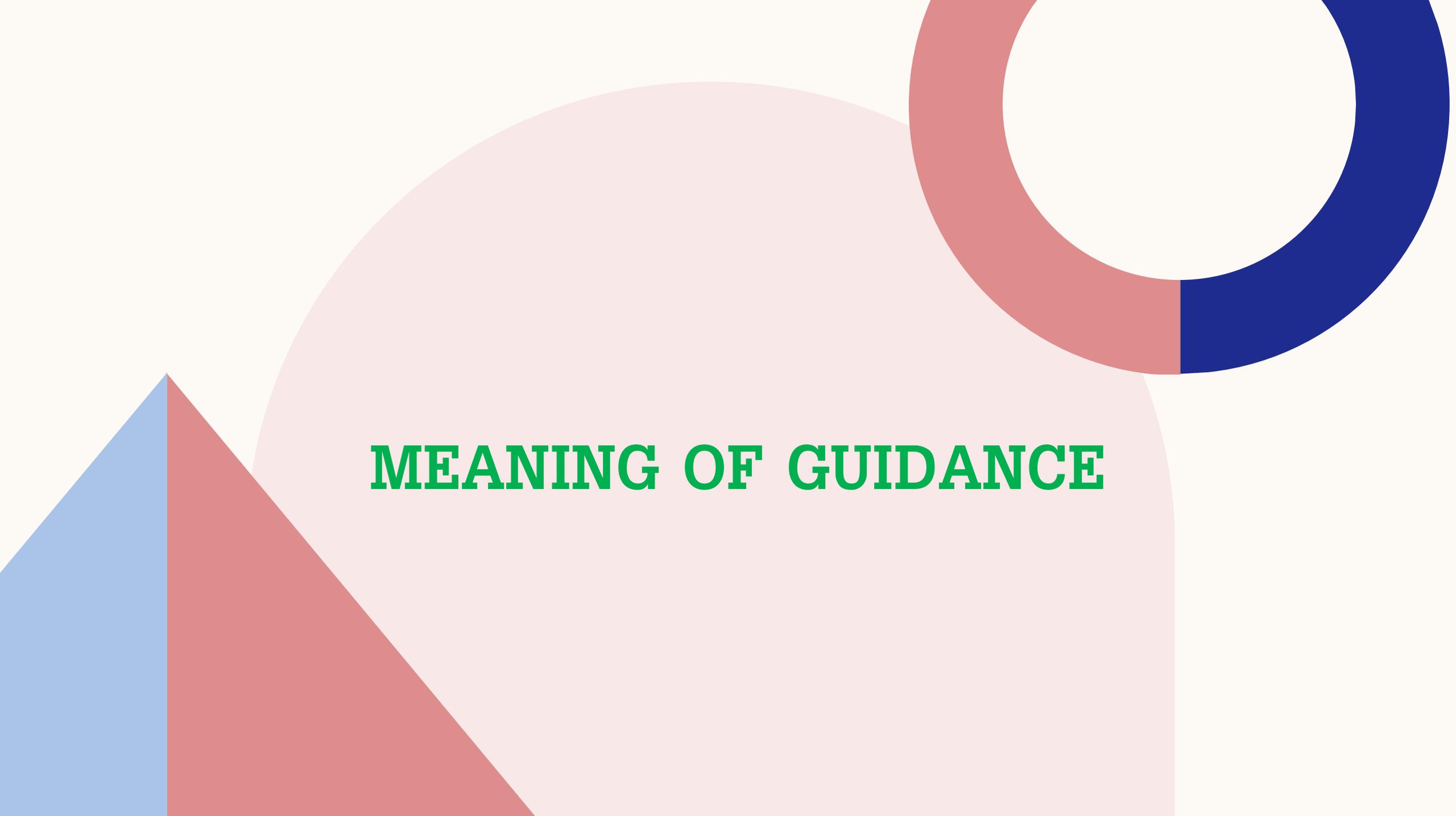


UNIT 7 :
GUIDANCE AND COUNSELING



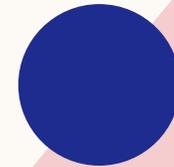
MEANING OF GUIDANCE

GUIDANCE ?

Help or advice that is given to somebody

advice on vocational or educational problems given to students

Guiding, pointing the way giving direction to help people with problems make decisions



GUIDANCE ?

It is the process of providing assistance to a person. Without limiting gender, age, class, caste, it may be an individual or a group, depending on the case. so that he could understand himself Able to prevent, solve problems and develop themselves effectively



