

VALUE ADDED COURSE
BASICS IN GUIDANCE AND COUSSELLING

SEMESTER	COURSE TITLE	TYPE OF COURSE	DURATION
I&II	BASICS IN GUIDANCE AND COUSSELLING	VALUE ADDED	30

ABOUT THE COURSE:

The Guidance and Counselling course provides students with all of the necessary information about guidance and counselling. The guidance is an integral part of our educational system and it facilitates overall development of student's personality. It aims to up bring the basic skills and potentials among the students to guide and counsel their people.

COURSE OBJECTIVES:

- To understand concept, need, importance and process of Guidance and Counselling.
- To Know about the basic needs of guidance services.
- To list the principles and objectives of Guidance and Counselling.
- To Know about the necessity of Career Guidance & Counselling.

COURSE OUTCOME:

- Students equipped to understand the basics of guidance and counselling.

COURSE CONTENT:

Module –I

CONCEPT, NATURE AND TYPES OF GUIDANCE AND COUNSELLING

- 1.1 Guidance: Concept, definition, nature, scope and importance of guidance.
- 1.2 Types of Guidance - Educational Guidance, Vocational guidance, Personal Guidance.
- 1.3 Counselling: Concept, features, Historical development and Importance of Counselling
- 1.4 Individual and Group Counselling, Directive, Non directive, and Eclecticive.
- 1.5 Difference between Counselling and Guidance.

Module -II

SKILLS, STAGES AND AREAS OF COUNSELLING

- 2.1 Qualities and Professional Ethics of a Counsellor.
- 2.2 Stages of counselling process. Case History taking.
- 2.3 Emerging Trends in counselling and Role of Counsellor in developing Good Mental Health.
- 2.4 Specialized Concerns in Counselling: Substance Abuse, Drug Addiction; HIV AIDS; Child Abuse (Trauma); Internet and Technological Abuse.
- 2.5 Role-play on Counselling.
- 2.6 Visit to Counselling centre and report writing.

REFERENCES:

- ❖ Guidance and Counselling in India, Ram Nath Sharma, Atlantic Publisher (P) Ltd (2018)
- ❖ Counselling and Guidance. S. Narayana Rao, Mc Graw Hill Education Pvt, New Delhi (2013)