



GUIDANCE AND COUNSELLING

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The logo of Galgotias University is a stylized 'G' composed of three curved, overlapping bands in shades of yellow, blue, and red, set against a light pink circular background.

LECTURE :02

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Basic components of Counselling services..



Organizational set-up...

At universities:

Deans are assisted by head of departments of psychology & education, the guidance committee & counselling officer.

For constituent colleges:

A counselling officer assisted by the guidance committee in cooperation with the deputy chief & academic advisor can plan according to their needs & number of students. (<1000 students need a liaison officer while >1000 students need an assistant counselling officer .)

For affiliated colleges:

A counselling officer assisted by the guidance committee & a vocational guidance officer are needed for > 1000 students while a liaison officer only can manage the counselling services for <1000 students

Counselling centre...

All universities & large colleges should have a counselling centre headed by a trained professional, i.e, a counselling officer with PhD or a master's degree in psychology & counselling, with considerable experience. It perform following **functions**:

- Physical & psychological services
- Remedial services
- Residence & food services
- Activities programme
- Selection, registration & orientation of students
- Educational & vocational counselling
- Personal adjustment counselling

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Counselling committee...

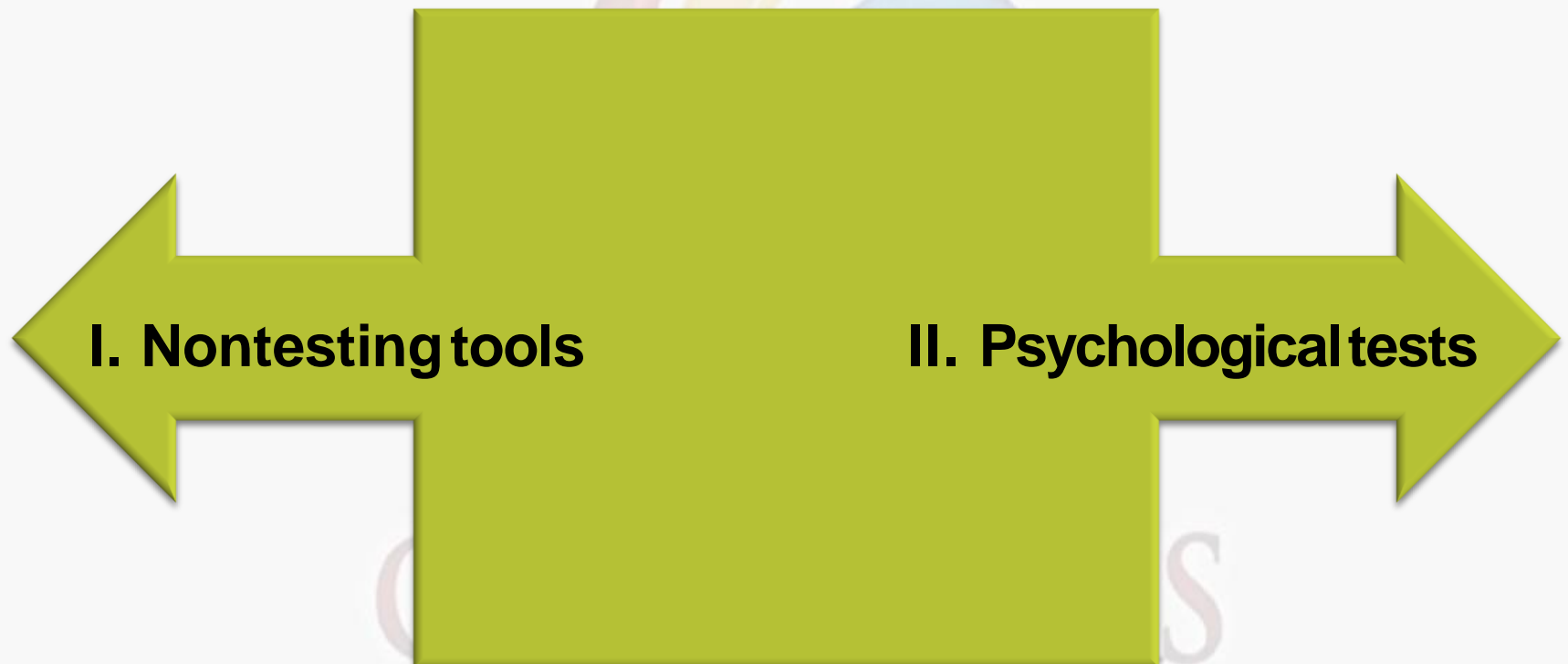
- The guidance committee serves the following purposes:
- It establishes & maintains policies related to guidance & counselling services.
- It act in a planning capacity to ensure that the various functions of guidance are properly coordinated.
- It helps to clarify particular roles & offers support when these roles are challenged.
- It serves as a source of ideas & recommendations to be submitted to appropriate bodies.



