

# Trends and issues in guidance and counseling

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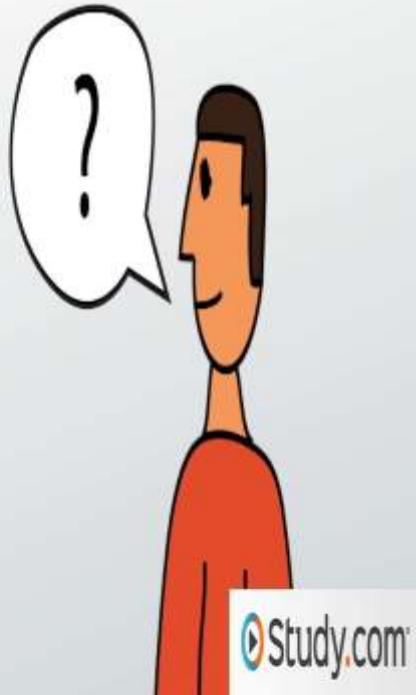
Msc(N) I Year



# Need for guidance and counselling in education

- Increasing number of aspirants in all sectors of education
- Expansion and diversification of courses of study
- Mounting number of unemployed graduates
- Growing unrest and disturbances in educational campuses
- Uncertainties in career and higher education

CAREER DEVELOPMENT



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# Meaning of guidance and counseling

## ➤ Guidance


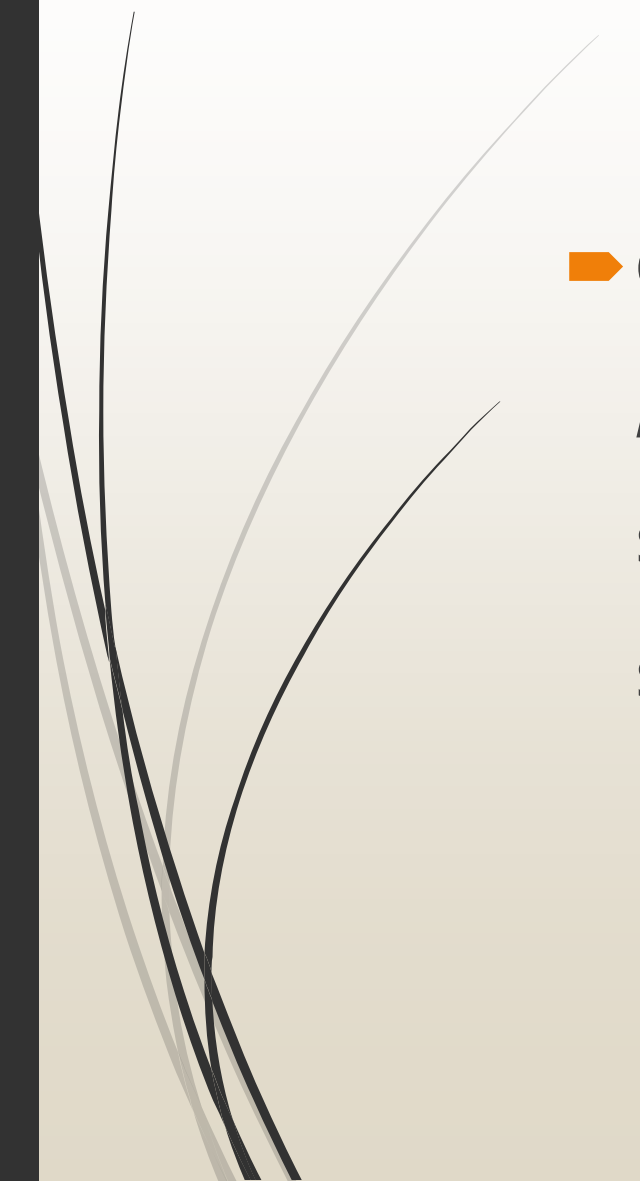
- Help given by one person to another in making choices & adjustments in solving problems
- Further it aims at aiding the recipients to grow in his independence and ability to be responsible for himself
- To guide/ direct / lead
- Considered with the best development of the student





