



Guidance And Counselling

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INTRODUCTION

- ▶ Guidance & counselling are twin concepts & have emerged as essential elements of every educational activity.
- ▶ Guidance & counselling are not synonymous term. Counselling is a part of guidance.
- ▶ Guidance, in educational context, means to indicate, point out, show the way, lead out & direct.
- ▶ Counselling is a specialized service of guidance. It is the process of helping individuals learn more about themselves & their present & possible future situations to make a substantial contribution to the society.

DEFINITION OF GUIDANCE

- ▶ Guidance is an assistance made available by a competent counselor to an individual of any age to help him direct his own life, develop his own point of view, make his own decision & carry his own burden.

- Hamrin & Erikson

- ▶ Guidance is a process of helping every individual, through his own effort to discover & develop his potentialities for his personal happiness & social usefulness.

- Ruth Strang

DIFFERENCE BETWEEN GUIDANCE AND COUNSELLING

GUIDANCE	COUNSELLING
Intellectual attitudes are the raw material of guidance	Emotional rather than pure intellectual attitude are raw material of the counselling process.
Decision making is operable at an intellectual level in guidance	Counselling operates at an emotional level
Guidance is generally education & career related & may also be for personal problems	Counselling is mostly offered for personal & social issues.

DIFFERENCE BETWEEN GUIDANCE AND COUNSELLING

GUIDANCE	COUNSELLING
Guidance is broader & comprehensive	Counselling is in-depth & narrow
Guidance is more external, helps a person understand alternative solutions available to him & makes him understand his personality & choose the right solution.	Counselling helps people understand themselves & is an inward analysis. Alternative solutions are proposed to help understand the problem at hand.
Guidance is mainly preventive & developmental	Counselling is remedial as well as preventive & developmental

CHARACTERISTICS OF GUIDANCE

- It is process
- It is a continuous process
- Choice & problem points are the distinctive concerns of guidance
- It is the assistance to the individual in the process of development rather than a direction of that development
- Guidance is a service meant for all
- Guidance is both generalized & a specialized service

Count...

- If counselee is a student, counselling helps him to take a decision, make a choice or find a direction in matters related to an educational programme or career.
- It helps the counselee acquire independence & develop a sense of responsibility.
- It is more than advice giving.
- It involves something more than offering an assistance to find a solution to an immediate problems.
- Counselling is democratic.
- Counselling concerns itself with attitudes as well as actions
- Counselling is centered around the needs & aspirations of students

PURPOSES OF GUIDANCE AND COUNSELLING

- Providing the needed information & assistance
- Helping in individual to make wise choices

- Improve the understanding of self
- Facilitate the adjustment

- Helps in adapting to the changes or new environment
- Making self-sufficient & independent

PURPOSES OF GUIDANCE AND COUNSELLING

- Efficient use of capabilities & talent
- Promote the optimal personal & professional development

- Balanced physical, psychological, emotional, social & spiritual growth

- Helps in overall development & to live productive life

Other functions of guidance and counselling...

- ▶ To provide optimum development & well-being for individual.
- ▶ To help individuals adjust to themselves & the society.
- ▶ To help people understand themselves in relation to the world.
- ▶ To aid individuals in efficient decision making.
- ▶ To help individuals plan for a productive life in their social context by focusing on their assets, skills, strengths & possibilities for further development.
- ▶ To bring about changes in the attitude & behavior of individuals.

- Guidance is an organized service & not an incidental activity of the school.
- Guidance is not a branch of any discipline
- Guidance has limits
- Guidance is more an art than science
- Guidance has its roots in the education system
- Guidance is centered around the needs & aspirations of students.

