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INTERRELATION BETWEEN GUIDANCE AND COUNSELLING



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ABSTRACT

Through this paper an attempt has been made to bring into light the conceptual background of interrelationship between guidance and counselling. Guidance and Counselling services are part of a broader delivery system designed to enhance the success of all learners. Guidance and Counseling is an interactive relationship that takes place between the Counselor and that client. Both Guidance and counselling aims is to assist people to live peacefully. Both are having one common objective and that is to make a person confident to decide his short term, mid-term and his long term i.e., ultimate goal so that he or she get satisfied with his/her life and can attain

peace of mind. Many people are familiar with the terms counseling and guidance even though they cannot discern the difference between them and often interchange these two words. Counseling and guidance both cater towards the development of the individual. It allows the individual to get rid himself from his burdens and to strive towards self-empowerment. Though both guidance and counseling are carried out with the intention of assisting the individual to solve the problem in his or her life differences exists in their theoretical orientation.

KEYWORDS : *Guidance, Counselling, Similar Objectives, Differences.*

INTRODUCTION

Social structures and personal values continue to change and become more diverse. Facing the enormous changes and consequences of globalization at the beginning of the new millennium and its impacts on human social life there is an urgent need to rethink guidance and counseling. The term 'guidance' derives its meaning from the word 'guide' which refers to a person who shows the way. According to A. J. Jones,

"Guidance is an assistance given to the individual in making intelligence choices & adjustments."

Counseling is the central aspect of the whole guidance programme. All the activities and Services of the guidance programme leads to and help in the Counseling process.

Jones calls, "Counseling the intimate and vital part of entire guidance."

Counselling as Webster's Dictionary defines can be termed as "consultation, mutual interchange of opinions, deliberating together."

Though many a times the terms Guidance and Counselling is used interchangeably there are some differences between them. In Counselling, a counselor is trained to be able to listen to people and to encourage them to explore their thoughts and emotions freely and openly. He will ask probing, pertinent questions that will enable the client to be able to consider things that perhaps they had never thought of before. A counselor will also, through exploring, be able to help the client see things in a different perspective and to be able to come to terms with whatever is affecting them. The purpose of counseling is not to tell people how to live their lives, or what to do next, but to let people see for themselves what the options are so they can work things through themselves.

Guidance, on the other hand, will do lots of things that counseling will do, but there is an extra element to it as much as the person who is doing the guiding will advise, and guide. This means that the person doing the guidance must not have any agenda in relation to the person they are guiding, and should be completely neutral in the whole matter.

Options that are available need to be explored so that the person can be sure that they are making the right decision for them.

RELATIONSHIP BETWEEN GUIDANCE AND COUNSELLING:

Guidance helps a person take right decision at the right time and counseling is also done to help a person take the right decision at the right time. The relationship between Guidance and Counselling can be understood by following points,

- ▲ Guidance and counseling is a continuous process extending all through life.
- ▲ Both co-operatively work to recognize needs of individual for making satisfactory relationship with others.
- ▲ Guidance and Counselling is need-based voluntarily accepted service. Things are not to be accepted compulsorily by the client.
- ▲ Both mean help and assistance to the individual.
- ▲ Activities are planned; suggestions are given in Guidance and Counselling process based on well accepted principles.
- ▲ Guidance and Counselling is concerned with the total individual in his psychological and physical setting.
- ▲ Counselling is considered as the heart of guidance service and both go hand in hand.

Both services help in,

- ▲ Understanding what a person can do and should do, about his/her progress,
- ▲ Understanding about the choices he/she faces, the opportunities available and the qualification required to choose a particular goal in life,
- ▲ Understanding the difficulties and handle them in a rational manner,
- ▲ Strengthening his/her best qualities and abilities,
- ▲ Making decisions and plans on the basis of self-understanding, acceptance of responsibilities and formulating the future action-plan.

SERVICES PROVIDED BY GUIDANCE AND COUNSELLING:

Services provided by Guidance and Counselling reflects their inter-relation as both provide same services co-operatively with the purpose of adjusting a person in his personal, educational,

vocational, emotional, social life. Services offered by Guidance and Counselling are-

Pre-Admission Services:

Pre-admission services are provided for students seeking admission to pre-university (junior college) courses and college degree programs. The decision to enter college is determined by a student's socio-economic status. Parents, Guidance worker and counselors are the primary influences. Pre-admission college-planning sessions are available to help prospective students evaluate their prior academic experience, interests, and long-term goals and to learn about the many options available to them. It covers information about students, courses and colleges and universities.

