

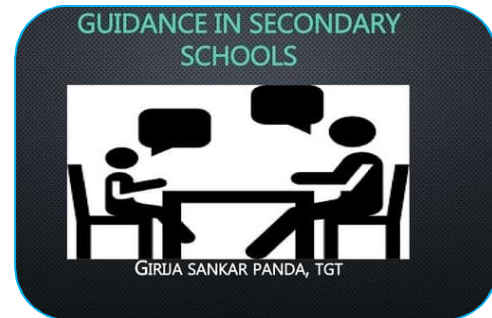


GUIDANCE AT SECONDARY STAGE

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ABSTRACT

The secondary school stage is a critical period marked by significant physical, emotional, and psychological transitions in adolescents. Effective guidance during this stage plays a pivotal role in shaping students' academic paths, personal identities, and future careers. This article explores the multifaceted dimensions of guidance at the secondary level, emphasizing its importance in facilitating healthy adjustment, informed decision-making, and holistic development. It outlines the key objectives of guidance programs, including fostering self-awareness, enhancing social and communication skills, motivating learners, and supporting academic achievement. The article also details various methodologies and activities—such as appraisal techniques, remedial teaching, career counseling, life skills education, and parental involvement—that contribute to the success of a comprehensive guidance program. Through collaborative efforts among teachers, counselors, and parents, students can be empowered to make responsible choices aligned with their interests and aptitudes. The article concludes by reaffirming that timely and appropriate guidance equips learners to manage adolescence effectively and lay a strong foundation for a fulfilling future.



KEYWORDS: Guidance, Secondary Education, Adolescents, Counseling, Career Planning, Life Skills, Remedial Teaching, , Decision-making, Social Skill.

INTRODUCTION

Guidance is the help rendered by one person to another in making choices and adjustment and in solving problems. The basic aim of guidance is to magnify the power of the positive and integrative emotions and to minimise the role of negative and disintegrative emotion such that they are of service to the individual in one's development and growth. The fundamental premise of all guidance is a basic faith in the improve ability of human being and growth-It's optimistic orientation. Thus, what is essential is preventing the arousal of a self-defeating attitude.

Guidance is concerned with development through adjustment and their four ought to be frames to individualize educational programmes. The school should have a total program of which guidance is an integral part. The constant concern should be to enhance learning by providing a conducive environment at school or college and at the same time to minimise the interfering factors. Guidance on any individual basis aims at enhancing the capacity for more effective choice making.

A human being is a growing, seeking and exploring organism. Healthy children pursue tasks eagerly and willingly and exhibit a sense of thrill of achievement when they learn. Unfortunately this thrill disappears when they are forced to learn. It is pertinent to consider that while texture learning is

important, the learning of self confidence ,cooperation, curiosity is more important in order to have a wholesome personality.

IMPORTANCE OF GUIDANCE

Guidance of the peoples that secondary stage is of great importance as During these years they enter the crucial period of adolescence one word which best characterises adolescence is change. It brings with it a number of conflicts that need to be resolved tactfully .Moreover at this stage students are to make academy choices for their future career that ultimately shapes their life ahead. Apart from this they are heading towards sexual maturity. Warmth,understanding shown by the counselor helps in building a bond of confidence between him and his pupils. Not only this, their interests and abilities must be related to their academic pursuits.

Functions/ objectives of guidance

Guidance at secondary stage should have the following objectives

- It enables students to realise the new role that education can play to live a wholesome and fruitful individual and social life.
- It helps students in making wise choices of courses and programs of further study. This must cater to their interest and abilities.
- It assists people to know their interests, aptitude and hidden capabilities.
- It helps students to overcome barriers which may be a hurdle in their further education. Guidance programs must help them in removal of difficulties related to their subjects. it must also enable them to develop good reading and study skills.
- It helps pupils to maintain and stimulate interest for study. In other words motivation is an indispensable element in the learning process.
- It enables pupils to develop and realise adequate and acceptable self concept.
- It helps pupils to have a feeling of worth and a sense of belongingness, to feel that someone is concerned with them as individuals, someone whom they can trust and who can help them.
- It assists people to improve social relationship skills so as to establish healthy relationships with their peer groups.
- It helps students in developing an independent philosophy of life for effective decision making.
- It enables students to become economically independent.

PROCEDURE AND METHODOLOGY

Guidance programs have to be designed as a collection of different activities to improve the overall adjustment of an individual pupil. A program has to be comprehensive enough to achieve this objective. As the demands of society are different at different stages of life, the guidance activities would accordingly be of different nature.The middle and secondary school years coincide with spurt in intellectual and motor development hence activities of an exploratory nature need to be provided to help students to acquire clear self and career identity.

Keeping in mind the above objectives, some of the activities for the secondary stage are delineated.

