



## GUIDANCE AND COUNSELLING

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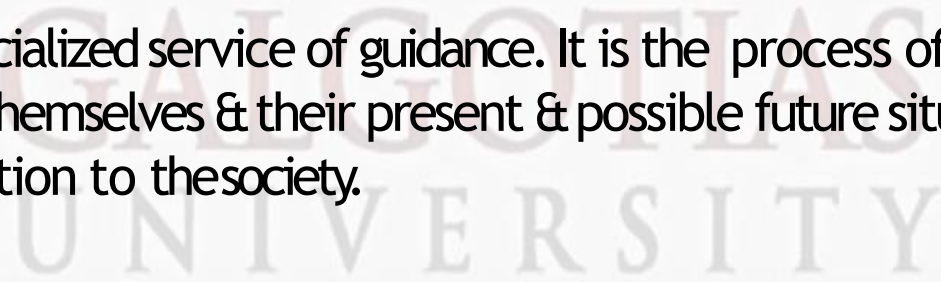


## LECTURE 01

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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.



## DEFINITION OF GUIDANCE

- Guidance is an assistance made available by a competent individual to another 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

## DEFINITION 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 E. Smith

- Counseling is a series of direct contacts with the individual which aims to offer him assistance in changing his attitude & behaviors.

- Carl Rogers

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## DIFFERENCE BETWEEN GUIDANCE AND COUNSELLING

### 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 [www.drjay](http://www.drjay)

### 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.

[eshpatidar.blogspot.com](http://eshpatidar.blogspot.com)

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## PURPOSES OF GUIDANCE AND COUNSELLING

- Providing the needed information & assistance
- Helping in individual to make wise choices

- Improve the understanding of self
- Facilitate the adjustment

- Helps in adapting to the changes or new environment
- Making self-sufficient & independent

## PURPOSES OF GUIDANCE AND COUNSELLING

- Efficient use of capabilities & talent
- Promote the optimal personal & professional development
- Balances psychological, emotional, social growth
- Helps in overall development & to live productive life



## *Other functions of guidance and counselling...*

- To provide **optimum development** & well-being for individual.
- To help individuals **adjust to themselves & the society**.
- To help people **understand themselves** in relation to the world.
- To aid individuals in efficient **decision making**.
- To help individuals plan for a productive life in their social context by focusing on their assets, skills, strengths & possibilities for further development.
- To bring about **changes in the attitude & behavior** of individuals.

## CHARACTERISTICS OF GUIDANCE

It is a **continuous process**

It is the **assistance to the individual in the process of development** rather than a direction of that development

Guidance is **a service meant for all**

Guidance is **generalized service.**

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- Guidance is more an art than science
- Guidance has its roots in the education system.
- Guidance is centered around the needs & aspirations of students.

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## CHARACTERISTICS OF COUNSELLING

- Counselling involves two individuals-one seeking help & the other a professionally trained person who can help the first. There should be a relationship of mutual respect between the two individuals.
- Counselling is aimed at bringing about desired changes in the individual for self-realisation & providing assistance to solve problems through an intimate personal relationship.
- The counselor discovers the problems of the counselee & help him to set up realistic goals

- It helps the counselee acquire independence & develop a sense of responsibility.
- It is more than advice giving.
- It involves something **more than offering an assistance** to find a solution to an immediate problems.
- Counselling is **democratic**.

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## NEED OF GUIDANCE AND COUNSELLING

- I. Needs for personal & social domain*
- ✓ Personal & social development of individual
- ✓ To adapt in different stages of development
- ✓ Offering art of better living
- ✓ Proper use of leisure time
- ✓ Holistic personality development
- ✓ Best use of available opportunities
- ✓ Motivates for effective utilization & development of self



## NEED OF GUIDANCE AND COUNSELLING

### *II. Needs for educational/professional domain*

- ✓ Helps in academic growth & development
- ✓ Helps in vocational & professional maturity
- ✓ Offer help to handle educational & professional situations
- ✓ Helps in adapting to the changing concept of education
- ✓ Prepares to adapt in changing professional situations & emerging challenges
- ✓ Helps in making proper career choice
- ✓ Helps to minimize indiscipline