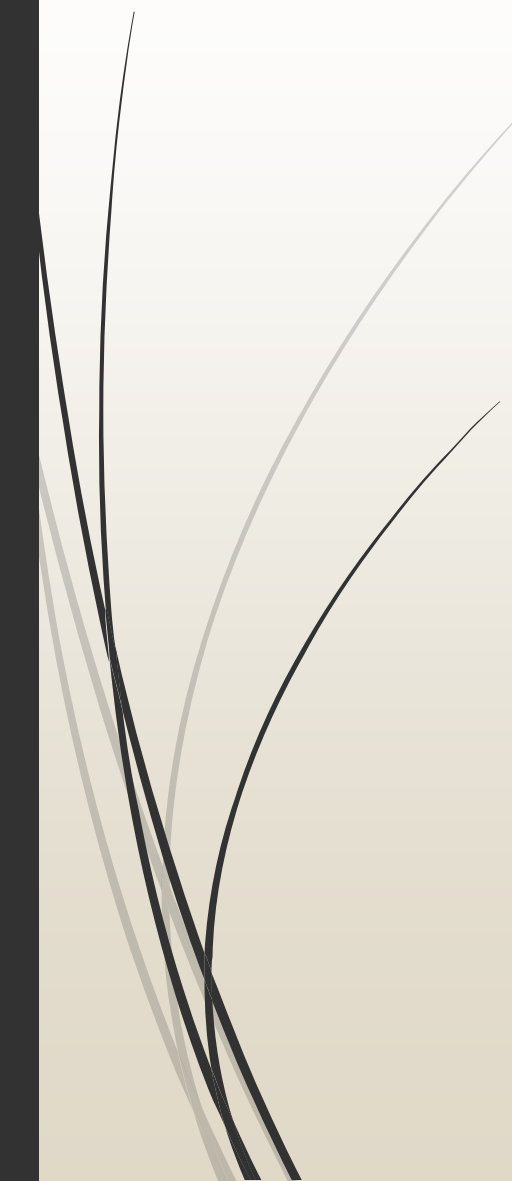
## ▶ Counseling


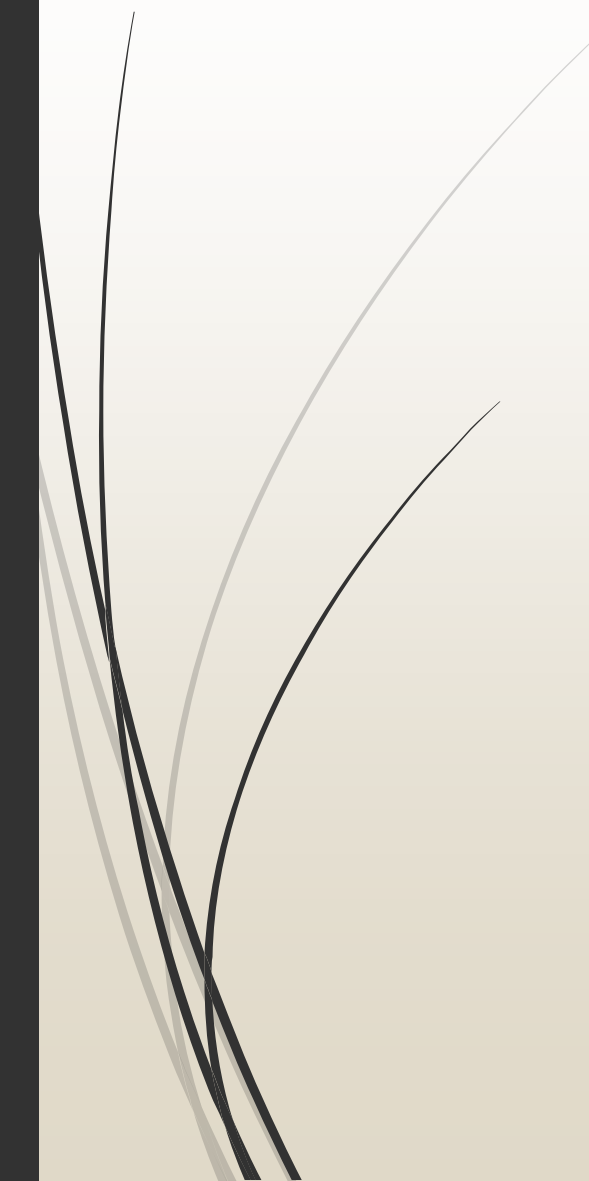
- ▶ Specialized service and an enabling process , designed to help an individual come to terms with his/ her life and grow to greater maturity through learning to take responsibility and make decision for himself

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- Counseling enables the individual to know himself ,his present , possible future situations so that he / she make substantial contributions to the society and solve his/ her problems.



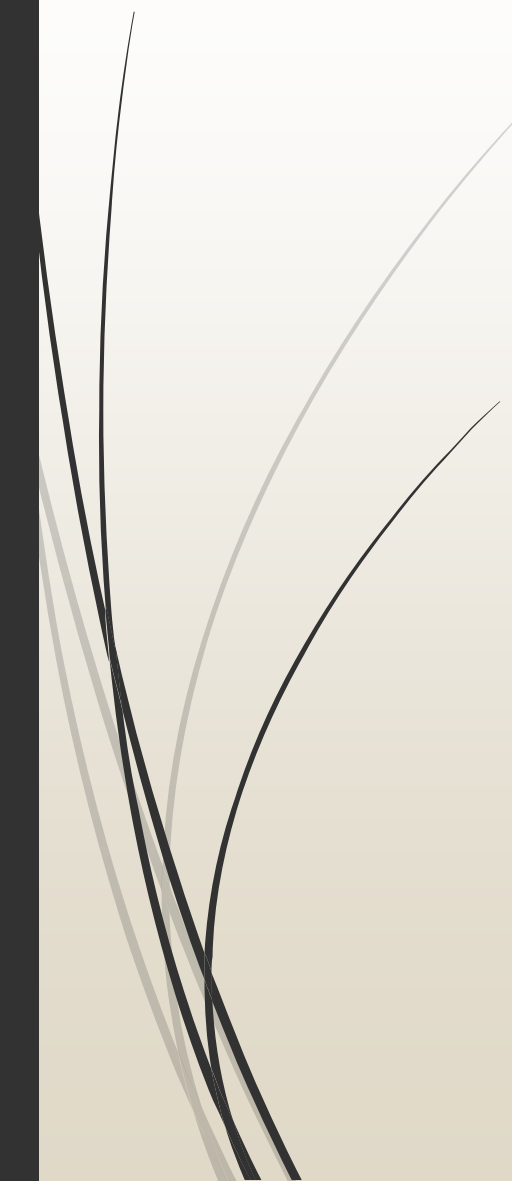
# Scope of Guidance and counseling in education

- ▶ Assisting students to draw up their own plans of academic & non academic pursuits , arrive at decisions to implement plans .
  - ▶ Helping individuals to realise potentials and make optimum contributions to growth of the society
  - ▶ Help a person to solve his/her problems , make proper choice and adjustments.
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- Providing assistance to teachers in their efforts to understand their students.
  - Enable students to acquire abilities which promote self direction & self realisation
  - Guidance & counseling aims at developing students qualities such as perseverance, dedication, sincerity, devotion, positive outlook , respect for other's views & temperament .