- Appraisal of pupils: Self understanding is required by an individual for making decisions. The counsellor provides information to the people which help in acquiring self acceptance and self reliance. to provide meaningful guidance accounts needs two types of information about the pupils:
- The psychological data which describes aptitudes, interest, skills etc. possessed by the pupils.
- The social data which describes the environment in which he lives.The former is known as testing technique while the latter is described as non testing technique. Non testing technique can be classified under a few broadheads

- a. Observation
- b. self assessment procedure
- c. Interviews
- d. Questionnaire
- e. records

An understanding of characteristics and their relationship with success will help students in making realistic plans.

- Activities promoting assertiveness, training ,self awareness ,value clarification, building self esteem and self confidence will enhance the educational development of the learners. Through group work and pair work ,the students will get a chance to know about their strong and weak points. Debates discussions on important issues will lay bare the difference between self and others. Reading good literature and listening to good talks will go a long way in developing positive thinking in students. Therefore all these activities must be organised to help students to acquire identity as a person and as a worker.
- Boosting communicative activities equip the pupils with tools to share their ideas, joys and sorrows with others This facility will go a long way in improving social skills in and in having healthy relationships with the peers .Essay writing, drama and poetry become means by which pupils acquire competency to express their feelings ,thinking patterns ,aspirations and beliefs. Composing stories ,discussion on stories ,biography of eminent people help to develop. All these activities serve guidance purpose.
- As a part of language curriculum, reading is one of the means to develop a mature personality. The teacher must provide suitable reading material to children. Exposing the students to varied styles of writing, reading and expressing opens all together different avenues for them. This also enables them to develop new ways of looking at things.
- Remedial teaching is another important activity which needs to be taken up seriously. Pupils having problems in reading, writing and speaking must be diagnosed carefully and special programs must be organised to overcome these faults. This step will certainly help in building self esteem in the pupils. All these efforts of teachers will lead to enhancement of personality of these children.
- Various forms of art -drawing ,painting ,collage ,modelling ,music ,dance and drama sharpen the sensibilities of seeing, hearing and focusing. Students' drawings can reveal fear ,anxiety ,conflicts .Guiding workers can identify and develop interests and abilities to develop them as hobbies.
- In order to familiarise the child with the "tools, products and processes" of the technological world and to inculcate work habits; SUPW and work experience for career development must be a significant part of Curriculum.

Values like love, respect for manual work, work ethics, perseverance, industry etc can be inculcated. It will help them in selecting suitable courses and gaining an awareness of employment opportunities.

- Special programs on boy- girl relationships, family relationships ,friendship information, conflict resolution, assertiveness can be developed by the teacher. These will provide the student with the reservoir of life skills to lead an effective personal social life. Students can be encouraged to write, express orally, and act out strong feelings and hostilities. They can take out their hostility to attack such social problems as poverty, crime and other communal, parochial and other prejudices can be removed too
- At the Secondary School stage, the child feels himself trapped in a very odd situation. On one hand he is a grown up boy, while on the other he is reminded of being immature. He feels himself caught in between idealism and realism. He feels at a loss as to what to do and how to do it. Various activities like creation of hypothetical situations, games, essay writing events can help them in clearing the dilemma on moral issues..

- Students must be encouraged to hold discussions with experts invited in the school. Beside it, interviewing people ,preparing displays, charts, job posters, arranging career exhibitions will give the students myriad chances for vocational exploration.
- Since adolescence is said to be a period of great stress and strain ,management in all forms becomes indispensable.
- Different forms of Management like time management, anxiety management and resource management can be taught through different activities. Workshops, seminars, and teaching the students all the skills will help them in overcoming many problems related to hurdles.
- Activities must take into account under achievers and others with special problems.Special provision will be needed for these types of children. for it identification is the first step. Later on in consultation with the community agency, a plan of action can be formed.
- Guidance is a Cooperative venture. A child is a responsibility of both parents and teachers. Parent-Teacher Associations can be the best platform for all types of discussions related to the child. It may range from the choice of subjects up to the ways of handling the ward to this crucial stage.
- Pupils must be made aware of the implications of different subject streams towards their career planning in the immediate future or for further studies as a long term planning for work.Educational information indicates features of an educational program ,study habits required ,financial aid.
- Orientation for adjustment in training opportunities must give details about facilities, cost to be incurred during the training period and placement services.Such information must be readily available with the guidance worker.
- Organising career talks, career days, career conferences, career exhibitions and fairs can be some of the activities which help the pupils in the decision making process.

CONCLUSION

Therefore one can say with certainty that proper guidance at secondary level can help one to achieve success in the field of one's choice and capability. The same can best be achieved by realizing the right path through a learned counselor. Once the objectives are set, it becomes easy for one to approach in the right direction.

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