SCOPE OF GUIDANCE AND COUNSELLING

Guidance & counselling for personal needs/problems

Guidance & counselling for educational needs/problems

Guidance & counselling for physical, emotional, social, moral & marital problems

Guidance & counselling for vocational, occupational & professional needs

Guidance & counselling for career advancement

Guidance & counselling for holistic individual development

Guidance & counselling for situational problems

NEED OF GUIDANCE AND COUNSELLING

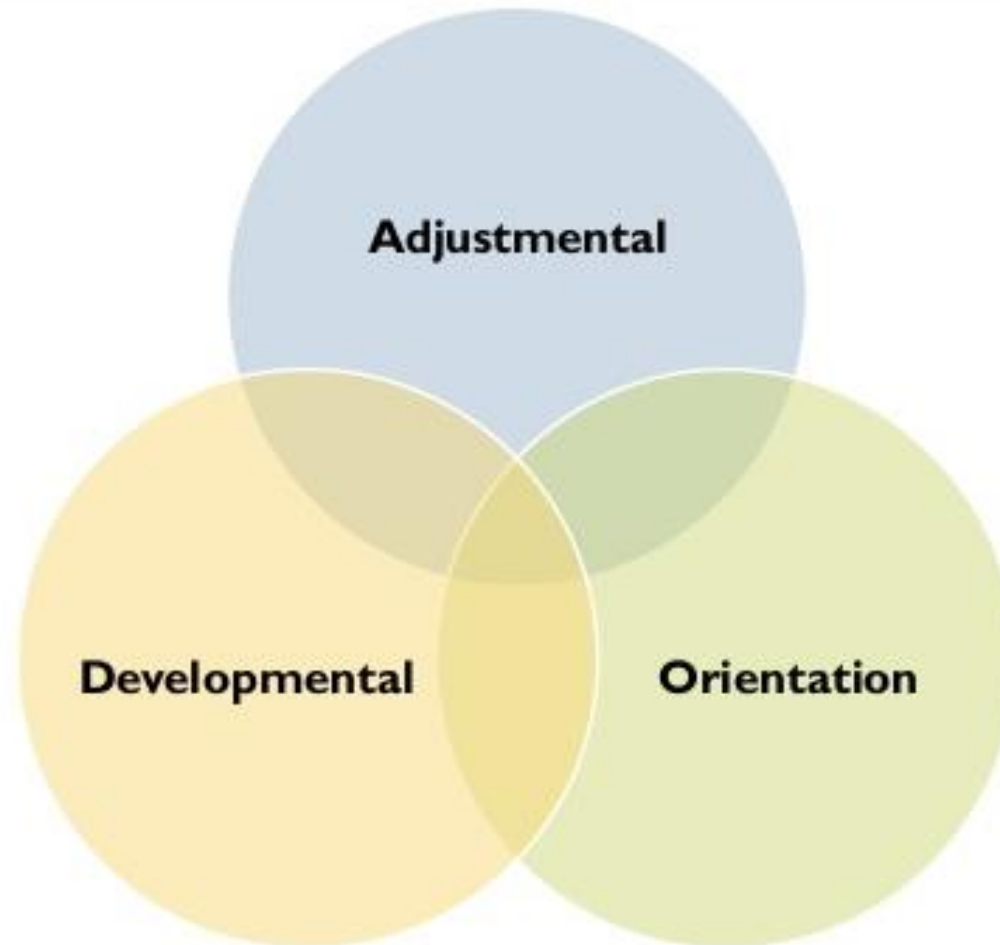
- I. ***Needs for personal & social domain***
 - ✓ Personal & social development of individual
 - ✓ To adapt in different stages of development
 - ✓ Offering art of better living
 - ✓ Proper use of leisure time
 - ✓ Holistic personality development
 - ✓ Best use of available opportunities
 - ✓ Motivates for effective utilization & development of self

NEED OF GUIDANCE AND COUNSELLING

II. Needs for educational/professional domain

- ✓ Helps in academic growth & development
- ✓ Helps in vocational & professional maturity
- ✓ Facilitates an individual in the right education & profession
- ✓ Offer help to handle educational & professional situations
- ✓ Helps in the proper utilization of human resources
- ✓ Helps in adapting to the changing concept of education
- ✓ Prepares to adapt in changing professional situations & emerging challenges
- ✓ Helps in making proper career choice
- ✓ Helps to minimize indiscipline

FUNCTIONS OF GUIDANCE AND COUNSELLING



PRINCIPLES OF GUIDANCE

According to Crow and Crow:

- All-round development of individuals
- Principles of individual differences
- Guidance is related to every aspect of life
- Cooperating among persons
- Guidance is a continuous & lifelong process
- Guidance for all
- Principles of elaboration
- Responsibility of teachers & parents
- Flexibility
- Principles of evaluation
- Guidance by a trained person
- Principle of periodic appraisal

PRINCIPLES OF GUIDANCE

According to Hollies and Hollies:

- ◆ The dignity of the individual is supreme.
- ◆ Each individual is different from every other individual.
- ◆ The primary concern of guidance is the individual, in his social setting.
- ◆ The attitude & personal perceptions of the individual are the basis on which he acts.
- ◆ The individual generally acts to enhance his perceived self.
- ◆ The individual has the innate ability to learn.
- ◆ the individual needs a continuous guidance process from early childhood through adulthood.
- ◆ Each individual may need the information & personalized assistance given by competent professional personnel at some time.

Types of Counseling According to Areas Covered

Personal/Social

Family problems

Depression

Sexuality

Relationship concerns

Sleep difficulties

Anger

Anxiety

Stress

Academic/ Educational

School and academic
concerns

School selection

School entry

School adjustment

School maintenance

Vocational/ Occupational/ Career

Selection of and
proper preparation of
work