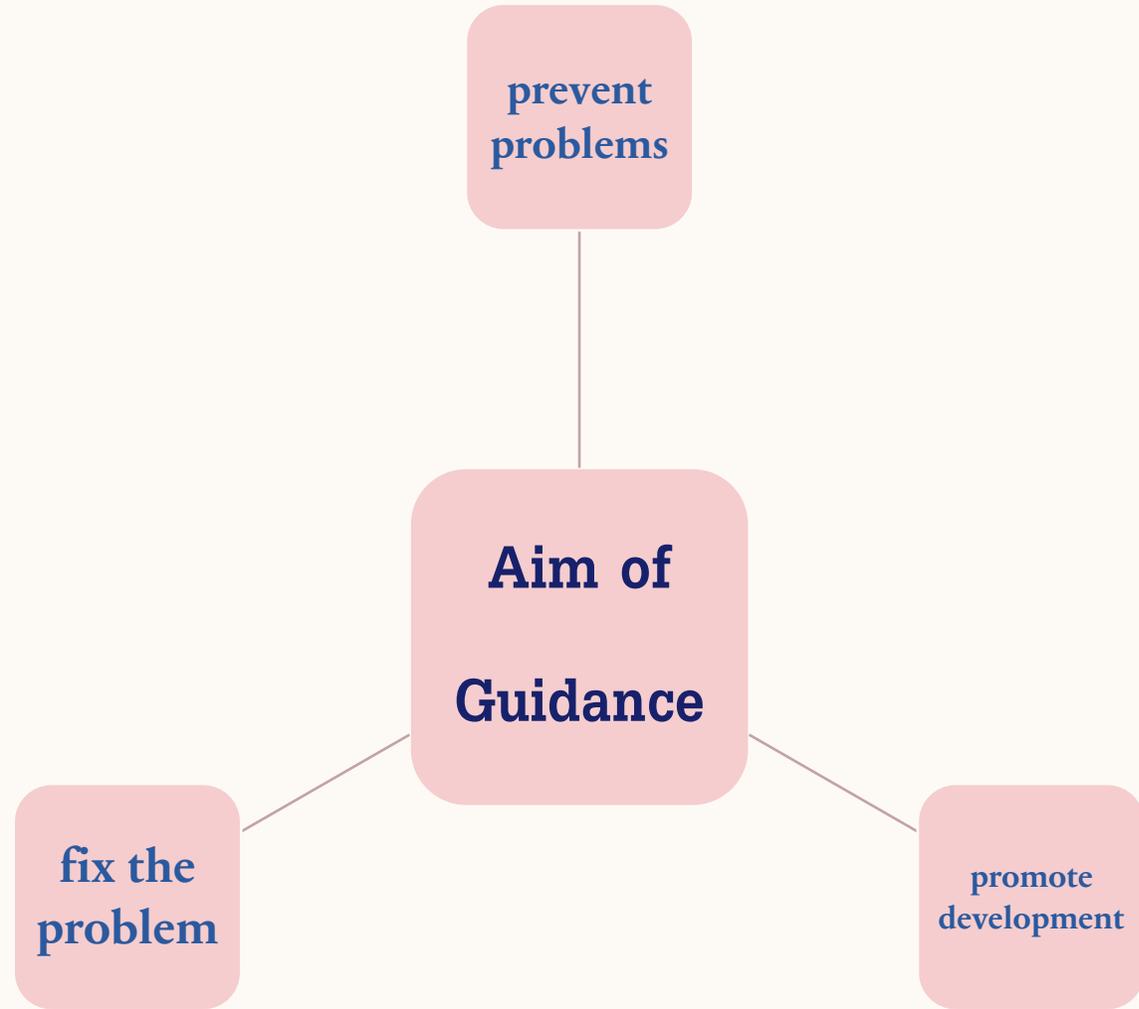
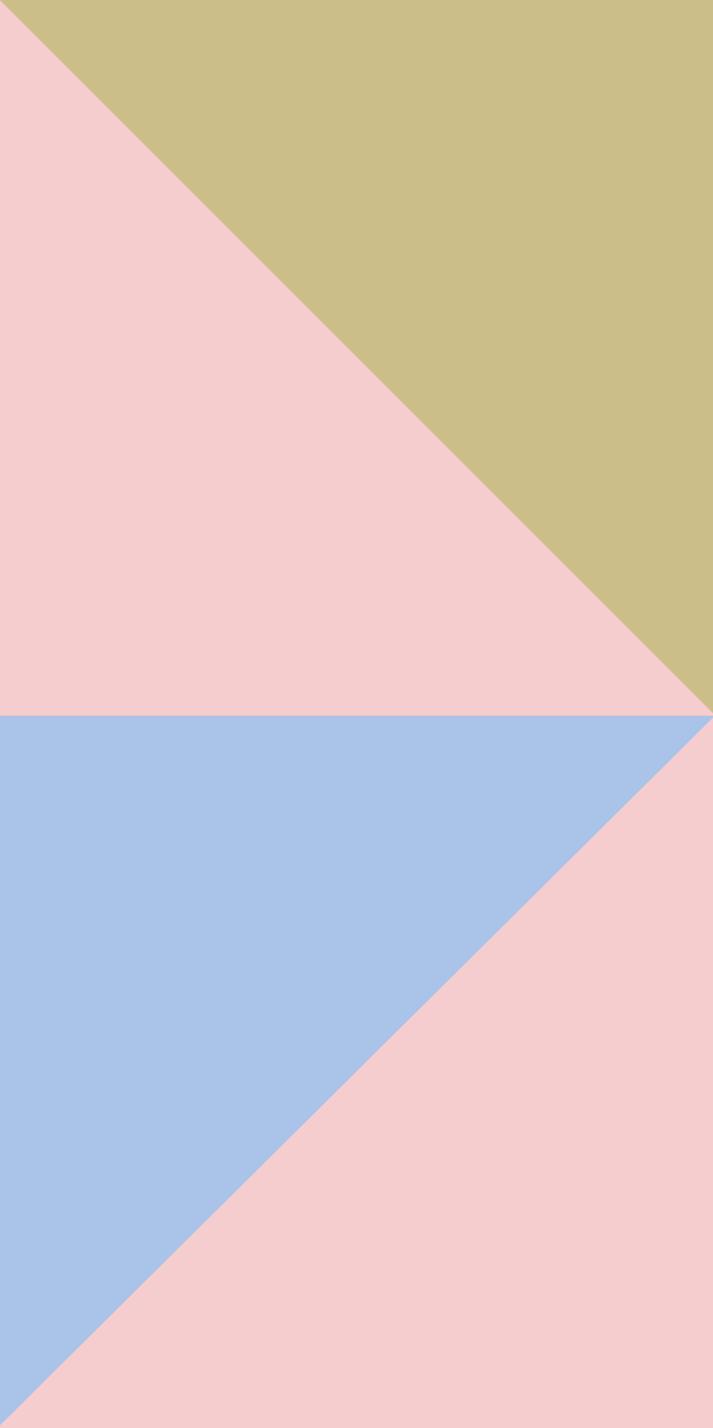
GUIDANCE ?

