GUIDANCE & COUNSELLING

**Course Code: B 10(A) Credits: 02**

**Contact Hours: 30 Marks: 50**

**Objectives**

After completing this course the student-teachers will be able to

* *Apply the skills of guidance and counselling in classroom situations.*
* *Describe the process of development of self-image and self-esteem.*
* *Appreciate the types and issues of counselling and guidance in inclusive settings.*

**Unit 1: Introduction to Guidance and Counselling**

1. Guidance and Counselling: Definition and Aims
2. Areas of Guidance and Counselling
3. Core Conditions in Counselling
4. Skills and Competencies of a Counsellor
5. Role of Teacher in Guiding and Counselling Students with Special Needs

**Unit 2: Enhancing Self Image and Self Esteem**

1. Concept of Self as Human
2. Understanding of Feelings and Changes
3. Growth to Autonomy
4. Personality Development
5. Role of Teacher in Developing Self-Esteem in Children

**Unit 3: Guidance and Counselling in Inclusive Education**

1. Current Status with reference to Indian School
2. Types of Counselling: Child-Centred, Supportive, Family

3.3 Guidance in Formal and Informal Situations: Within and Outside Classroom,  
Vocational Guidance

1. Group Guidance: Group Leadership Styles and Group Processes
2. Challenges in Group Guidance

**Practicum/ Field engagement**

1. Counselling and report writing on a selected case
2. I Simulation of a parent counselling session
3. Report of critical observation of a given counselling session

**Transaction**

The transaction for this course should be done with a perspective to enhance in the student-teachers the ability to become a "People-helper". They should be able to appreciate the role of a guide and counsellor in the school setting.

**Essential Readings**

Naik, P.S. (2013). Counselling Skills for Educationists. Soujanya Books, New Delhi.

Nayak, A.K. (1997). Guidance and Counselling. APH Publishing, Delhi.

Rao, V. K., & Reddy, R.S. (2003). Academic Environment: Advice, Counsel and  
Activities. Soujanya Books, New Delhi.

Shah, A. (2008). Basics in gGuidance and Counselling. Global Vision Publishing  
House.

Sharma, V.K. (2005). Education and Training of Educational and Vocational  
Guidance. Soujanya Books, New Delhi.

**Suggested Readings**

Kapunan, R.R. (2004). *Fundamentals of Guidance and Counselling.* Rex Printing  
Company, Phillipines.

Pal, O.B. (2011). *Educational and Vocational Guidance and Counselling.* Soujanya  
Books, New Delhi.