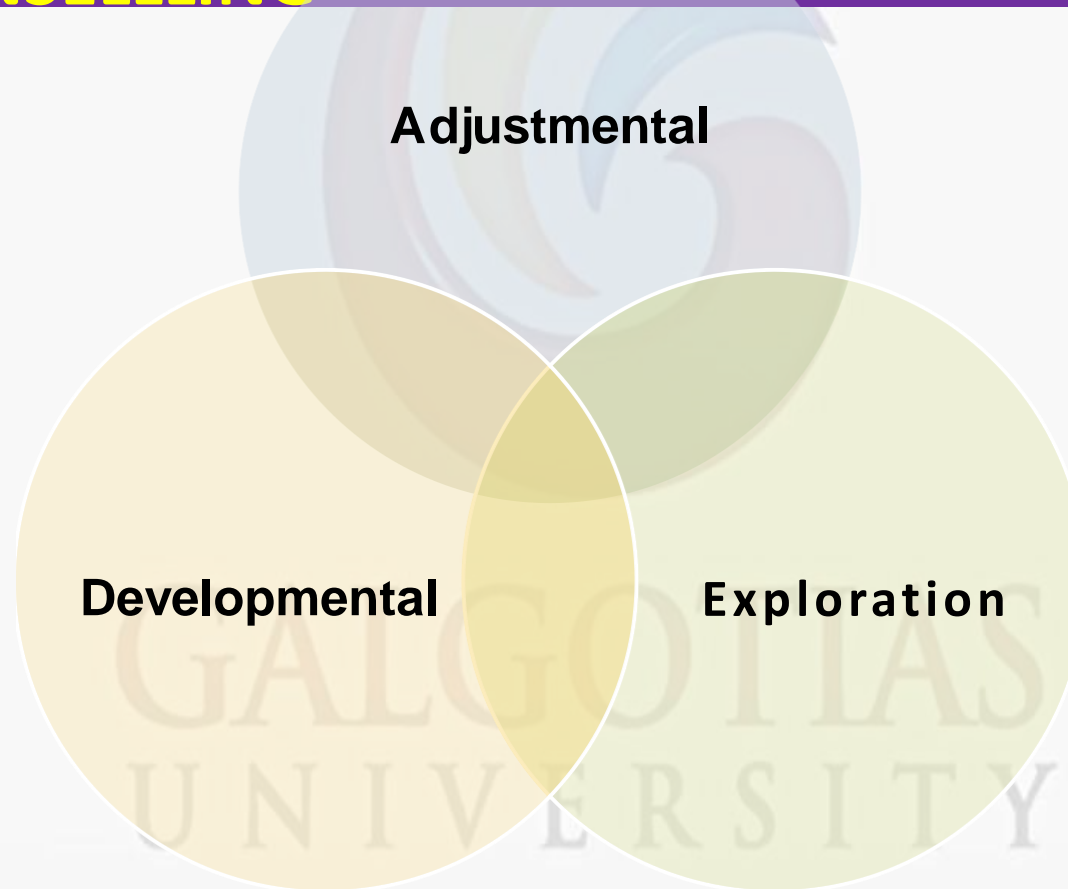
## *Need of Guidance and Counselling in Nursing Education...*

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- ✓ To help students **adjusting with the new environment** of the nursing institute.
- ✓ To help in **developing qualities** required for a successful for a nursing practice.
- ✓ To help students in **getting adjusted with the clinical environment**.
- ✓ To help students keeping **in touch with the latest trends** in nursing
- ✓ To help students in **developing positive learning habits**, especially skill learning
- ✓ To help in the development of appropriate **coping strategies** in order to deal with stress in a productive manner

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## **FUNCTIONS OF GUIDANCE AND COUNSELLING**

