

**School of Education**

**Course Code : BEDU2006 Course Name: Teacher As a Counsellor**

# Topic - Difference between Guidance & Counselling UNIT-1

Name of Faculty- Ms.Deepa Bisht

Program- B.Ed.

School of Education

# Main Points

- Introduction
- Meaning and definition of guidance and counselling
- Differences between guidance and counselling

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# Introduction

- Guidance & Counselling are twin concepts & have emerged as essential elements of every educational activity.
- Guidance & counselling are not synonymous term. Counselling is a part of guidance.
- Guidance, in educational context, means to indicate, point out, show the way, lead out & direct.
- Counselling is a specialized service of guidance. It is the process of helping individuals learn more about themselves & their present & possible future situations to make a substantial contribution to the society.

# Definitions of Guidance

- Guidance is an assistance made available by a competent counselor to an individual of any age to help him direct his own life, develop his own point of view, make his own decision & carry his own burden.
- -Hamrin& Erikson
- Guidance is a process of helping every individual, through his own effort to discover & develop his potentialities for his personal happiness & social usefulness.
- -Ruth Strang

# Definitions of Counselling

- Counseling is essentially a process in which the counselor assists the counselee to make interpretations of facts relating to a choice, plan or adjustment which he needs to make.  
-Glenn F. Smith
- Counseling is a series of direct contacts with the individual which aims to offer him assistance in changing his attitude & behaviors.  
-Carl Rogers

# DIFFERENCE BETWEEN GUIDANCE AND COUNSELLING

## Guidance

- Guidance is broader & comprehensive
- Guidance is more external, helps a person understand alternative solutions available to him & makes him understand his personality & choose the right solution.
- Guidance is mainly preventive & developmental

## Counselling

- Counselling is in-depth & narrow and integral part of guidance
- Counselling helps people understand themselves & is an inward analysis. Alternative solutions are proposed to help understand the problem at hand.
- Counselling is remedial as well as preventive & developmental

# DIFFERENCES.....

## Guidance

- Intellectual attitudes are the raw material of guidance
- Decision making is operable at an intellectual level in guidance
- Guidance is generally education & career related & may also be for personal problems

## Counselling

- Emotional rather than pure intellectual attitude are raw material of the counselling process.
- Counselling operates at an emotional level
- Counselling is mostly offered for personal & social issues.

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