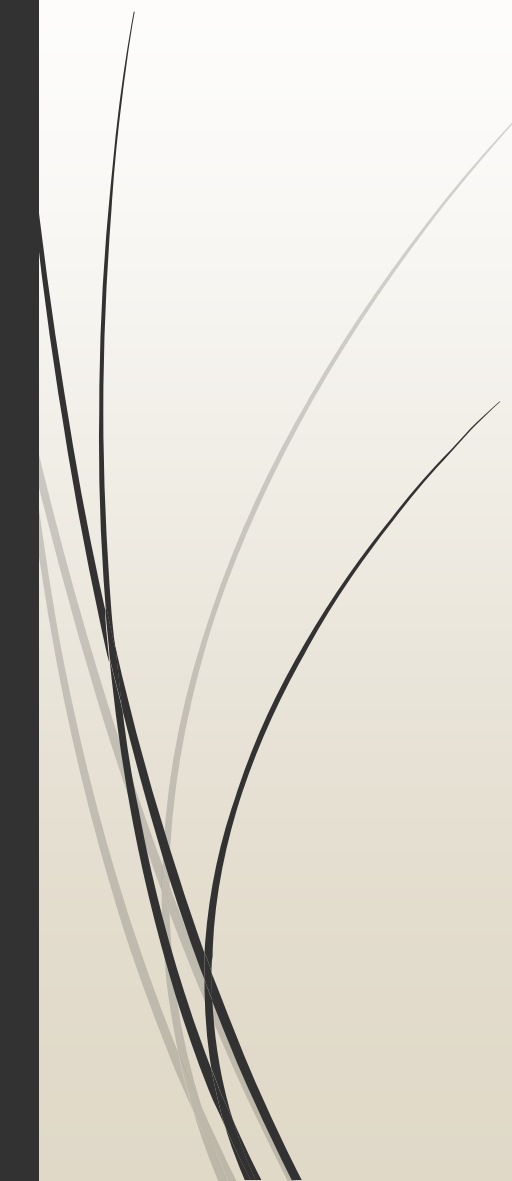
# Types of guidance

- Educational guidance
  - Vocational guidance
  - Personal guidance
  - Health guidance
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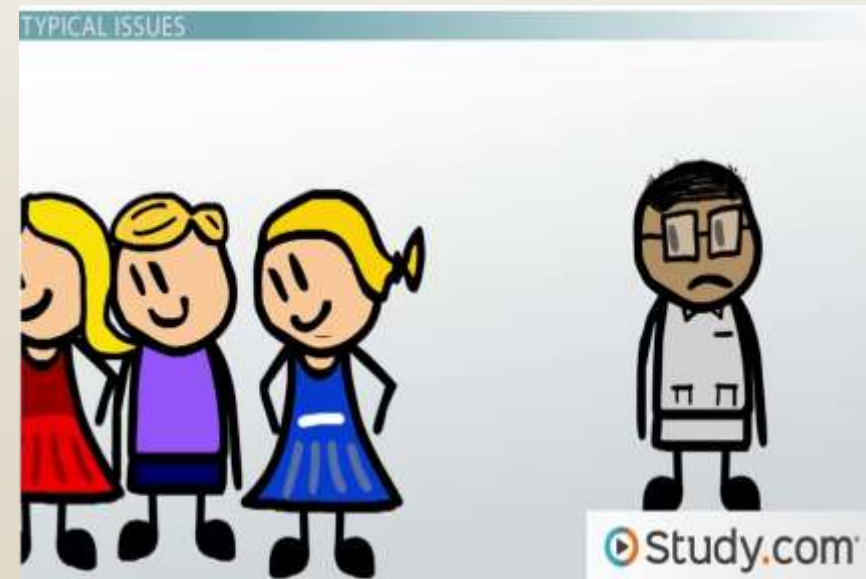


# Strategies for guidance

- ▶ Individual approach
  - ▶ Group approach
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# Individual approach

- ▶ Targets on a single student
- ▶ Special learners require special attention
  - ▶ Gifted
  - ▶ Creative
  - ▶ Slow learners
  - ▶ Learners with difficulty in learning



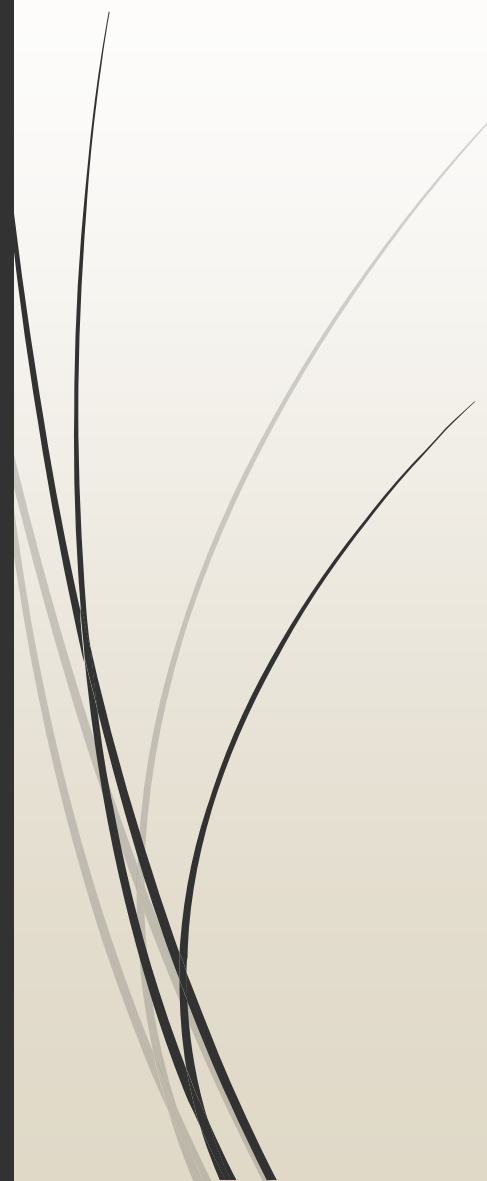
# Group approach

- ▶ Must be organized for disseminating educational information of a general nature
- ▶ Students with Common problems





# Approaches to counseling

- Directive counseling
  - Nondirective counseling
  - Eclectic counseling
  - Group counseling
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# Types Of Guidance & Counseling in education