The pre-admission service is required for the following purposes:

- ▲ To ensure that the student's academic achievement is related to the occupation plans in the future,
- ▲ To check if the student's occupational and academic plans are suitable to his real interests and abilities.
- ▲ To develop a positive relationship between the subjects chosen and the student's work aspirations.
- ▲ To inform students of the disadvantages of choosing the 'wrong' subjects, as some students have incomplete information about themselves and courses
- ▲ To explain the current trend in full-time or part-time courses, admission processes in various educational institutions.

Guidance worker provides information about the on printed sheets, in bulletins, brochures and online, on the institutional website. This information contains a description of the college, full-time and part time courses, university-affiliation details, the admission process, admission deadlines and various educational opportunities available.

Counselors play a crucial role in the student's passage through the educational process. They help students to plan their immediate and long-term goals. Academic achievements and the student's interest and future aspirations are primarily considered at this stage. Counselors ensure that students complete and submit all admissions and financial aid applications before deadlines.

Admission Services:

The admission service ensures that suitable and deserving students are admitted to the right course through Guidance and Counselling. Some students get admitted into a course, that they are not satisfied with. So, they drop-out of the course. This leads to wastage of their time, money and effort in further education. To avoid these mistakes, the admission service must track each student's admission at various stages. Counselors provide detailed institutional information about full-time and part-time programs, so as to guide them at every step of the University placement process. Guidance worker gives students information regarding scope of a course program and rules and prospects of changing subjects.

Modern admission services include Online Admissions with online guidance, that are proving to be quick, transparent and satisfactory to many parents.

Orientation Services:

The purpose of conducting an orientation service is to develop desirable behavior and

attitudes, wholesome life adjustment and a sense of direction for students.

An orientation service is important for the following reasons:

- ▲ It provides newly admitted students with information about college routines, traditions, rules and regulations, facilities, college authorities and financial aid.
- ▲ Information is given about the semester system, the new choice-based credit system, internal assessment, board and university ordinances about attendance and performance standards.
- ▲ All academic support systems through the library, computer rooms, club activities, hostel facilities, health/medical centre, classrooms, laboratories, sports facilities, common rooms, etc are explained.

Guidance worker and Counsellor through oriental services introduce new learning environment, course structure, university regulations, evaluation system and administrative structure to the students to make proper adjustment.

Student Information Services:

Guidance worker and Counselor provide Student Information Service to make valuable information available to the students, for personal, social, emotional and spiritual development and adjustment. This information is provided throughout the instructional programs. This information is considered necessary in guiding adolescents and young adults in making intelligent vocational or educational choice or their personal and social adjustments.

The Student Information Service involves collecting data about students through many devices like questionnaire, interest inventories, aptitude tests, personality tests, attitudinal scales and observation schedules, maintaining their records systematically, so that they can be retrieved and applied at the right time for the benefit of the student. This service is provided by a team of professional counselors and guidance officers who work on full time or part-time basis in educational institutions. The State Vocational Guidance Bureau also provides this service. The Student Information Service assists students to obtain a realistic picture of their abilities, personality characteristics, interests, achievements, mental health, social skills, aspirations and academic abilities.

Counseling Services

Counseling is a very important service that falls under broad periphery of guidance programme. Given in schools and colleges, for the educational, personal and vocational development of each student Counselling services are considered the 'heart' of the guidance programme. The counseling service must assist the individual to identify, understand and solve challenges and problems that an individual may come across, during education and work. Full-time school and college counselors should provide counseling in three domains: academic, career, and personal/social. Their counseling services and programs help students resolve their emotional, social or behavioral problems and help them to develop a clearer focus or sense of direction in their life.

Placement Services

Placement Service is provided in Guidance and Counselling programme to help the individual to obtain employment. A guidance and counselling programme is incomplete, unless the student is directed towards gainful occupation, or placed in a course, training programme or job. Here, guidance worker and counsellor assist students to get employed in such a way that it leads to optimum use of

his/her knowledge, attitudes and skills.

Remedial Services

School counselors and guidance worker offer assistance to children who are experiencing difficulty with reading or coping with other subject matter like mathematics. Remedial specialists work closely with teachers and parents to provide the most effective assistance for each child. The School Guidance officer and counselor should work with students, teachers, parents and the community to assist students in developing their full potential and effective study habits. One of the most important counseling goals is helping children form a favorable self image and give them confidence in meeting new challenges, both in and out of school. Remedial services are provided to develop the basic reading skills that are critical to compete in school and college, and in the adult world. This service aims at removing learning and curricular difficulties encountered by school slow learners, students with dyslexia, language disabilities and the like.