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.

AIM OF GUIDANCE





Aims of Educational guidance

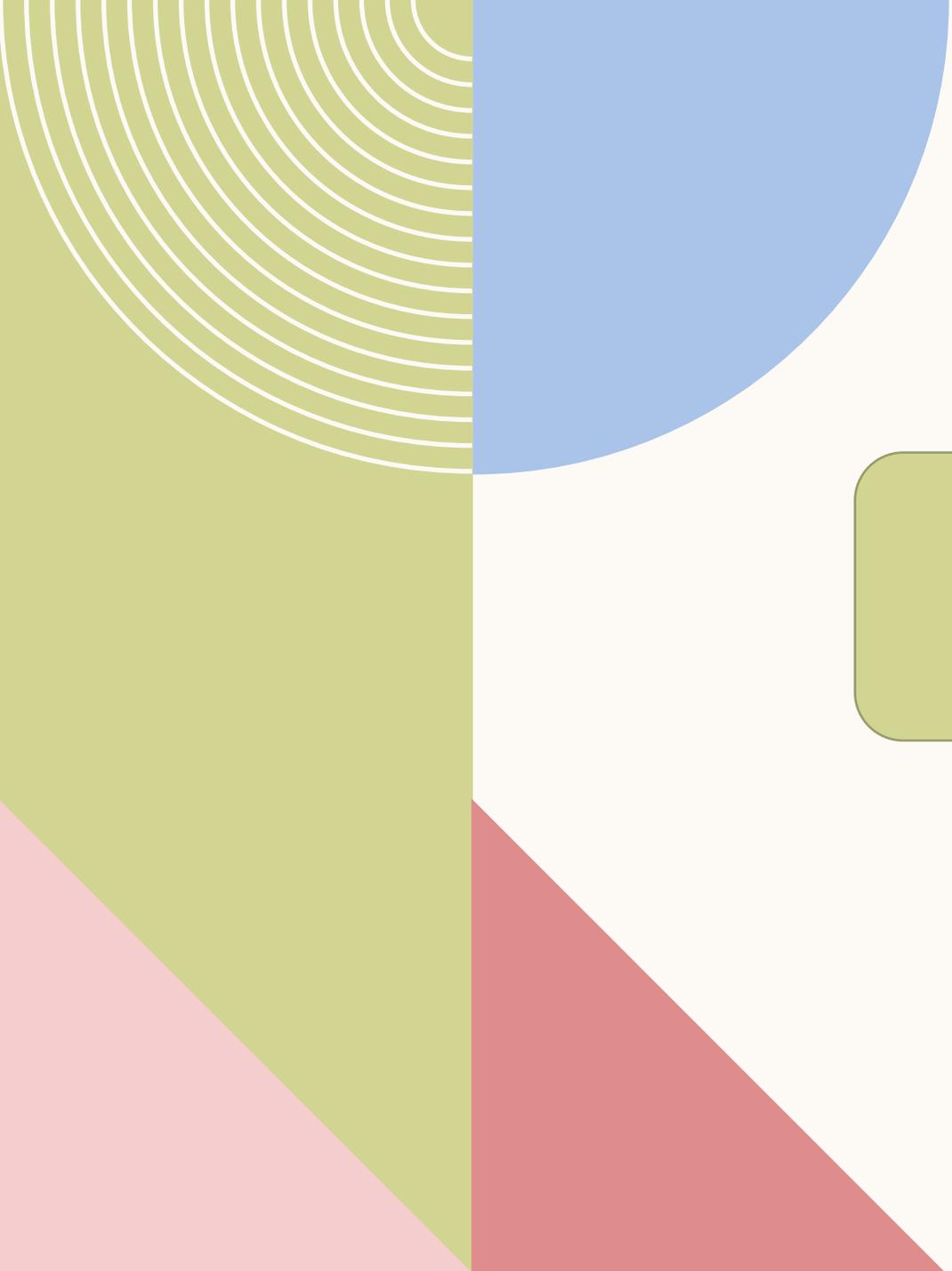
- Help to ensure that choice of education and career will be of greatest possible,
- Be targeted particularly at young people with special needs for guidance in relation to choice of education, training and career;
- Take into account the individual's interests and personal qualifications and skills, including informal competencies, previous education, work experience, as well as the expected need for skilled labour and self-employed businessmen;
- Contribute to limiting, as much as possible, the number of dropouts and students changing from one education and training programme to another;
- Contribute to improving the individual's ability to seek and use information, including IT-based information and guidance, about choice of education, educational institution and career;
- The last objective is to raise the quality level guidance, including an improvement in counsellors' qualifications and competencies