## ➤ **Precollege orientation**

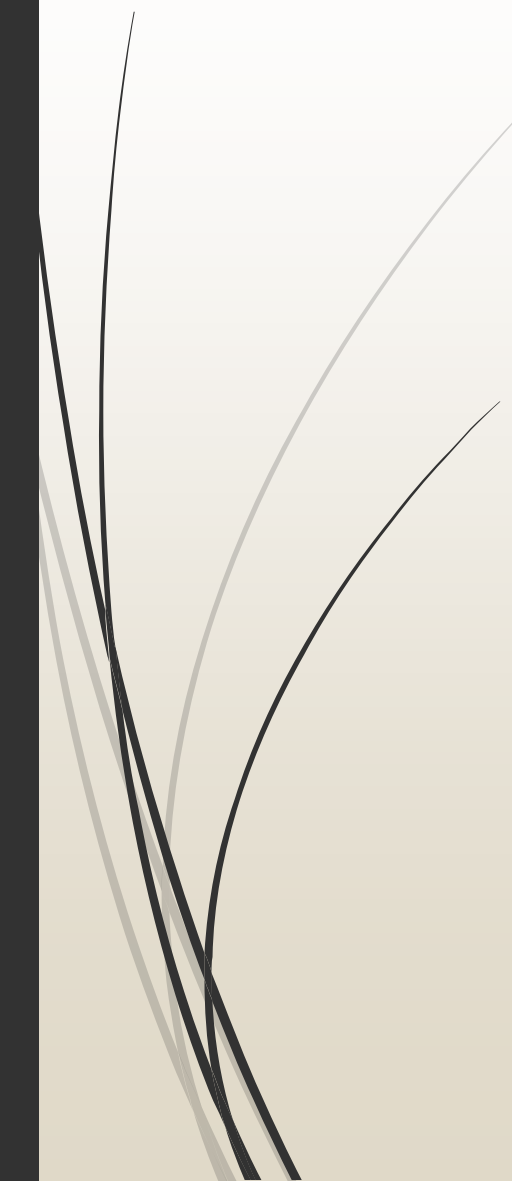
➤ Career days and assemblies

➤ College representatives are invited

➤ Information is given on entrance ,pre entrance examinations ,fees ,scholarships ,educational opportunities ,Extracurricular activities

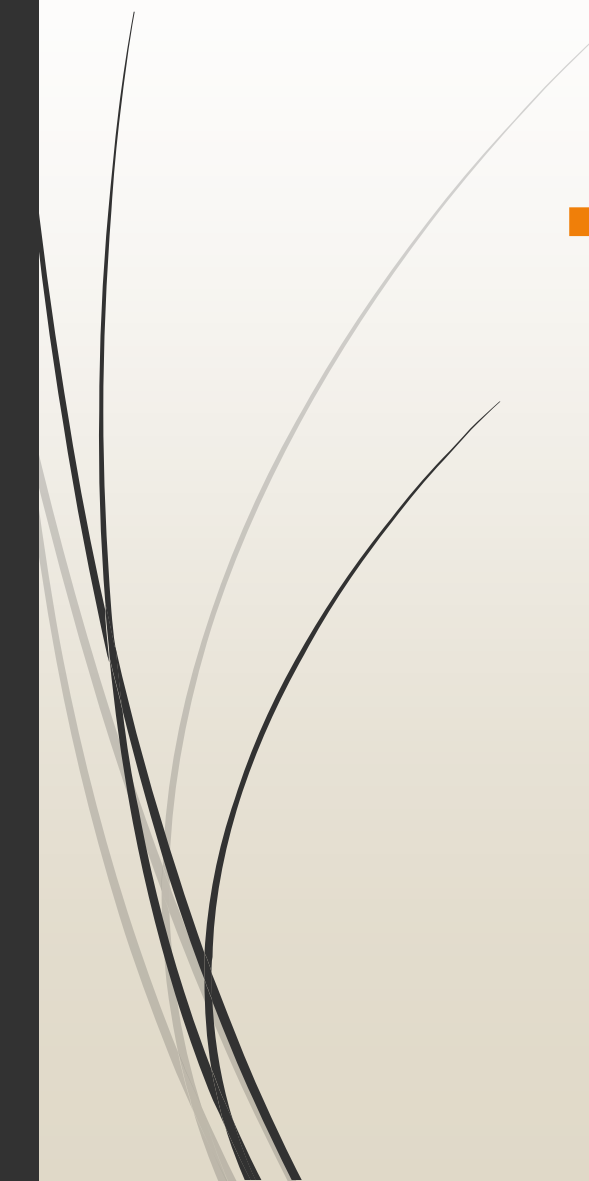


# Preadmission psychological testing

- ▶ Preadmission tests are administered
  - ▶ E.g. aptitude tests , interest inventories , study habit tests
  - ▶ Combination of test results and student's grades are used for guidance of the student
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# Vocational counselling/Career counseling

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- Designed to assist student in selecting feasible occupational goals, to make suitable educational plans & help them progress toward the attainment of selected goals