Members of the counseling committee:

- Administrator
- principal/Dean
- Counselling/Liaison officer
- Deputy chief of counselling section
- Counselling personnel/ Counselor
- Vocational guidance officer
- Teacher/Faculty from different department/ Specialties
- Hostel warden/ Librarian
- Students representatives
- Parents

Tools for counselling services...



I. Nontesting tools

Non-testing techniques in guidance refer to those techniques which do **not** involve a **test**.

II. Psychological tests

It is a process that involves checking the integration of information from multiple sources

Tools for counselling services...

I. Nontesting tools

Interview

It is an interaction between the counsellor & counsee with a definite objective in mind

Observation

It is careful watching or monitoring of the counsee by the counsellor with a specific objective in mind

Anecdotal record

It consists of recording an important incident that happened & is a carefully recorded snapshot of the incident

Cumulative record

It is a method of recording & providing meaningful, significant & comprehensive information about an individual, over a year.

Checklist

A is used to identify the presence or absence of specific attributes or skills of a particular expected behavior in students.

Rating Scale

It is better tools to assess the degree or extent of the performance of a particular task or the possession of a trait.

Sociometry

It is used to measure sociability or the social distance between students or members of a group

Autobiography & diary

It may also provide useful information about students.

Tools for counselling services...

II. Psychological tests

Personality tests

Aptitude tests
Eg; Specialize aptitude test & General aptitude test

Achievement tests

Interest inventory tests
Eg; Blank and Kuder preference inventory

Study habit inventory tests
Eg; The Brown-Holtzman survey of study habit

Specific requirements for the organization of counselling services...

- Presence of **physical facilities**, i.e. rooms, furniture & other equipment needed for the guidance & counselling department.
Provide of **private officers** as well as general **counselling rooms**.
Trained counsellor & guidance personnel **Planned**
- **programmes** to meet objectives Consultation services
Evaluation **instruments** like psychological tests, inventories, etc.

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Specific requirements for the organization of counselling services...

- **Student data** bank
- Educational & vocational information services Programmes for integrating community services with guidance services
- **Educational programmes for teachers,** counselors & other personnel to provide knowledge of current trends in guidance
- Budgetary provisions

COUNSELLING APPROACHES

I. Directive Counselling Approach

- It is also known as *prescriptive counselling* or *counsellor-centred* approach of counselling.
- In directive counselling, the counsellor plays a leading role & uses a variety of techniques to suggest appropriate solutions to the counselee's problem.
- This approach also known as *authoritarian* or *psychoanalytic approach*.
- The counsellor is active & help individuals in making decisions & finding solution to their problems.
- The counsellor believes in the limited capacity of the patient.