Follow-Up Services

Many students finish their studies without planning their next step into the world. In such a situation the guidance officer and counselor needs to follow the development of some ex-students, to ensure that they adjusted well in their careers or to know if they need additional guidance and counseling. College guidance officers and counselors visit different work organizations and companies, where their ex-students are employed to find out how satisfied they are, and gather some information about their work and their employers.

The purpose of the follow-up service is:

- o Obtaining information about student-performance after completing their studies,
- o Appraising the school/college educational programme,
- o Appraising the school/college guidance & counseling service,
- o Planning for the improvement of programme and services.

Research Services:

A developmental guidance and counseling program should help students acquire the knowledge, skills, self-awareness, and attitudes necessary for successful mastery of normal developmental tasks. Research is the basic instrument to study present situation with a view to derive some solutions to problems aroused. Research on school and life success clearly demonstrates that quality school guidance and counseling services which focus on personal, social, learning, and career/vocational needs, definitely enables its students to cope with the many challenges and opportunities occurring during the school/college years.

Guidance worker and Counsellor conducts research on school counseling services to show whether the school counseling is effective and if the services of school counselors have a positive effect on students. The quantitative analyses of this data obtained through research must be studied to prove if the school guidance and counseling programs are beneficial to students, in their academic achievement and solving their problems.

Evaluation Services

In educational institutions Guidance and counseling is a systematically organized continuous process aimed at assisting the individual to make decisions and adjustments from time to time. The

guidance and counseling service should assist pupils with learning readiness, school achievement, vocational/employability skill development, goal setting, decision making, and personal maturation. The evaluation of guidance and counseling programs and their activities and services, is receiving attention. School counselors and guidance officers are being asked to demonstrate that their work contributes to student success, particularly student academic achievement, therefore evaluation has become essential activity under guidance and counseling services.

Not only for assessment of present status of programs but also for bringing necessary improvements evaluation is considered important for a guidance worker and counsellor. Some areas of improvement are: student registration for counseling sessions, social and personal problems, and class schedule changes, availability and accessibility of counselors, as well as the availability of up-to-date educational and occupational information.

DIFFERENCES BETWEEN GUIDANCE AND COUNSELLING:

The significant difference between the Guidance and Counselling stem from the manner in which the problems are dissected and tackled. Guidance and Counselling is differentiated in the following way,

- Counseling is a more inward analysis, whereas guidance is much more external.
- Counseling is in-depth, narrowing down the problem until the client understands his/her own problem, but guidance is broader and comprehensive.
- Counseling is mostly on personal and social issues, whereas guidance is generally education and career related.
- Focus on counseling is not on the solution but on understanding the problem as it allows the counselor to bring about emotional change or change in feeling. But in guidance the focus is on finding a solution, which may or may not bring a change in attitude of the client.
- Guidance is required by all. Counselling is for people who have psychological, acute or chronic problems.
- Guidance is found in only at schools/colleges. But counseling is given in places other than educational institutions. People go to a psychiatrist, psychologist, or Licensed Professional Counselor (LPC) when they need counseling, which is not only at a school but in hospital or any other place.
- In the process of guidance, the client's problems are listened carefully and readymade solutions are provided by the expert whereas in the process of counseling the client's problems are discussed and relevant information is provided in-between. In the end of the counseling process, the client himself/herself develops insight to the problem and become empowered to take own decision.
- Guidance embraces all aspects of life. It tries to assist individuals to discover his strong points and thus help himself. Although counseling also covers wide aspects of an individual's life, yet it doesnot covwer as much ground as guidance does.
- Guidance is an inclusive term while, counseling is a part of over-all guidance programme.
- Guidance is adjustment oriented process, on ther hand in counselling more emphasis is given on learning. Counselling is learning oriented process.
- Guidance while given in a group situation or in individual setting is found to effective. It is a group process if provided to a group of individual. But counselling is considered to be a one to one relationship basis of which is mutual respect and depth understanding of client.

CONCLUSION:

According to Butler, the two phases of counselling are 'adjustive' and 'distributive'. In adjustive phase, the emphasis is on the social, personal and emotional problems of the individual; in the distributive phase the focus is on his educational, vocational and occupational problems. Arbuckle has described Butler's distributive phases guidance and adjustive phase as counselling. Differences between Guidance and Counselling do not mean that Guidance and Counselling are separate because their dependence and interrelation is needed to bring forth an effective personality. Guidance and Counseling are thought of like two sides of a single coin. Man needs both to survive in life. According to Nwagu (1985), it takes both a man and a woman to bring forth a child. In the same vein, it takes both guidance and counseling to bring fourth and ensure a healthy climate and the harmonious integrated personality development.

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