

## **SPECIALISATION: THEMATIC COURSE**

### **SEMESTER – IV**

#### **STC 6 - GUIDANCE AND COUNSELLING**

**Credits : 4**

**Internal : 40**

**Hours/Week: 4 Hrs**

**External: 60**

#### **Objectives**

**At the end of the course, the prospective teacher educators will be able to:**

- explain the nature purpose, scope and need of guidance;
- understand the significance of guidance in the classroom;
- comprehend the role of personality and mental health;
- discuss the essentials of testing, intelligence, aptitude, interest and attitude;
- develop an insight on collecting and organizing information about pupils;
- explain the steps in the counselling process.

#### **Unit I: Introduction to Guidance and Counselling**

Guidance and counselling: concept, definition, goals and principles- History of the guidance movement–Guidance in modern society-Major approaches to counselling-Specialized areas of counselling- the counsellor's emergent role - Organising Guidance service at different levels of Education.

#### **Unit II: Guidance in the Classroom**

Guidance and Curriculum: concept of curriculum- Criteria for a relevant and meaningful curriculum- Integration of Guidance and Curriculum- Guidance through School Curriculum - Guidance and learning: nature of learning process- Importance of the learning material and Teacher- importance of the learner- Psychological factor in classroom learning and guidance -Guidance and discipline: class room discipline and guidance methods - Behaviour and Misbehaviour - New ways in discipline.

#### **Unit III: Understanding the Individual**

The development of personality: the self concept- the role of emotions in personality development - Treatment in childhood: home and family- The Need Concept - Defense mechanism - Mental health and human relationship - The Integrated Personality.

#### **Unit IV: The Structure of Pupil - Personnel Service**

General aspects of testing: testing programme in the school - Tests of Intelligence - Academic Achievement - Tests of Aptitude - Tests of Interest – Tests of Attitude - Vocational Performance - Personality Assessment: Projective Techniques.

#### **Unit V: Collecting and Organizing Information about Pupils**

Appraising pupils through the test programmes - the student's individual record- Techniques for gathering data: interview, questionnaires, health records, observation and report, rating scales, autobiography, sociometry, role-playing, cumulative record and case study.

#### **Unit VI: Counselling Process**

Ethical principles governing counselling and guidance- building rapport-building confidence- Important stages in Counselling and Guidance:

- a) Introduction-rapport, confidence building, ice breaker.
- b) Interactive session
- c) Problem Identification-information processing by problem analysis, alternate solutions, weighing pros and cons, selection of best solution- foreseeing impact application
- d) Feedback of Application-supplemental solutions when one solution is not effective-scanning effective strategies
- e) Termination –follow up strategies

#### **Suggested References:**

- Bengalee, M. (1984). *Guidance and Counselling*, Bombay: Seth Publishers.
- Bernad, H.N. and Fullmer, D.F. (1977). *Principles of Guidance*, 2<sup>nd</sup> Edition, New York: Crowell.
- Bhargava, M. (1982). *Modern Psychological Testing and Measurement*, Agra: H.P. Bhargava Book Publishers.
- Crow and Crow. (1985). *Introduction to Guidance*, New Delhi : Eunasia Publishing Company.
- Dave, I. (1989). *The Basic Essentials of Counselling*, New Delhi: Sterling Publications Private Ltd.
- Kakkar, S.B. (1989). *Educational Psychology and Guidance*, Ambala Cantonment: The Indian Publications.
- Kale, S.V. (1983). *Child Psychology and Child Guidance*. Bombay: Himalaya Publishing House.
- Kochhar, S.K. (1985). *Educational Guidance and Counselling*.
- Mortensen, D.G. and Schumullen, A.M. (1983). *Guidance in today's Schools*, New York: John Wiley and Sons, Inc.
- Pasicha, P. (1977). *Guidance and Counselling in India*, New Delhi : NCERT.
- Rao, S.N. (1992). *Counselling and Guidance*, New Delhi : Tata Mc Graw Hill.
- Sharma, R.N. (2005). *Guidance and Counselling*, Surjeet Publications.