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Objectives of educational guidance

- ✓ To assist the pupil to understand him/herself i.e. to understand his/her potentialities, strength limitations.
- ✓ To help the child make educational plans consist with his/her abilities, interests and goals
- ✓ To enable the student to know detail about the subject and courses offered.
- ✓ To assist the student in making satisfactory progress in various school/ college subjects.
- ✓ To help the child to adjust with the schools, its rules, regulations, social life connected with it.
- ✓ To help the child in developing good study habits.
- ✓ To help the child to participate in out of class educational activities in which he can develop leadership and other social qualities.

The background features a vertical line on the left side. To the left of this line, there are several concentric white circles on a light green background. To the right of the line, there are four colored regions: a blue quarter-circle in the top right, a light green rectangle in the middle, a light pink triangle in the bottom left, and a red triangle in the bottom right.

Scope of guidance

Educational

Career

**Personal &
Social**

Educational guidance is...

Educational guidance is a process of assisting the individual student to reach optimum educational development. It is a sort of guidance that is only rendered to the student community.

Educational guidance is a conversation between student and student advisor about different alternatives and adaptations into, during, and out of the study programme. It is important that you as a student know what to expect from the student advisor, and what you yourself may contribute with to gain full benefit of the guidance interview.

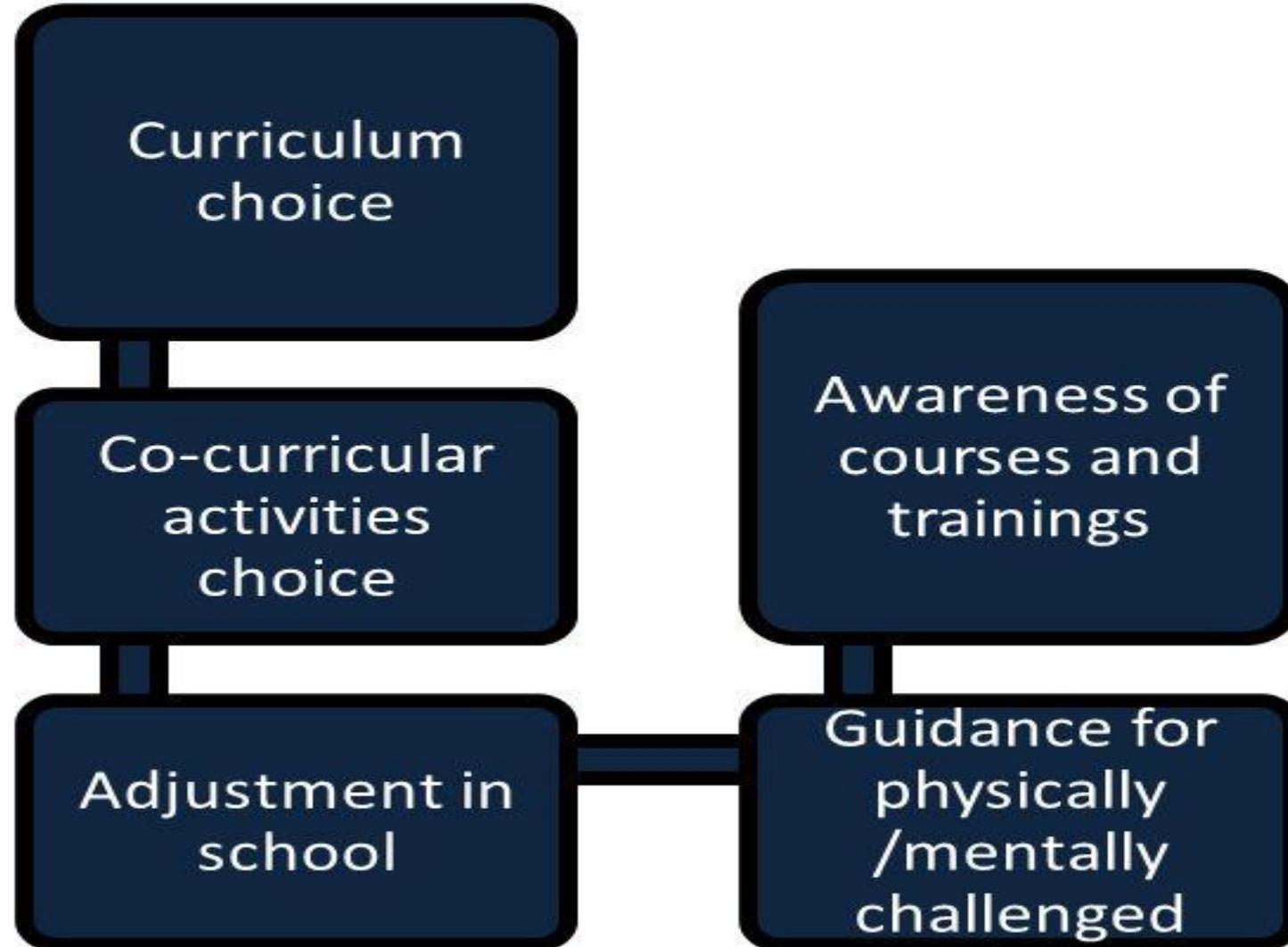


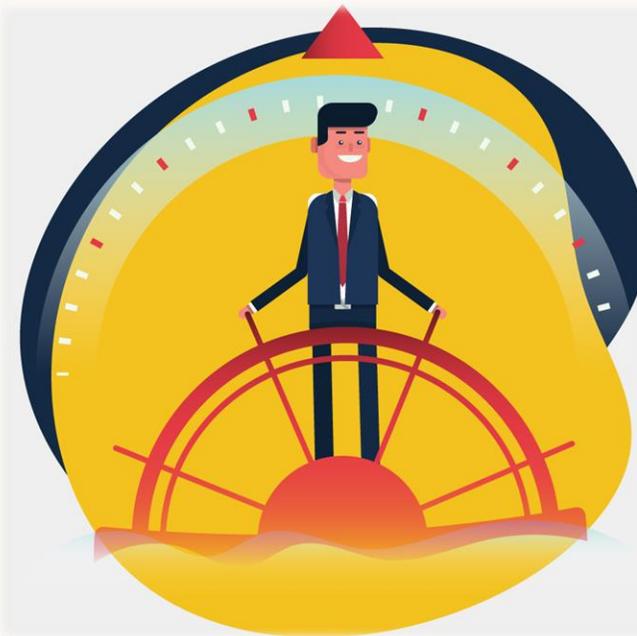
Educational guidance



- It facilitates active involvement of the child in the learning process
- It enables individual to acquire skills for learning
- It motivates the child to attain maximum scholastic development as per his potentialities

Educational need for guidance





CAREER GUIDANCE

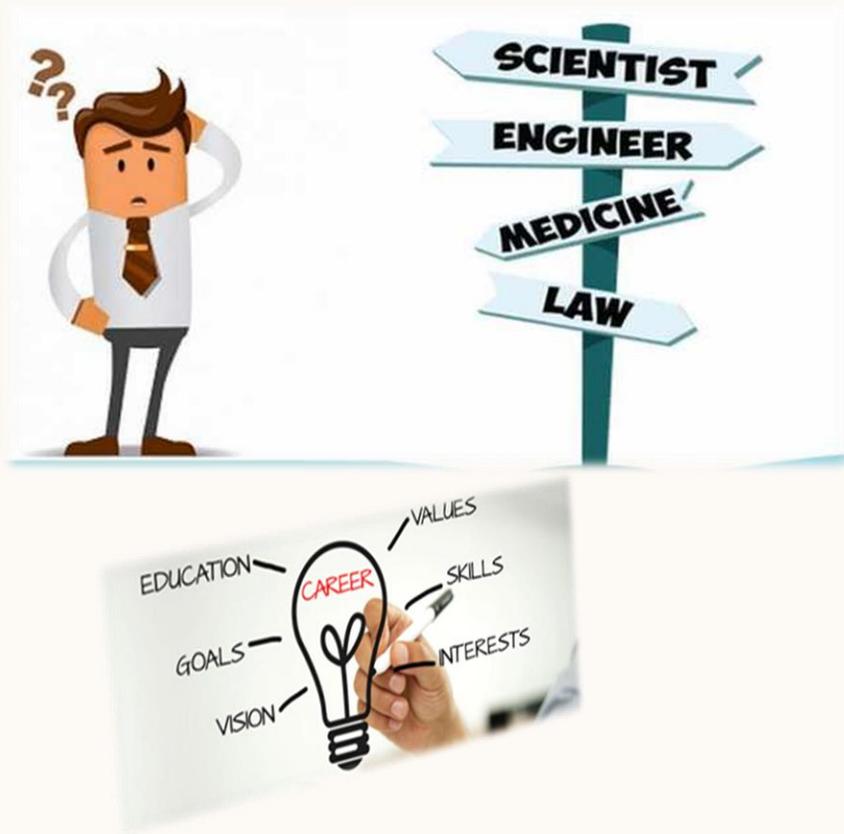
Career Guidance is...



Career guidance involves a range of connected activities, including provision of careers information, personalised guidance/counselling, skills assessment, engaging with the world of work and the teaching of decision-making and career management skills.







Students

Career guidance is common for students in high school and college. In high school, these programs can help you identify what career you might choose and which college programs can help you achieve these. They might then provide a list of universities that offer these programs along with paths you can take to start these careers. In college, you might work with a career counselor to identify internships or entry-level positions to start your career. They might also advise the best way to navigate life after college when entering the workforce.