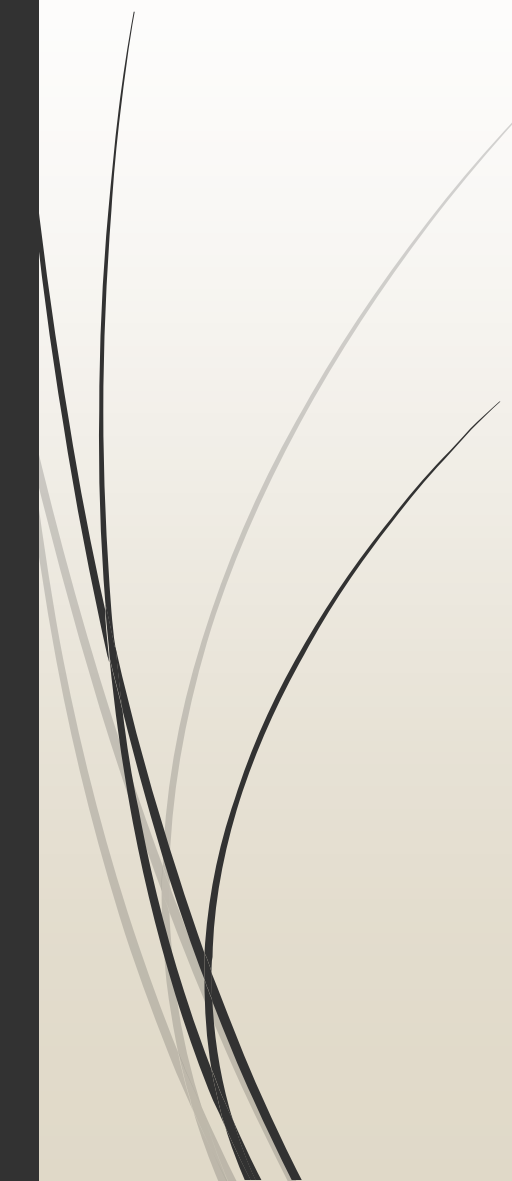
# Personal adjustment counseling

- ▶ Provided for students who have problems in social or emotional adjustment or personality problems
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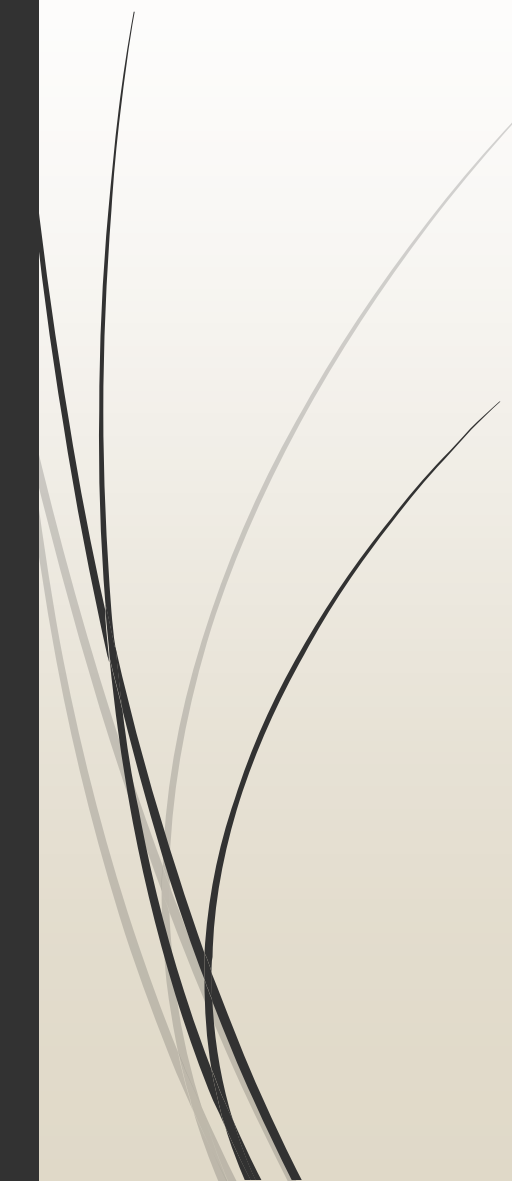


# Physical & mental health services

- ▶ Include:
  - ▶ Identification of mental or physical health problems
  - ▶ provision of medical services to aid the student in regaining & maintaining health & in preventing illness.
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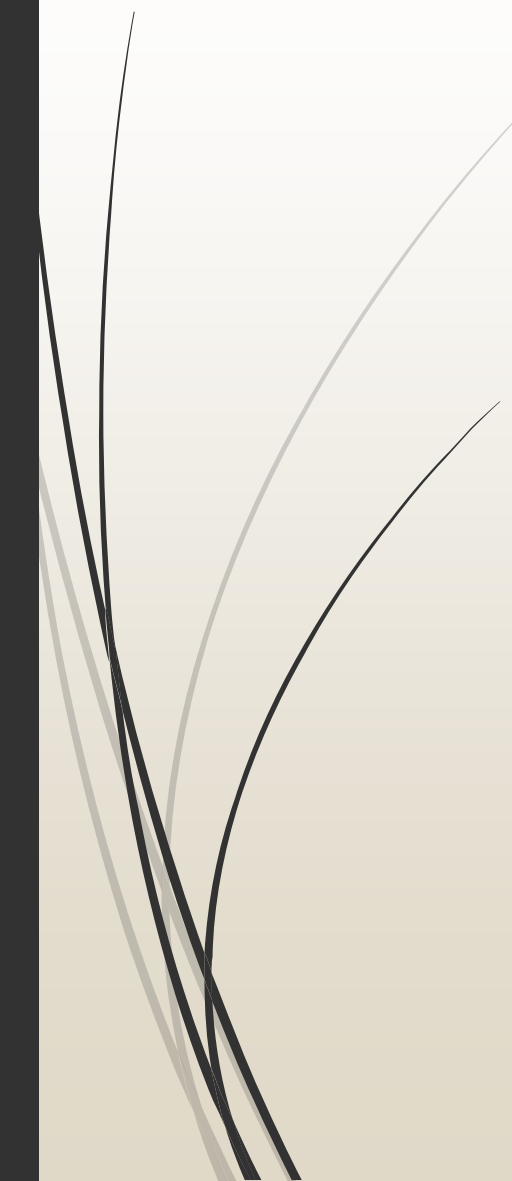


# Disciplinary counseling

- ▶ Objective of disciplinary counseling is to treat discipline as a learning experience rather than as a punishment.
  - ▶ Emphasis is placed on attempting to modify the student's behaviour by substituting socially acceptable attitudes .
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# Religious guidance & counseling

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- ▶ Participation in religious activities tend to enrich the student's college and post college life.
  - ▶ Religious counsellors collaborate with other counsellors on campus to assist students
  - ▶ **Biblical counselling**

# Marriage counseling

- Pre-marriage counseling : deals with relationships and preparation for marriage

- Marriage counseling : toward helping married students who have problems with marriage relationships , parental problems or problems with themselves.




