

Materials For B. Ed. And M.Ed. Of Guidance And Counselling Paper

Material prepared by

Chayanika Handique

Assistant Professor, COEN

Meaning of Guidance

Guidance is a process through which an individual is helped to guide himself. It is a process by which an individuals are assisted in the making of their life and their career to better adapt to the environment and enjoy temporary worldly life. Guidance stands for creating a spirit of Self-dependence in the individual, thus helping him to solve his own problems by himself.

Concept of Guidance

- Some form of help and assistance given to an individual by another individual.
- Generally, guidance is as old as history of human civilization (child learns various actions, habits and speaking language by imitation but if imitation is not correct than his parents and members of the peer- group try to correct his imitation, Krishna in Mahabharata)

Conceptually, guidance is very new, particularly in an organized form.

Definition of Guidance

According to Ruth Strang, “Guidance is a process of helping every individual, through his own efforts, to discover and develop his potentialities.”

According to Education Commission 1964-66 Kothari Commission, “One of the main functions of guidance at secondary level is to aid in the identification and the development of abilities and interests of adolescent pupils.”

Aspects of Guidance

- Helping people to make wise choices when faced various alternatives available.

- Helping people to solve their educational, vocational and personal efficiently as possible.
- Helping people to develop a more realistic understanding of themselves and their environment.
- Helping people to acquire more reliable information about the scope of work.

Nature of Guidance

- Problem solving
- Continuous process of learning together and helping others.
- Helping nature.
- Related to life
- In formal way, it is a work of expert.
- It is both art and science
- Develop capacity of self-orientation
- Continuous and life long process
- It is individual and group

Need of Guidance

- It helps a person to identify and develop capabilities.
- It helps to solve the competency nature of society.
- Understand individual differences.
- Understand change in socio mobility change in population.

Importance of Guidance

- To develop in sight, self decision.
- Self direction (strength and weakness)
- Better life of society
- For adjustment
- For further planning

Scope of Guidance

- Career Guidance
- Civic Guidance
- Community Guidance
- Cultural guidance
- Leisure time utilization guidance
- Educational guidance
- Emotional guidance
- Human Relation Guidance
- Family relation Guidance
- Health Guidance
- Moral guidance
- Personal guidance
- Physical guidance
- Professional guidance
- Sex guidance
- Vocational guidance Spiritual guidance
- Recreational guidance
- Psychiatric guidance

Types of Guidance

I. Educational

- a. Selection of subjects, courses, books, hobbies and co- curricular activities.
- b. Handwriting , pronunciation and study habits.
- c. Learning and acquiring speaking skills.

II. Vocational

- a. Choose better career.
- b. Solve vocational problems.

III. Personal

- a. Psychological difficulties, conflicts and behaviour.

b. Problems of daily life and adjustment.

IV. Social

a. Relate effectively to others.

Organization of Guidance services in secondary schools

- ✚ The guidance services in schools should provide programs for the students development which should aimed at facilitating academic and career adjustment, facilitating psycho-emotional development, promoting social skills and leadership competencies.
- ✚ The school guidance programme should be a part of the total school programme and complement learning in the classroom.
- ✚ It should be child- centred preventive and developmental
- ✚ It should aim at maximizing the students potential by encouraging their social, emotional and personal growth at every stage of development.

Types of Guidance Services

- ✚ The orientation service
- ✚ The student information services
- ✚ The information services
- ✚ The counseling services
- ✚ The Placement services
- ✚ The referral services The remedial services
- ✚ The follow-up services
- ✚ The research services
- ✚ The evaluation services