PERSONAL AND SOCIAL GUIDANCE



Personal and social Guidance is...



It refers to that type of guidance where a person or individual overcome their problem on their own. Also, it is the assistance that is provided to an individual to solve their social, mental, morals, health, and ethical problems.

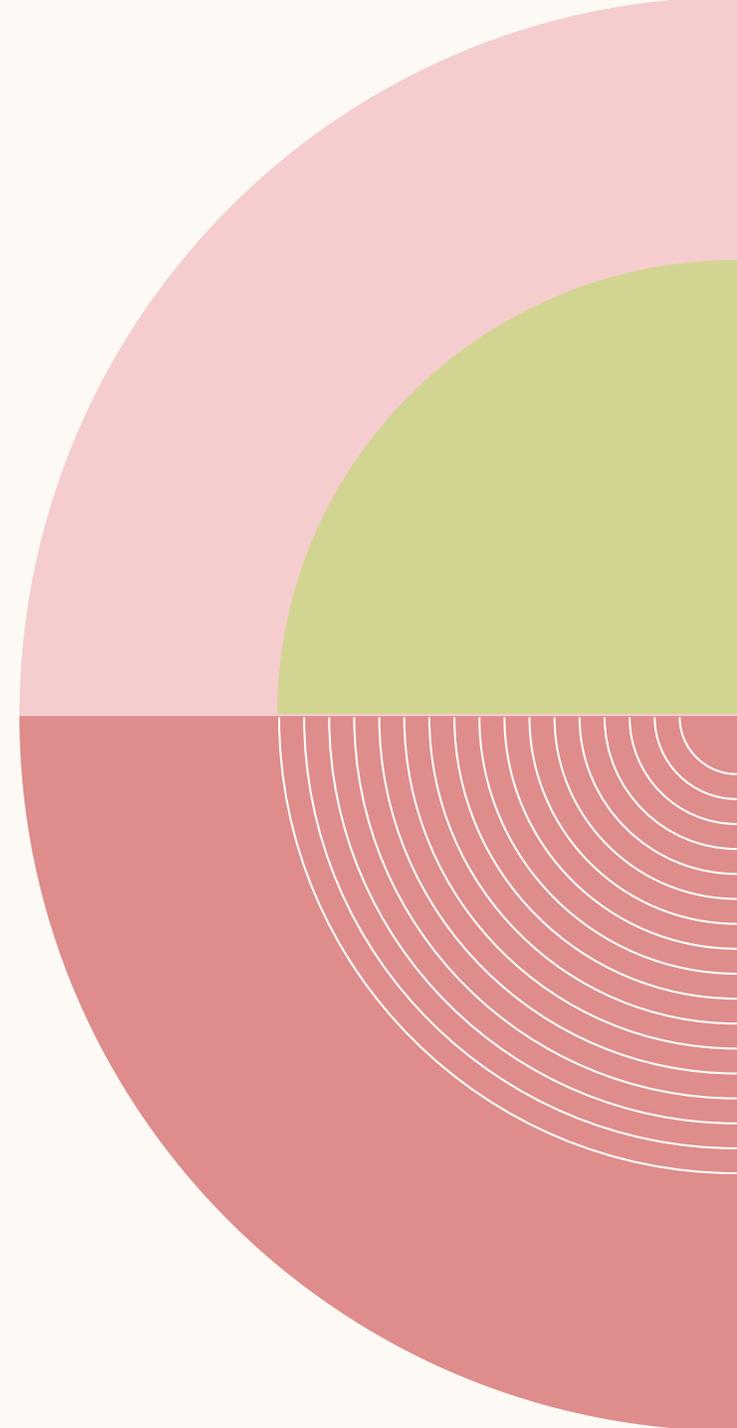
Need for Personal Guidance

- Need of Personal Guidance
- Personal development
- Social adjustment
- To solve emotional problems
- Utilization of leisure time
- Physical development



Source: Dobby

Guidance Services





Definition

The systematic and organized procedures, tools and facilities to assist an individual in securing knowledge and skills needed in making plans and services, and in interpreting life.

