

# GUIDANCE AND COUNSELING

- Meaning, Definition, Types and Differences.and needs.

- B.Ed. 2<sup>nd</sup> Year

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# GUIDANCE AND COUNSELING

**GUIDANCE AND COUNSELING** Guidance and counselling refers to the services that promote personal, social, educational, and career development. guidance counseling attends to the needs of students, parents, professional Associates and the community.

- Guidance and counselling is the process of helping individuals Discover and develop their educational, vocational and psychological potentialities and to achieve an optimal level of personal happiness and social usefulness.

1. 1- Guidance and counselling are twin concept and have emerged as essential elements of every educational activity.
2. 2-Guidance and counselling are not synonymous term, counseling is a part of guidance.
3. 3- guidance in educational context, means to indicate, point out, show the way, lead out and direct.
4. 4- counseling is a specialized service of guidance. it is the process of helping individual learn about themselves and their present and possible future situations to make a substantial contribution to the society.

# Guidance- Meaning-

Guidance is a means of helping individuals to understand and use wisely the Educational, vocational and Personal opportunities they have or can develop and as a form of systematic assistance whereby students are aided in achieving satisfactory adjustment to school and in life.

# Guidance- Definition

- “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 decisions and Carry his own burden.”.

-Hamrin & Erikson

- “Guidance is not direction.it is not the impossible of one’s point of view upon another.it is not making decisions for an individual which he should make for himself.It is not carrying the burden of another’s life.Guidance is assistance made available by competent counselors to an individual of any age to help him direct his own point of view,make his own decisions, Carry his own burdens.”

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# Types of Guidance-

1. Educational Guidance
2. Vocational Guidance
3. Personal Guidance
4. Social Guidance
5. Avocational Guidance
6. Health Guidance



# Meanings of counseling-

Counseling is a personal relationship between a professionally trained counsellor and someone who aims to assist him to communicate and meet his immediate needs and problems.

Counseling is an interaction process which facilitates meaningful understanding of self and environment.

- Counseling is not giving of information, advise, it is not brainwashing, it is not forcing beliefs or behavior by persuasion or coercion. rather it is providing conditions which facilitates voluntary change.

# Definition of counseling-

- "Counseling is essentially a process in which the counselor assist the counselee to make interpretation of facts relating to a choice, plan or adjustment which he needs to make."  
-Glenn F. Smith
- "Counseling may be defined as a series of direct contacts with the individual which aims to offer assistance in changing his attitude and behaviour".  
-Carl Rogers

# Nature of counseling-

- Individual/one-to-one helping relationship
- Face to face relationship
- Main focus: Individual's growth, adjustment, problem solving and decision making needs.
- Professional work
- Confidential and private process/personal , meeting

# Types of counseling-

1. Directive counseling. (Counselor centered)
2. Non Directive Counseling. (counselee centered)
3. Eclectic Counseling.

# Deference-

## • GUIDANCE-

- May be given in groups.
- Face to face relation is not essential.
- The task of the guidance worker is not as serious as that of a Counselor.
- Cordial and satisfying relationship is not needed.

## • COUNSELING-

- Given individually not in groups.
- Face to face direct relation is essential.
- The task of counselor is more serious than that of Guidance worker.
- Cordial and satisfying relationship is needed.
- Aims to solve the problem.

# NEED OF GUIDANCE AND COUNSELING-

- Needs for personal & social domain
  1. Personal and social development of individual.
  2. To adapt in different stages of development.
  3. Offering art of better living.
  4. Proper use of leisure time.
  5. Holistic personality development.
  6. Best use of available opportunity.
  7. Motivates for effective utilization & development of self.

# Needs of Educational/professional domain-

1. Helps in academic growth & development.
2. Helps in vocational & professional maturity.
3. Facilitate an individual in the right Educatione &profession.
4. Offer help to handle Educational & professional situations.
5. Helps in proper utilization of human resources.
6. Helpin adapt in changing concept of Educatione.
7. Helps in proper carrer choice.
8. Helps to minimize indiscipline.



# Conclusion-

- Guidance & Counseling enjoys a dominant role in the present day Education system. It helps the students to acquire ability which promote self-direction & self-realization. In nursing Education, it helps the teacher's & students to become more professional so that they can face the challenges badly.