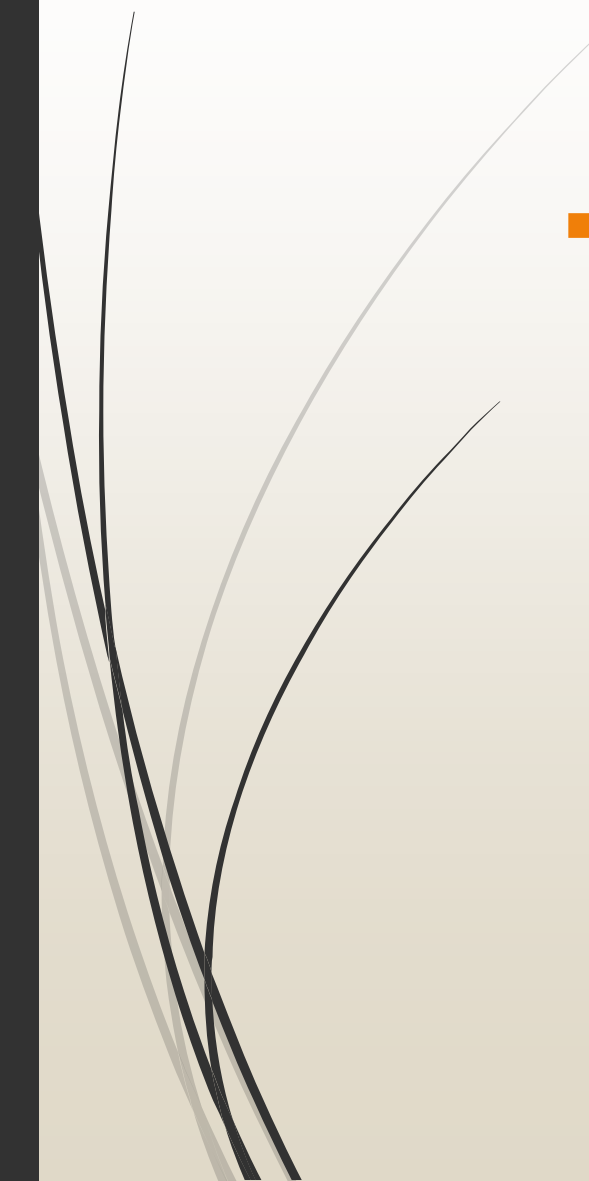


# Counseling & related fields

# Psychotherapy

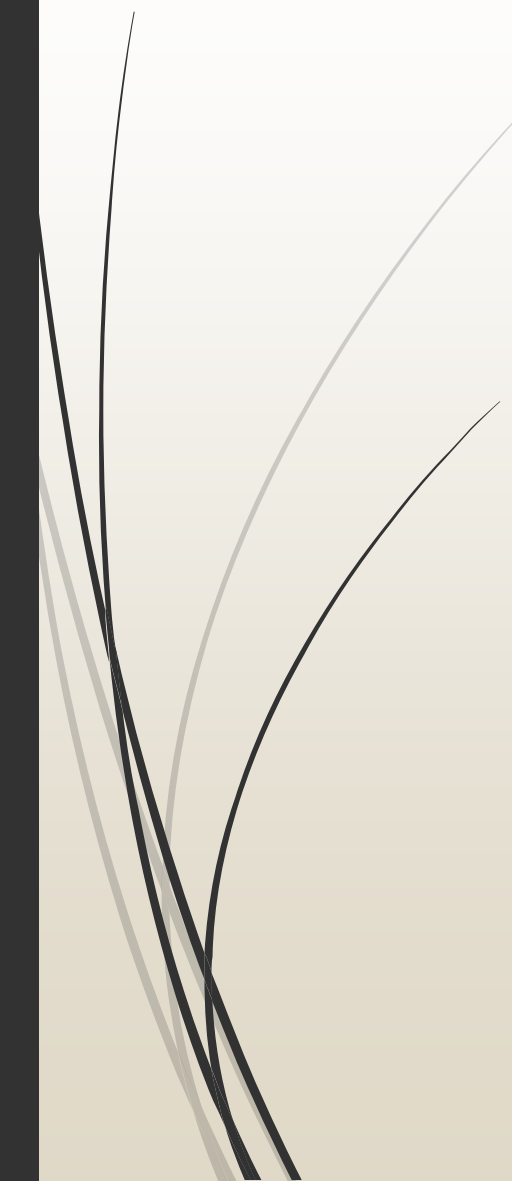
- **Psychotherapy** is the use of psychological methods, particularly when based on regular personal interaction, to help a person change and overcome problems in desired ways.



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- Psychotherapy aims to improve an individual's well-being and mental health , to resolve or mitigate troublesome behaviours, beliefs, compulsions, thoughts, or emotions, and to improve relationships and social skills




# Clinical psychology

- Concerned with description classification , diagnosis & prognosis of psychological illnesses.
  - Clinical psychologist functions in a clinical setting & helps in making diagnosis in association with psychiatrist.
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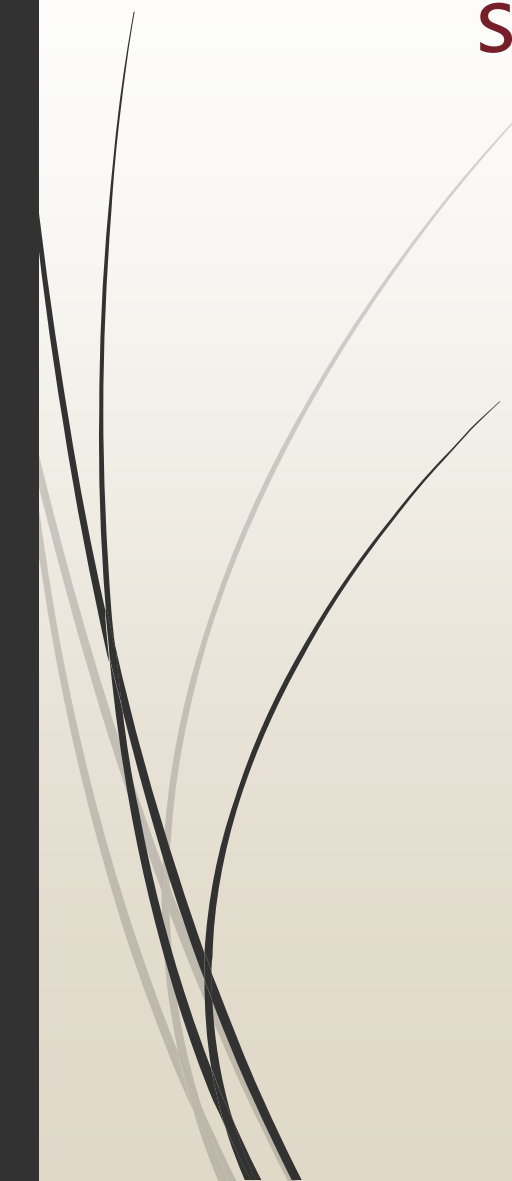