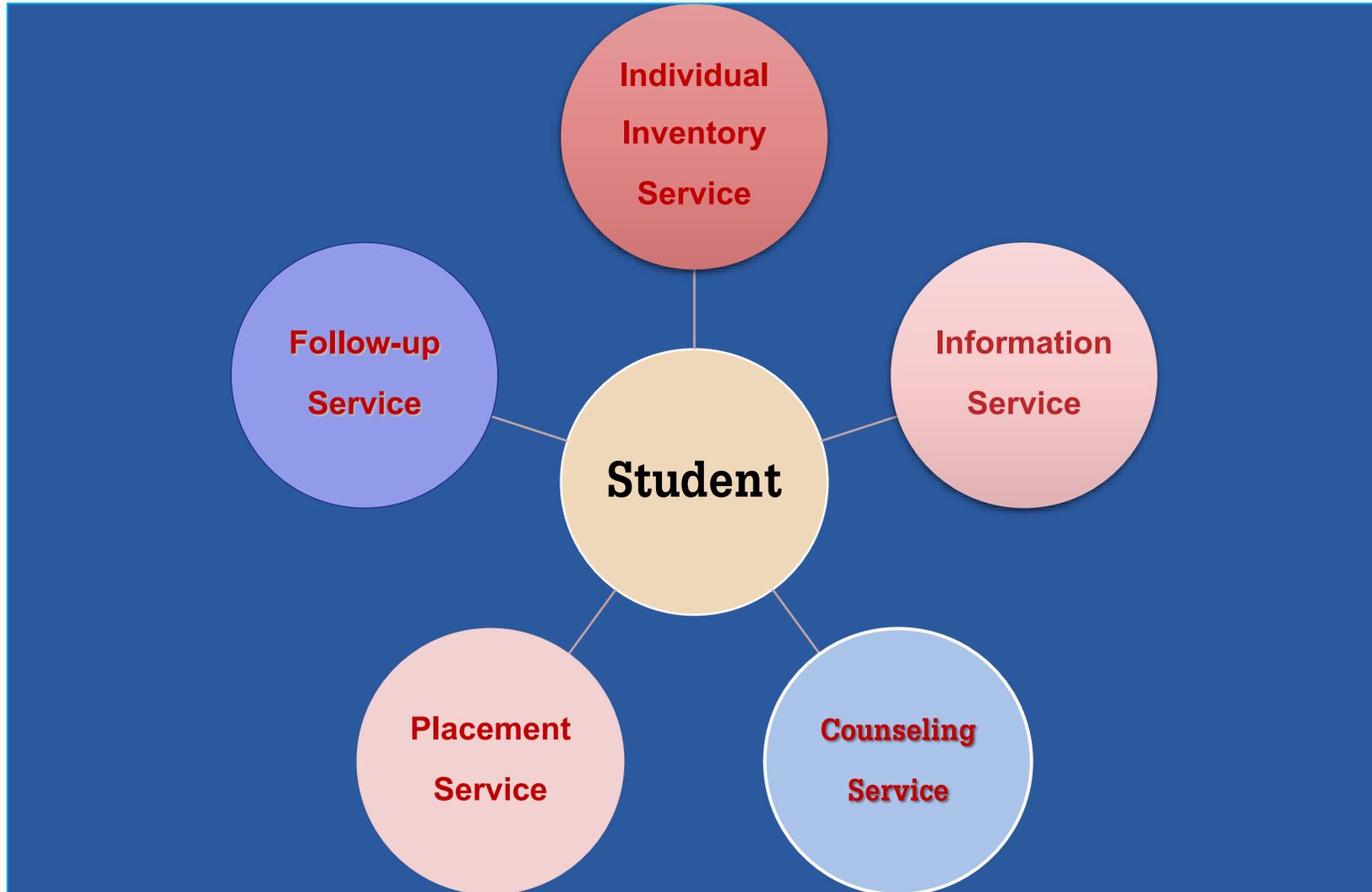
These services provide comprehensive information about opportunities, personality development, effective studying and learning.

Guidance Services

Maybe defined, therefore as a group of services to individuals to assist them in securing knowledge and skills needed in making plans and devices, and in interpreting life.



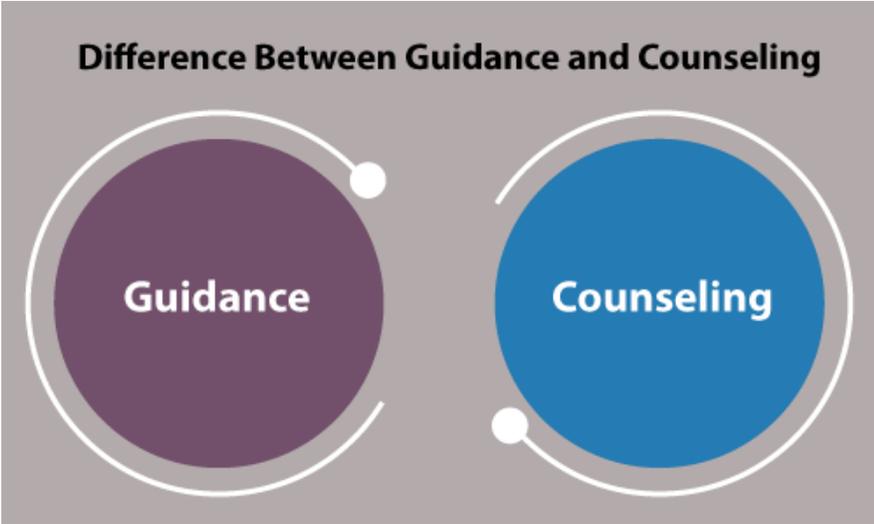
Guidance services



GUIDANCE AND

COUNSELING





Guidance	Counseling
<ul style="list-style-type: none">• May be given in groups• Face to face relation is not essential• The task of the guidance worker is not as serious as that of a counselor• Cordial and satisfying relationship is not needed	<ul style="list-style-type: none">• Given individually not in groups• Face to face direct relation is essential• The task of the counselor is more serious than that of a guidance worker• Cordial and satisfying relationship is needed• Aims to solve the problem

GUIDANCE VERSUS COUNSELLING

GUIDANCE

Advice or instructions on general problems, given by someone more experienced or qualified

Has a broader scope such as educational guidance, career guidance, financial guidance, health guidance, etc.

