘Crow and Crow’ “Vocational Guidance usually is interpreted as the assistance given to the learners to choose, prepare for and progress in an occupation.”

According to ‘Myers’, “Vocational Guidance is the process of assisting the individual to do for himself certain definite things pertaining to his vocation.”

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- Vocational Guidance: It is the assistance rendered in meeting the problems :
 - (i) relating to the choice of vocation
 - (ii) preparing for it
 - (iii) entering the job, and
 - (iv) achieving adjustment to it.

CONCLUSION

Guidance program needs to be introduced in our school , colleges and universities to meet the varied needs of the educational system , administration and students.

A proper guidance plan must be prepared to provide different types of guidance according to the need of each level of education which is implement-able in your all educational institutions.

THANK YOU