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I. Directive Counselling Approach

- The counsellor tries to direct the patient's thinking by informing, explaining, interpreting & advising.
- *The basic aspects related to directive counselling approach:*

A need-based approach

Problem focused

Used for patients incapable of solving their problems

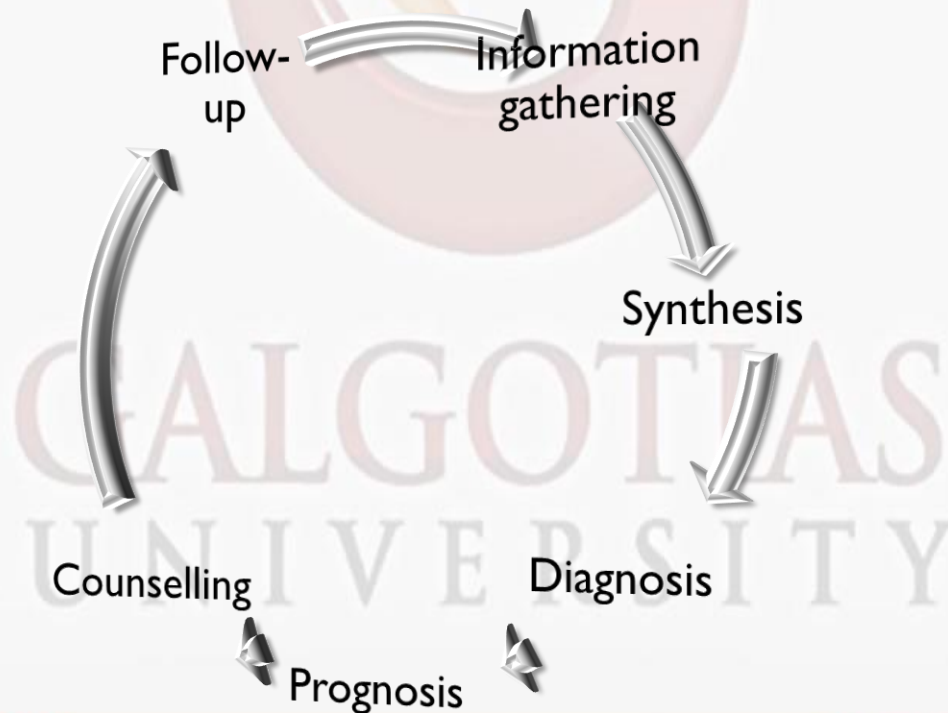
Task of a competent counsellor

Making the best possible use of counselee's intellectual abilities & resources

I. Directive Counselling Approach

Steps of the directive counselling approach

- E.G. Williamson has given the following six steps in providing directive counselling



I. Directive Counselling Approach

Count...

Advantages of the directive counselling approach

- This approach save time.
- It emphasizes the problem & not the individual. The counsellor can see the patient more objectively than the patient himself.
- It lays more emphasis on the intellectual rather than the emotional aspects of an individual's personality.
- The methods used in directive counselling are direct, persuasive & explanatory.

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I. Directive Counselling Approach

Count...

Limitations of the directive counselling approach

- ❑ The patient **does not gain any liability** for self analysis or solve new problems of adjustment by counselling.
- ❑ It makes the **counselee overdependent** on the counsellor.
- ❑ Problems regarding emotional maladjustment may be better solved by nondirective counselling.
- ❑ It does not guarantee that the counselee will be able to solve the same problem on his own in future.

II. Nondirective Counselling Approach

- It is also known as the *permissive counselling approach* where the counselor's role is passive & the counselee's role is active.
- It is a **counselee-centred** or patient-centred humanistic approach.
- The **counselee makes the final decisions** as individuals are thought to have full right to make final decisions for the self & solve their problems.
- The counsellor has to accept the counselee's capacity to make adjustment & adapt.

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II. Nondirective Counselling Approach

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- The **principles of acceptance & tolerance** are extremely important in this approach.
- *The basic aspects related to nondirective counselling approach are:*
 - ✓ **Patient is given importance** than the counselling directions & investigations
 - ✓ **Emotional aspects** are more significant than intellectual aspects.
 - ✓ Creation of an atmosphere where patients can work out their understanding is more important than cultivating self- understanding in the patient.
 - ✓ Counselling leads to a **voluntary choice of goals** & a conscious selection of courses of action.

