

As a counselor work in a school guidance and counseling

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The Indian School Provided guidance and counseling Services from start 20 centuries but not paper system. Guidance and counseling is internal part of school in this experience paper. Experiential Guidance and Counseling Services.

Keyword – Guidance & Counseling in a School

- ❖ Aims of Guidance and Counseling Programs
- ❖ School Guidance and Counseling Programs
- ❖ Role of Counselor
- ❖ Main Guidance and Counseling Services
- ❖ Main Methods of Counseling
- ❖ School Guidance & Counseling Program
- ❖ Conclusion

21 Century is ongoing technology. As human being behavior, cognitive, Psychological, change his/her phenomena. So that are of the function of education is to provide opportunities for every people to reach his full-ability, potential, Skill in the areas of education, Perfection, Vocational, Personal, Emotional, Over al Development. Guidance & Counseling is an integral part of education and center on children in school this service prepare students to assume increasing responsibility, ability, skillful.

Counselor is perform role as guide master, honest man, advisor, friends or together with in this paper experiential views.

1. **Aims of Guidance & Counseling programs** - Guidance & Counseling is schooling system part to aim services to the purpose of education in general to assessment the pupil/student in fulfilling her/his basic, common needs like that Psychological, Physical, Educational, Sociological, Career Etc. to developing associations with peer groups.

- a. Balancing between group, Controls, Educational, Sitting, achievement and gain self independence.
- b. Some Specific aims of school Guidance & counseling.
- c. To Provide for realization of students
- d. To help child with developing programs
- e. To contribute to the development of school programs and Curriculum
- f. To co-operation teacher with technical assistance.
- g. To develop natural adjustment of student
- h. To short out problems of students -personal-educational, career, social etc.

2. Role of Counselor – Counselor is Chain or Mirror of school because they are directly contact to the children so knowledge of children problems. children are feel various problems like that personal, social, education, career, etc. main role of counselor motivate to children counsel of children so that growth of student

- a. **Personal/Social** – if guidance and counseling providing services for all students, ongoing drop out personal and social crisis counseling. Such that common problems- substance, abuse, suicide, irresponsible, bully, naughty, eating disorder, and life skill must be addressed.
- b. **Educational** – Students must develop to skill that assessment of learn. The Counselor through classroom guidance and counseling like that exam preparation study tips, test taking skill, time management, memory techniques etc.
- c. **Career information and Plants** - Every student are wants to make the career, so that career plan and information is important for life. Career planning for the future so on each counselor tuch each student. Students are gain target his/her career, skill information, etc. There are understand his/her career field, in the career field. Know your Self.

3. Main Guidance & counseling Services - Guidance & counseling Services all over development this program provide to personal services to students assessment, the placement, and information, follow-up and counseling assistance.

- a. Assessment
- b .Career Information
- c. Placement and Follow-up
- d. Guidance
- e. Counseling

4. Main Methods of counseling – Counseling is one of the basic functions of the school guidance program. Counseling Skills are need by school principals, teacher, advisors, pti, sponsors well by counselors, there are counseling methods are genrally classified into three type

a.Directive

b.Non Directive

c.Eclectic

4. Counseling Approaches –

- a. Psychodynamic Approach
- b. Behavioral Approach
- c. Humanistic Approach
- d. Cognitive Approach
- e. Systematic Approach
- f. Integrative Approach

5. School Guidance & Counseling Program

1. An Organize Guidance & Counseling Committee – Principal, Counselor, Health Officer, Monitor & Class teacher

- a. Guidance & Counseling Room – With Well Plan
- b. Sitting with

i.Teacher- Needed Children identification

ii.Subject Teacher - With Descuse for Subject Problem

- c. Class Talk – 10-30 Talks
- d. Career Talk – 10-30 talks (Career Monograph/ Work Place Visit and Professional meet)
- e. Psychological testing – 3-10 test
- f. Career Testing – 3-10 test
- g. Case Study
- h. Student Portfolio
- i. Guidance & Counseling Session
- j. Physical Exercise/Yoga/Meditation/Stress Management
- k. Reporting – Career Report, Performance Report
- l. Open Day – Report, Meet to Parents, Peer group, Friends.
- m. School Guidance & Counseling information card
- n. Counselor Report – Any Special Case

4. **Conclusion** – 21 Century Scenario is Change of School. In this Century is Child Centered Education. Guidance & Counseling Service Play an Integral Part into overall Student Development or Life. Any Elementary or Secondary School Main Aim or Object to develop all students with one to one individual. To solve their own problems and to make appropriate adjustment to their phenomena. Guidance & Counseling necessary need of school.

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