Anyone who has good experience and knowledge can give effective guidance to others

COUNSELLING

Professional advice given by a counsellor based on personal or psychology related problems of the individuals

Essentially covers personal and psychological assistance

Needs to be done with a professional counsellor with a recognized license to practice as a counsellor

Visit www.PEDIAA.com



Counseling



COUNSELING



DIAGNOSIS



EMPATHY



COMMUNICATION



ADVICE



EXPERT

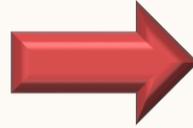


SUPPORT



PSYCHOLOGY

What is Counselling ?



the job or process of listening to someone and giving that person advice about their problems:

give advice to (a person) on social or personal problems, especially professionally

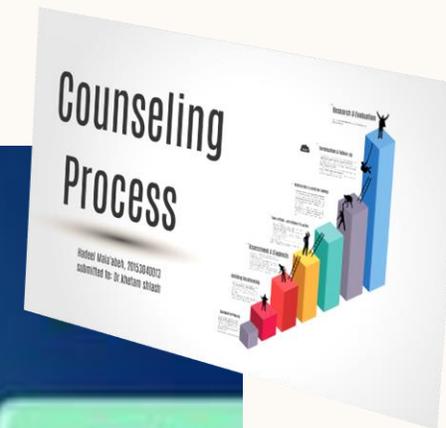
Procedures for assisting people seeking counseling So that he can use the abilities he has to deal with his problems. can decide to solve problems

Counseling Psychology



Counseling Psychology is a generalist health service (HSP) specialty in professional psychology that uses a broad range of culturally-informed and culturally-sensitive practices to help people improve their well-being, prevent and alleviate distress and maladjustment, resolve crises, and increase their ability to function better in their lives. It focuses specifically but not exclusively on normative life-span development, with a particular emphasis on prevention and education as well as amelioration, addressing individuals as well as the systems or contexts in which they function. It has particular expertise in work and career issues.

COUNSELLING PROCESS



STEPS IN COUNSELING PROCESS

- Step 1 Establishing rapport and relationship
- Step 2 Assessing or defining of the presenting problem
- Step 3 Identifying and setting goals
- Step 4 Choosing and initiating interventions
- Step 5 Planning and introducing termination and follow-up



COUNSELING PROCESS

Enter your sub headline here



Counseling Process



1: Building a Warm Relationship

When you are hitting up a counselor to discuss your problems, you ought to suffer from any serious issue concerning academics, relationships, career, or anything else. The first thing your expert does is to make yourself comfortable around him/her. He focuses on developing a warm relation and mutual trust first to make sure you do not hesitate while speaking about the problems you are facing.

2: Analysis

Now comes the second part, which is assessment. In this stage, the professional encourages you to speak in detail about your problems to grab the roots of the problem. He observes every minute detail from how you are speaking to your reactions to certain questions that might come from his end. Once he assesses the problem, the goal is fixed.

3: Setting the Goal

After a thorough evaluation of your problems, now comes the significant section of goal setting. Considering the issues you are facing the counselor sets a goal. That can be either you overcoming the problem or reconciling with it.



4: Plan of Action

The counselor plans an action for you to practice to see the results. Suppose someone has public speaking fear, The expert might ask him to practice speaking in front of the mirror. This is just an instance. Once you go through the plan for the desired tenure, he assesses your improvement. If things seem normal, you are at the final stage! If not, he might design something different.

5: Overcoming the Problem

As I mentioned in the previous point after you follow the plan of action the consequent results are taken into consideration. If things seem to go in the right direction and you start feeling relaxed, yes! You have achieved your goal.



CASE STUDY





Case study is...

Continuous detailed study of people by using many techniques in collecting data and analyze, synthesize, and diagnose problems in order to understand the cause or origin of the study This will lead to action or give useful suggestions to help, solve, prevent problems or promote further development of the individual.

What is a Case Study?

A case study is a research process aimed at learning about a subject, an event, or an organization. Case studies are used in business, the social sciences, and healthcare. A case study may focus on one observation or many. It can also examine a series of events or a single case. An effective case study tells a story and provides a conclusion.

Read the full blog post at:

<https://venngage.com/blog/what-is-a-case-study>





The infographic features a central light blue area with the title 'Subjects in a Case Study'. Five colored hexagons (01-05) are arranged in a zig-zag pattern. Dotted lines connect each hexagon to its corresponding label on the right. The background is dark blue with a light blue gradient on the left side. In the top-left corner, there are several concentric white circles.

Subjects in a Case Study

01

PERSON

02

GROUP

03

LOCATION

04

Organization

05

Event

Writing a Case Study Analysis

1

Prepare the case:



- Examine your case
- Focus your analysis
- Determine possible solutions
- Select the best solution

2

Draft the case:



- Introduction
- Background
- Case evaluation
- Proposed solutions
- Recommendations

3

Finalize the case:



- Check your thesis statement
- Check your evidence
- Check the components of your analysis





**THANK
YOU!**