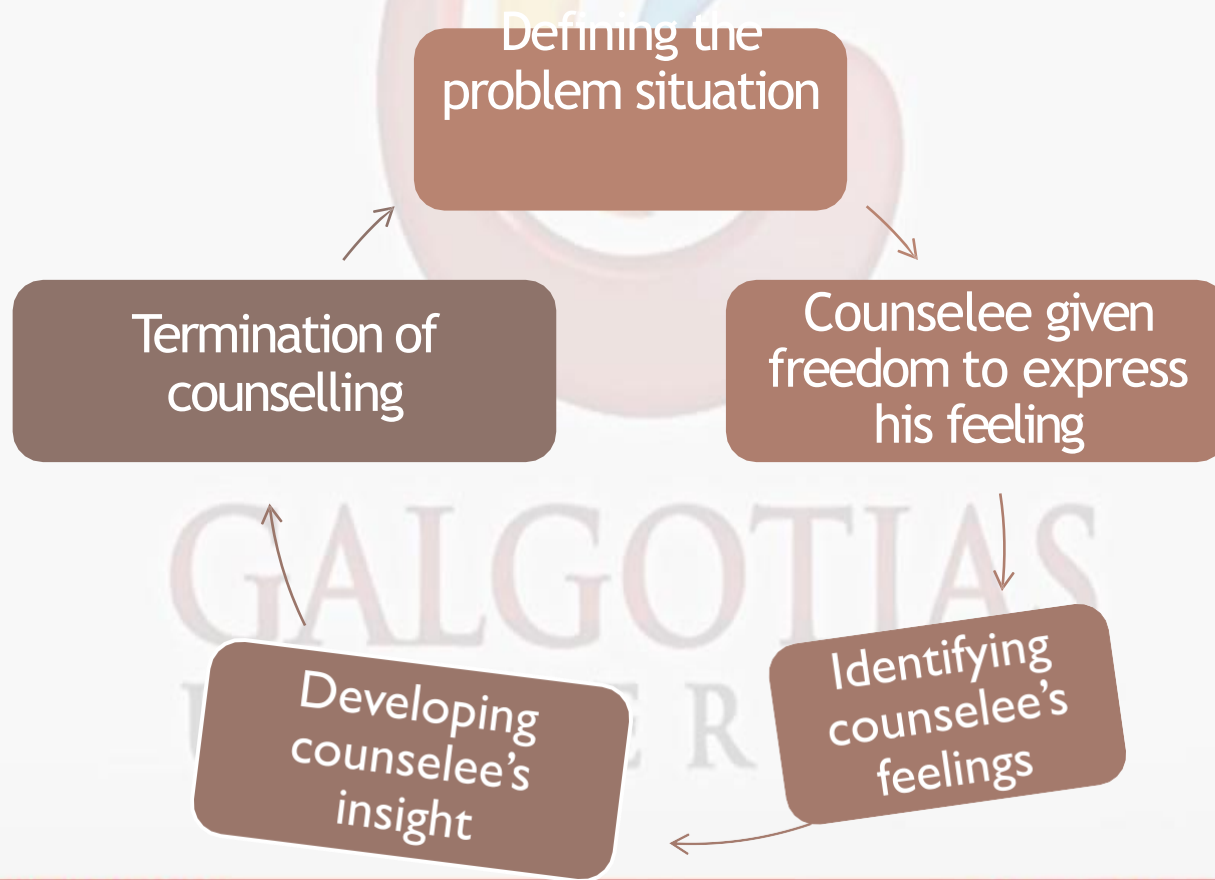
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II. Nondirective Counselling Approach

Steps of the nondirective counselling approach

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- Carl R. Rogers given five steps in nondirective counselling:



II. Nondirective Counselling Approach

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Advantages of nondirective counselling approach

- ✓ **It is a slow** but sure process to make an individual capable of making adjustments.
- ✓ It **removes emotional block** & helps an individual bring repressed thoughts on a conscious level thereby reducing tension.