# Counseling as hygiology

- ▶ Hygiology is the study of the problems of normal people & prevention on incidences of serious emotional difficulties.
  - ▶ Counseling could be more appropriately concerned with hygiology than with psychopathology
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# Counseling as a helping relationship & a solution to human problems.

- ▶ A major source of suffering is found to be one's own personality.
  - ▶ Aims at helping clients accept themselves as they are.
  - ▶ To help individuals reach a stage or state of self autonomy through self understanding , self direction and motivation.
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# Other trends

## ➤ Multicultural counseling



# Cyber counseling/ online counselling / e-counseling

- Counseling services that are offered via e-mail, real time chat & video conferencing may or may not be combined with psychotherapy



# Workplace counseling

## Impact of personal Problems on workplace

- Depression, frustration, anxiety and stress
- Excessive absenteeism
- Theft
- Dissatisfaction at workplace
- Alienation from co-workers
- Low concentration
- Hypertension



# Family counseling

- Provides assistance to families in times of behavioural problems / depressive symptoms



# GERIATRIC COUNSELING

- Done among elderly in times of behavioural problems / depressive situations



# School counseling









- Adjustment with parents

- Adjustment in school/ college

- Infatuation/ love affairs

- Career guidance

- Domestic violence

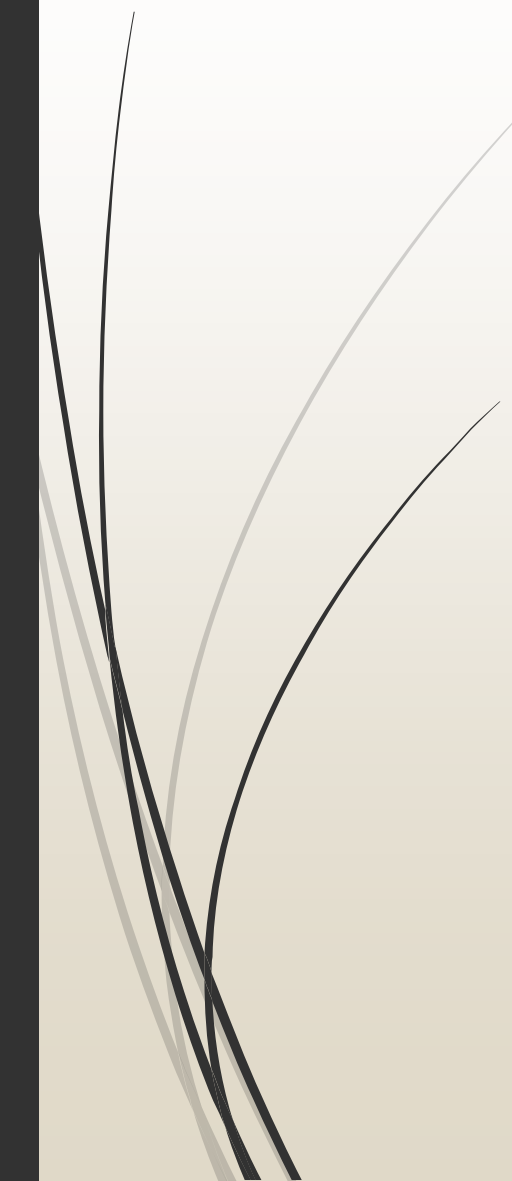
- Gambling


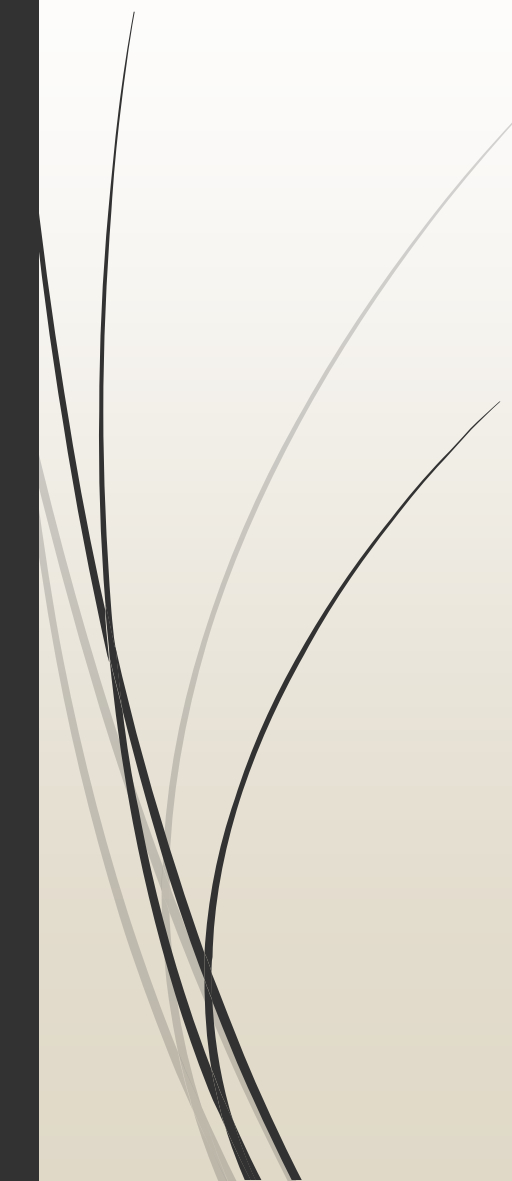
- Substance abuse


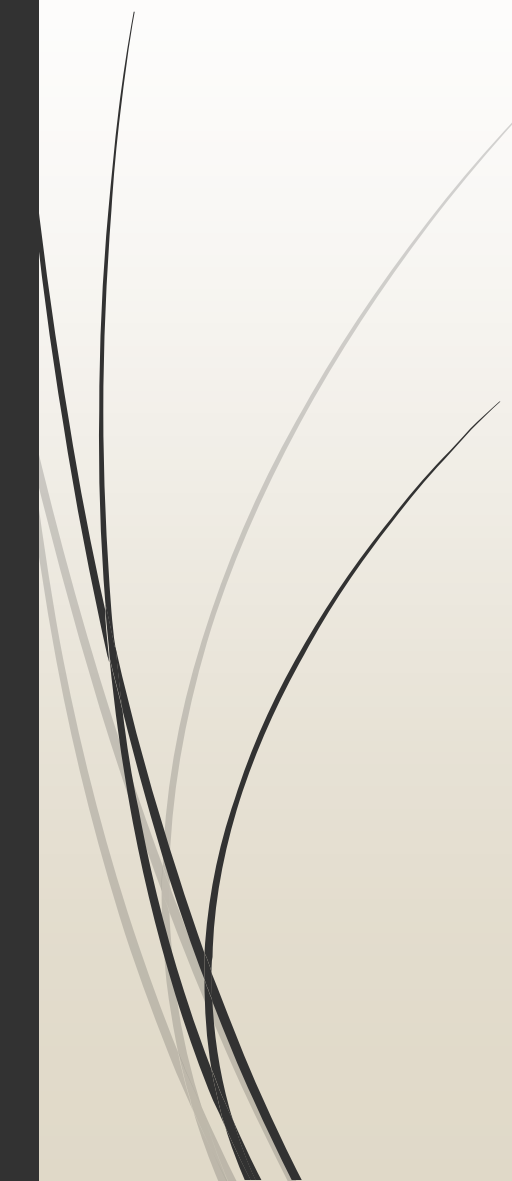
- Truancy



# Issues for counselling in nursing

- ▶ In India organized guidance & counselling services are rarely available.
  - ▶ In nursing faculty advisors/ coordinators perform these services for nursing students
  - ▶ Nursing supervisors provide guidance counselling for staff
  - ▶ Referrals are made to professional counsellor or a psychiatrist when required.
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- Absence of trained counsellors
  - Lack of organized guidance & counseling services
  - Lack of training /faculty development toward development of counselling skills
  - Inadequate provision of budget for personnel workshops, training resources & facilities

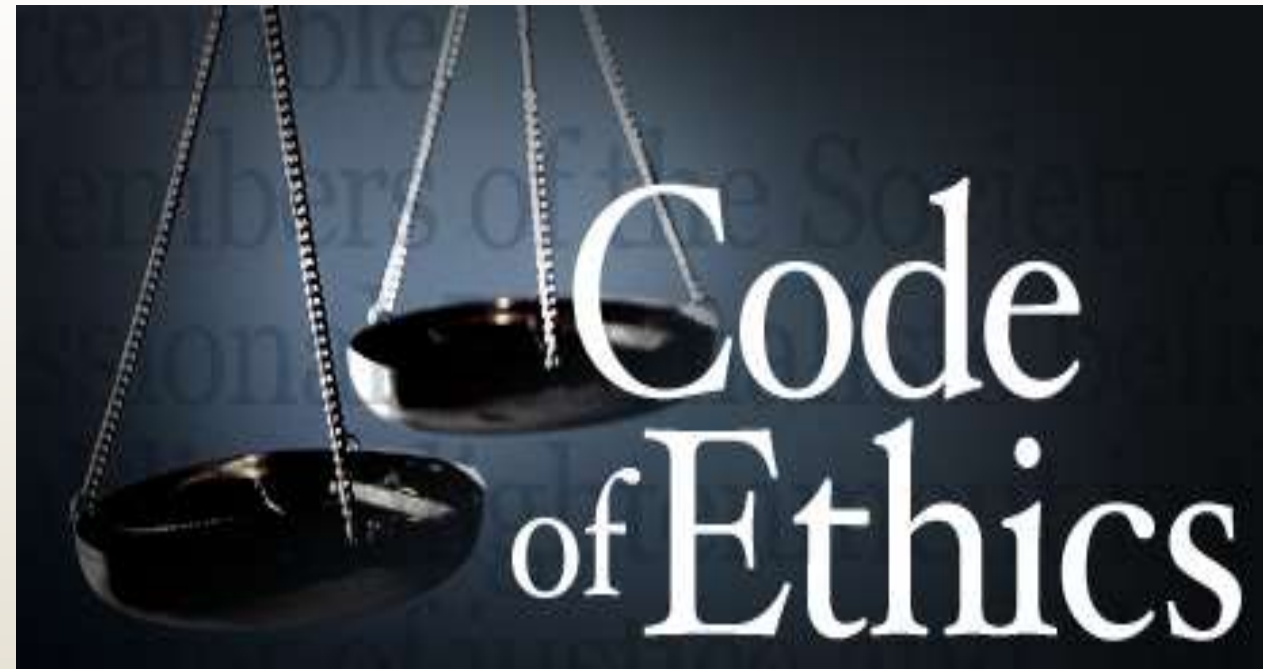
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- Negative consequences if timely referrals are not done
  - Lack of counselling culture
  - Lack of awareness about counselling services
  - Non compliance with counselling interventions



➤ Ethical and moral issues

# ACA'S CODE OF ETHICS

- ▶ Autonomy
- ▶ Justice
- ▶ Beneficence
- ▶ Nonmaleficence
- ▶ fidelity





# STUDENT ASSISTANCE PROGRAM: A NEW APPROACH

- ▶ PEGGY, INGRAM, VEESER, 2009
  - ▶ SAPS programs to address psychosocial concerns that may interfere with academic performance.
  - ▶ Short term counseling
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