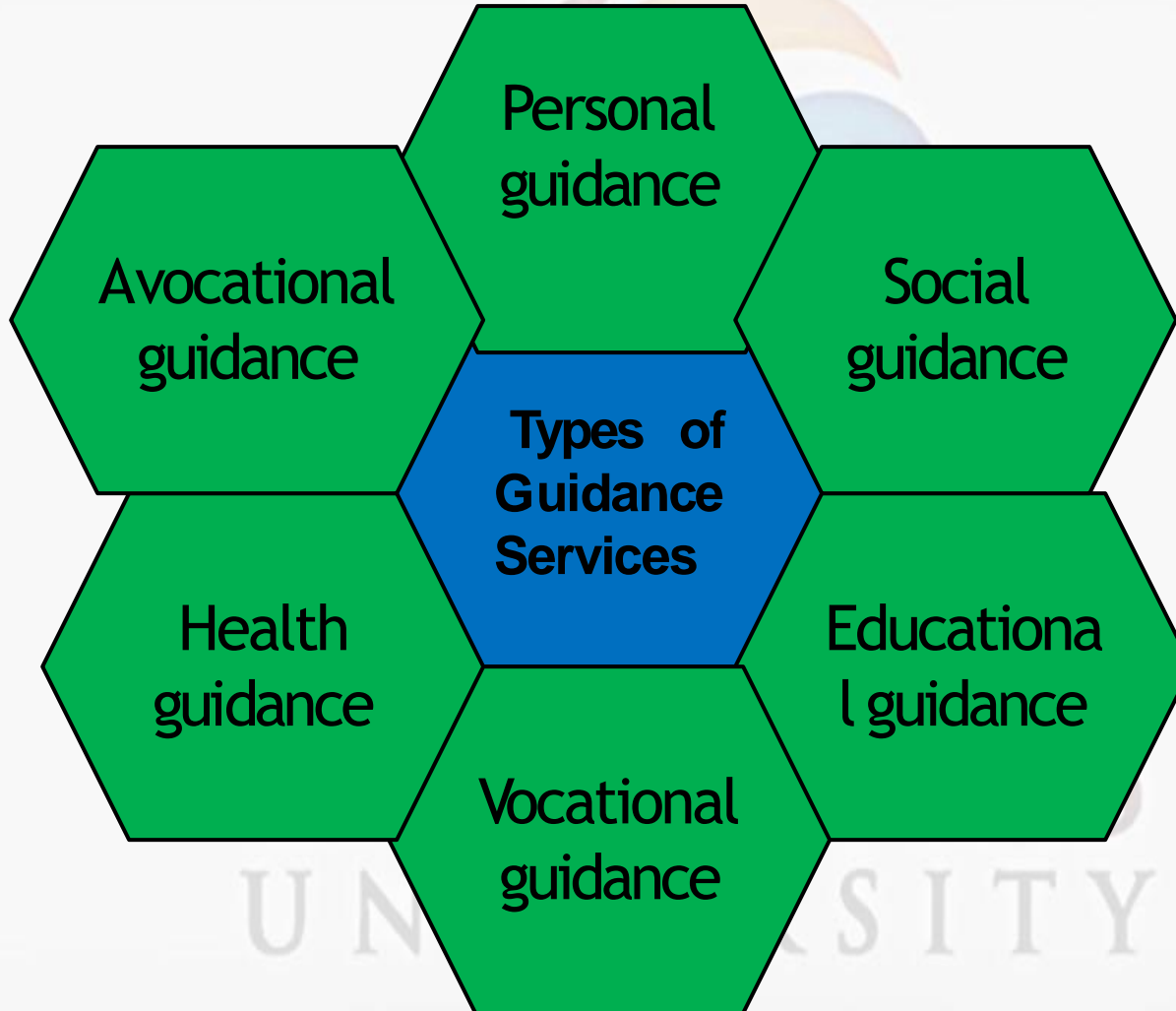


## PRINCIPLES OF GUIDANCE

- All-round development of individuals Principles of individual differences Guidance is related to every aspect of life Cooperating among persons
- Guidance is a continuous & lifelong process Guidance for all
- Principles of elaboration Responsibility of teachers & parents Flexibility
- Principles of evaluation Guidance by a trained person
- Principle of periodic appraisal
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## TYPES/AREAS OF GUIDANCE SERVICES



## *Purposes of organization counselling services...*

- To help individuals with normal development problems.
- To help individuals through a temporary crisis during the different stages of life.
- To identify signs of disturbed behavior at early stage, so manage it.
- To refer critical cases to specialists for best possible management.
- To facilitate communication within & between nursing institutions & homes.
- To support not only the tutors/nursing faculty who are helping individuals but also who themselves want guidance & reassurance at times.



## *Ingredients of guidance and counseling services*

### **1. The Admission Service**

(Admitting the right candidates for the right course, selecting those candidates most likely)

### **2. The Orientation Service**

(A “welcome service” as it is concerned with welcoming fresher's to the world of nursing )

### **3. The Student Information Service**

(Assist the student to obtain a realistic picture of his abilities, interests, personality characteristics , achievements, levels of aspiration , state of health, etc.)

### **4. The Information Service**

(Information provide usually related to Education, occupational & personal-social )

## *Ingredients of guidance and counseling services...*

### **5.The Counselling Service**

(understand what he can do & what he should do, handle his difficulties in a rational way, make his own decision, etc.)

### **7.The Remedial Service**

(it is mainly oriented towards helping students to improve their study habits, improve their adjustment in the clinical area, reducing stress, etc.)

### **6.The Placement Service**

(Help students to be in proper scholastic track, to realize their career expectations, organize campus selection interviews, provide information regarding current trends, etc.)

### **8.The follow-up Service**

(it is that review or systematic evaluation which is carried out to find out whether guidance services in particular & educational programme in general satisfies the needs of the students. )

## 9. The Research Service

(It is intended to examine both the personnel in the college guidance programme & the techniques of guidance used by them so as to discover their strong & weak points & ultimately strengthen the whole programme .)

## 10. The Evaluation Service

(it determines the effectiveness & efficiency of the guidance programme, less number of dropouts, harmonious relationship between teachers & students, good result, well placed passed out students, sense of security, etc.)

*Ingredients of guidance and counseling services...*

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# School of NURSING

Course Code : BSCN2005

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