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II. Nondirective Counselling Approach

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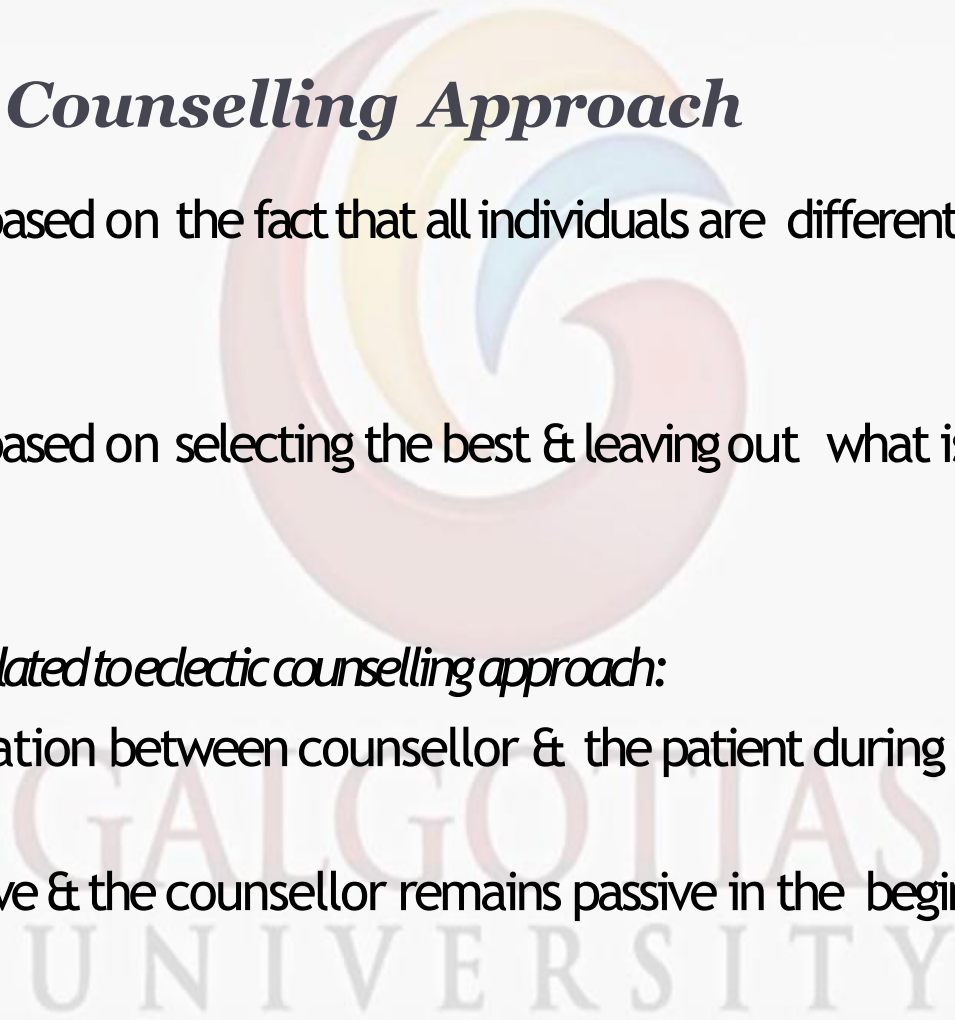
Limitations of nondirective counselling approach

- ✓ It is a **slow & time-consuming** process.
- ✓ One cannot rely upon one's resources, judgment & wisdom as the **patient is immature** in making the decision himself.
- ✓ It depends too much on the ability & initiative of the patient.
- ✓ This approach is **individual centric**, it may not possible for counsellor to attend every patient equally well.
- ✓ It **require high degree of motivation** in the patient.

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III. Eclectic Counselling Approach

- This approach is based on the fact that all individuals are different from one another.
- This approach is based on selecting the best & leaving out what is least required.
- *The basic aspects related to eclectic counselling approach:*
 - ✓ There is co-ordination between counsellor & the patient during the counselling experience.
 - ✓ The patient is active & the counsellor remains passive in the beginning.



