

# **3<sup>rd</sup> SEMESTER (REGULAR)**

**EDU-RC-3016**

## **GUIDANCE AND COUNSELLING**

**Total Marks: 100 (External: 80 and Internal: 20)**

**Credit-6**

### **Course Objectives:**

After completion of this course the learner will be able to:

- Help the students to understand the concept, need and importance of Guidance and Counselling
- Enable the students to know the different types and approaches to Guidance and Counselling
- Acquaint the students with the organization of guidance service and school guidance clinic
- Enable the learners to understand the challenges faced by the teacher as guidance worker.

### **Course contents**

| <b>Unit</b>   | <b>Contents</b>  |
|---------------|--|
| <b>Unit-1</b> | <b>Introduction to Guidance</b> <ul style="list-style-type: none"><li>• Meaning, objectives and scope of guidance</li><li>• Need and principles of guidance</li><li>• Types of guidance and their importance : Educational guidance, Vocational guidance, Personal guidance, Social guidance, Health guidance</li></ul>      |
| <b>Unit-2</b> | <b>Introduction to Counselling</b> <ul style="list-style-type: none"><li>• Meaning, objectives and scope of counselling</li><li>• Need and principles of counselling</li><li>• Types of counselling : Directive, Non-directive and Eclectic counselling</li><li>• Relation between Guidance and Counselling</li></ul>        |
| <b>Unit-3</b> | <b>Organization of guidance service</b> <ul style="list-style-type: none"><li>• Meaning of guidance service</li><li>• Need and principles of organizing guidance service</li><li>• Components of guidance service: counselling service, techniques of counselling service</li><li>• Qualities of a good counsellor</li></ul> |
| <b>Unit-4</b> | <b>Guidance needs of students</b> <ul style="list-style-type: none"><li>• Guidance needs of students in relation to home-centred and school-centred problems</li><li>• Group guidance and Group counselling</li></ul>  |

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|---------------|--|
|               | <ul style="list-style-type: none"> <li>• Guidance for CWSN</li> <li>• School Guidance Clinic</li> </ul>  |
| <b>Unit-5</b> | <b>School guidance programme</b> <ul style="list-style-type: none"> <li>• Importance of guidance and counselling cells in educational institutions</li> <li>• Follow-up Services</li> <li>• Role of the Head of the institution and parents in guidance a</li> <li>• Challenges and functions of the teacher as guidance provider/ counsellor</li> </ul> |

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### Recommended Readings:

- Agarwal, Rashmi (2010). *Educational, Vocational guidance and Counselling, Principles, Techniques and programmes*. New Delhi: Shipra Publication.
- Aggarwal J.C. (1989): *Educational and Vocational Guidance and Counselling*. New Delhi: Doaba House.
- Bhatia, K. K. (2009). *Principles of Guidance and Counselling*. New Delhi: Kalyani Publishers.
- Goswami, M. (2015). *Nirdexona aru Paramorxodan*. Guwahati: Ashok book stall.
- Kalita, Utpal (2017). *Nirdexona aru Poramorxodan*. Guwahati: Shanti Prakashan.
- Kochhar, S. K. (2010). *Educational and vocational guidance in secondary schools*. New Delhi: Starling Publishers Pvt. Ltd.