III. Eclectic Counselling Approach

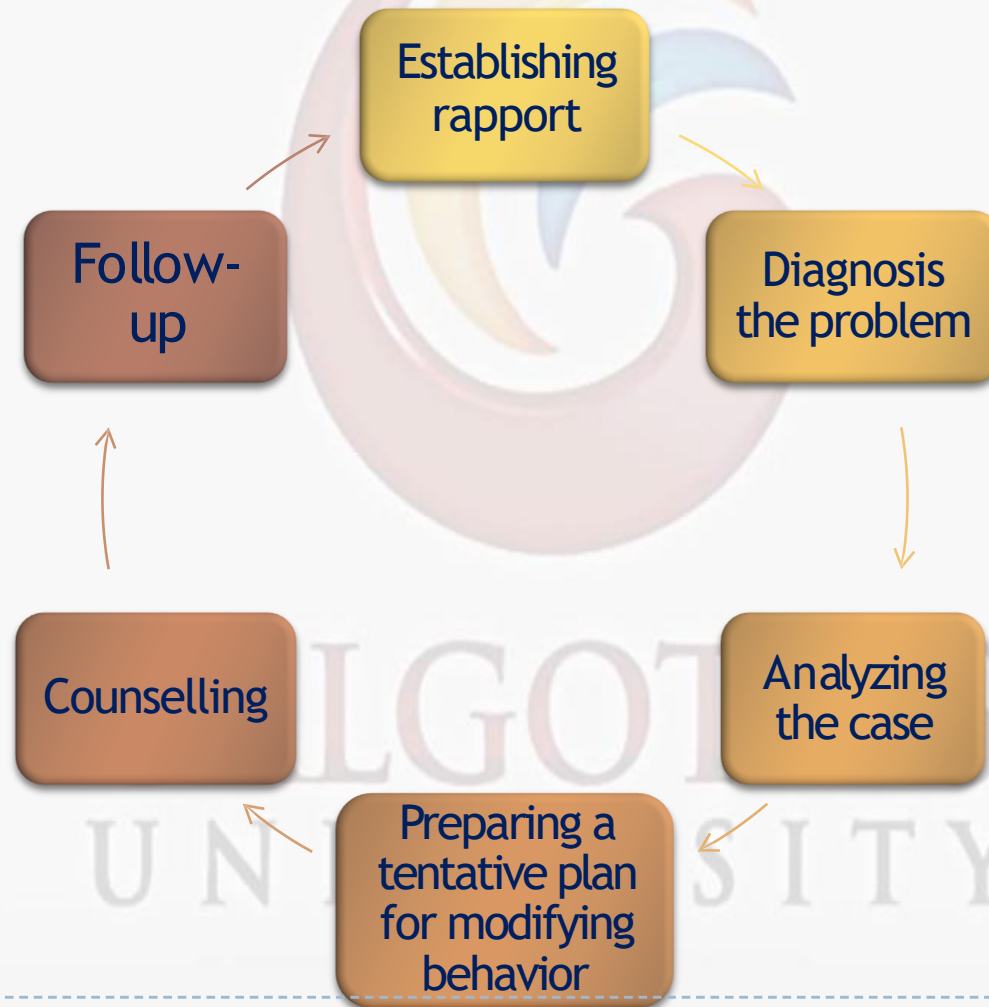
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- ✓ The principle of low expenditure is adopted.
- ✓ The counsellor makes use of all the tools & methods.
- ✓ The counsellor enjoys the freedom to resort to directive & nondirective counselling methods.
- ✓ The counselling relationship is built during the counselling interview. This helps the patient gain reassurance & confidence.

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III. Eclectic Counselling Approach

Steps of the eclectic counselling approach



III. Eclectic Counselling Approach

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Advantages of eclectic counselling approach

- ✓ It is more **cost effective & practical** approach.
- ✓ It is a more **flexible** approach of counselling.
- ✓ It is more **objective & coordinated** approach of counselling.

Limitations of eclectic counselling approach

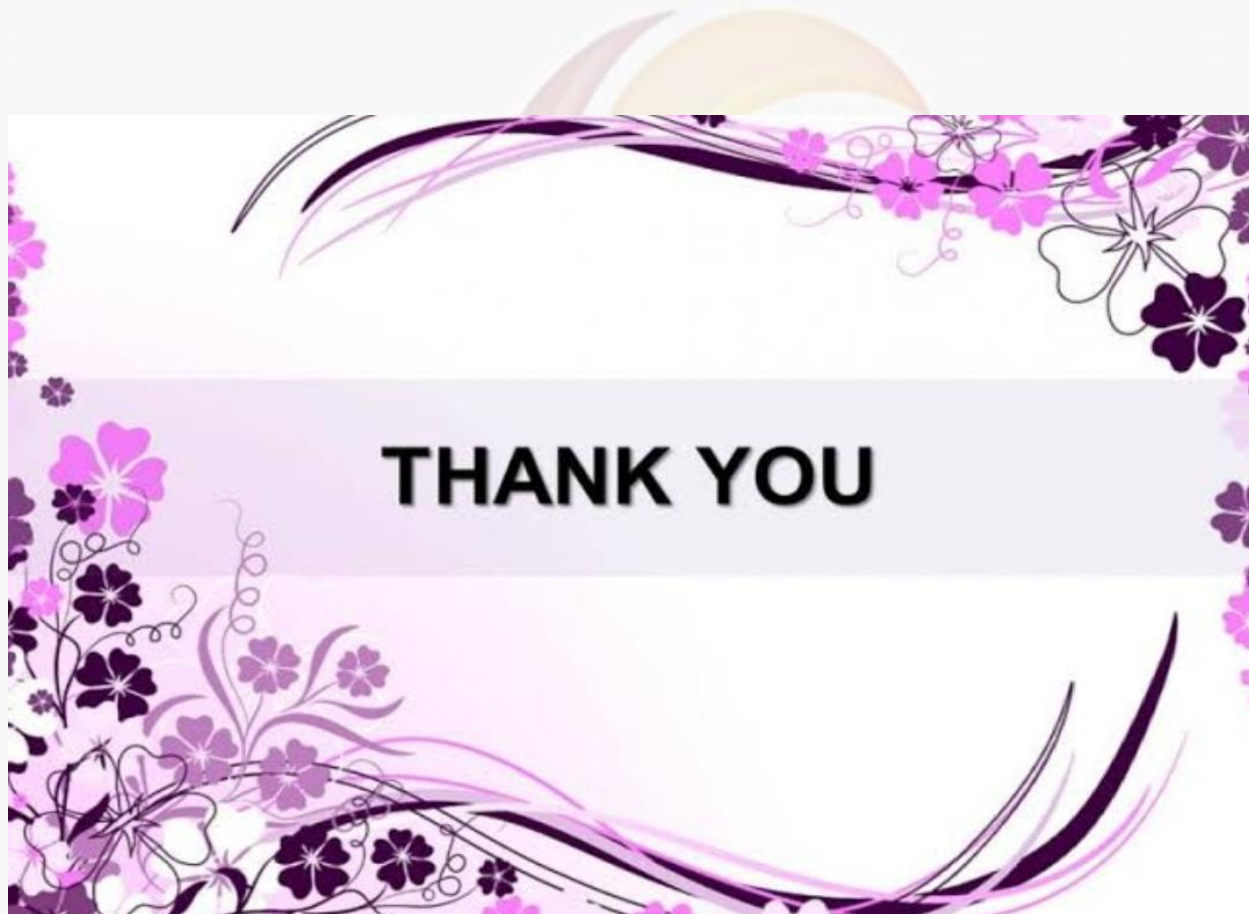
- ✓ The role of counsellor & the counselee are not predetermined.
- ✓ It requires more skilled counselors to handle the dynamic feature of this counselling approach.

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