

SIGNIFICANCE OF GUIDANCE AND COUNSELING IN SCHOOL EDUCATION

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Abstract

The complex and changing nature of the world of work poses a great challenge to the young learners today. Many students in secondary schools experience difficulties in making informed career decisions due to lack of adequate career decisions due to lack of adequate career information and guidance which hampers their career development. The study recommends that there is need for the teacher counselors to be professionally trained in career guidance and counseling so as to adequately assist their students to make informed career decisions. There is need for the schools to equip the guidance and counseling department with adequate and necessary career information resources in order to diversify the students' level of career awareness and exploration.

Introduction

Presently the major problems in the school system are inadequate knowledge of the proper subject combination and course combination, which describes the intellectual ability of the students guidance counselors are ever ready to attend to students especially to guide them early in order to prevent the problems ahead of time or before it is properly developed. The fact is that if guidance counselors are not authorized to handle these students it will be very difficult for them to involve themselves with it and if there is no quick response in the provision of guidance and counseling to these students the problem accumulates and future adjustment becomes very difficult.

Impact of Guidance and Counseling services on High School pupils

The impact of guidance and counseling service offered in high schools in order to ascertain its relevance to the changing needs of children in schools. The study was guided by the following objectives.

- To establish the status of guidance and counseling services in schools.
- To find out whether pupils are guided in the choice of subjects to study
- To determine whether pupils are exposed to entry requirements to higher education
- To determine whether pupils receive help in the selection of their career path
- To find out how pupils with interpersonal problems receive help in school and
- To determine causes of indiscipline among pupils in schools.

School Guidance and Counseling Services

School Counseling has undergone a transformation from a program of entitlement to one of performance and continuous improvement. School counselors now focus on improved student results that measure the impact of goals and objectives. The essential question becomes how has student academic achievement improved as a result of what counselors do?

School counselors must use data to assess students needs, establish measurable goals and measure the results of guidance and counseling activities. This helps to ensure accountability. Data is collected disaggregated and analyzed to determine areas of student strength and areas in need of improvement.

Major roles and functions for school counselors

The roles of a school counselor are somewhat different at various grade levels,

Elementary school level

In elementary schools counselors spend their time with children individually in small groups or in classrooms thus having some connection with every student in the school. With the advent of systems thinking the elementary school counselor now has a working relationship with students families and with community social agencies although the roles of school counselors vary among settings common tasks include individual counseling small group counseling large group or classroom presentations involvement in school wide behavior plans for promoting positive and extinguishing negative behaviors and consoling with teachers parents and the community.

Middle and High School level

Like elementary school counselors the role of middle and high school counselors very depending on the district and the school administrators. Counselors deal with a vast array of student problems personal academic social and career issues. Typically these areas get blended together when working with a student on any one topic hence it is impossible to separate the duties of a counselor on the basis of a particular problem. Counselors in middle and high school have experience with all these areas and work with others in the school and community to find resources when a need arises.

Need for Guidance and counseling

The student life is getting complex day by day. Guidance is needed to help the students for optimum achievement and adequate adjustment in the students in the schools

shows the need of guidance and counseling services in the education, profession, vacation, social, health, moral, personal and marital areas.

Guidance and counseling programme needs to be introduced in our colleges and universities to meet the varied needs of the educational system, administration and students.

- To help in the proper choices of course
- To help in the proper choices of careers
- To help the students in vocational development
- To develop readiness for choices and changes to face new challenges
- To minimize the mismatching between education and employment and help in the efficient use of manpower
- To motivate the youth for self employment
- To help fresher's establish proper identity
- Guidance and counseling service is needed to help students deal effectively with the moral developmental tasks of adolescence and face life situations boldly.
- To identify and motivate the students from weaker sections of society.
- To help the students in their period of turmoil and confusion
- To help in checking wastage and stagnation
- To identify and help students in need of special help
- There are such students as the gifted backward, the handicapped who need special opportunities. They need special attention and opportunities
- To ensure the proper utilization of time spent outside the classrooms
- The manner in which students spend their non-class hours clearly affects their success in achieving both academic competence and personal development
- To help in tackling problems arising out of students population explosion
- To check migration to prevent brain drain
- To make up for the deficiencies of home
- To minimize the incidence of indiscipline

Majority of the students lack a sense of direction a sense of purpose and a sense of fulfillment and indulge in destructive activities which lead to social damage and loss. Adequate guidance and counseling facilities is the only answer to help and guide the youth to worthwhile channels and help them realize the goals of optimum academic personal and social development. All points out the need for the counseling services. Guidance and Counseling have a challenging role to play in every developing economy, much more so if it is a labour surplus one.

Meaning of counseling

Counseling is the service offered to the individual who is undergoing a problem and needs professional help to overcome it. The problem keeps him disturbed high strung and under tension and unless solved, his development is hampered or stunted. Counseling therefore is more specialized service requiring training to personality development and handling exceptional groups of individuals. Counseling services are therefore required for individuals having developmental problems because of the handicap they suffer in any area of emotional either because of hereditary factors or environment conditions. Generally such cases are only about five to seven percent in a population and therefore counseling is required only for such a small number as compared to Guidance. Counseling involves a lot of time for the client to unfold the problem gain an insight into the complex situation.

Counseling techniques involve active listening, emphatic understanding releasing the pent up feelings, confronting the client and so on. Counseling therefore is offered to only those individuals who are under serious problem and need professional help to overcome it.

Need of counseling

Counseling is an integral part of an over-all programme of guidance. 'Counseling is a specific process of assistance extended by an expert in an individual situation to a needy person'. This means the counseling situation arises when a needy person is face to face with an expert who makes available his assistance to the needy individual to fulfill his needs.

There is an urgent need of introducing and strengthening the counseling service in the schools and colleges of our country to meet the various needs of the students administrative and the educational system.

Significance of counseling at secondary level

Counseling is a process of assistance extended by an expert in an individual situation to a needy person. According to Carl Rogers, "counseling is a service of direct contact with the individual which aims to offer him assistance in changing the attitudes and behavior".

Characteristics of Adolescence

Adolescence is best defined in relation to puberty. This is the period which begins with puberty and ends with the several cessation of physical growth it emerges from adulthood. Adolescence is a critical period in the development of personal identity A.T.

Jersild observes adolescence is that span of years during which boys and girls move from childhood to adulthood mentally, emotionally, socially and physically.

Impact of counseling in schools

Guidance and Counseling is a process of education through which individuals obtain solution to confronting problems. Thus Guidance and Counseling has to be available in the schools in order to help an individual student or group of students find possible solutions to their problems through the help of the school's guidance counseling personnel.

Initially the problems faced by the school system ranged from drug addiction truancy cultism to examination malpractice. These were the effects of poor study habits and unconducive environment. Today the story has changed.

There is a saying that "Prevention is better than cure". If the initial problem of a student is not solved it would give birth to another problem and this can happen in the life of a student as a result of lack of guidance and counseling service unit in the school which can easily compound the student's academic problems. It may lead to the situation that his or her capability for growth would be completely hampered. To avoid this situation degenerating to the worst state, the students can be helped by a skilled guidance counselor. This can be provided adequately within the school environment. If such services are provided in schools, most of the students who fail and repeat classes could have been helped in the right choice of subjects thereby avoiding unnecessary failure and class repetitions.

Guidance and Counseling Service is needed at every level of formal education

For the proper behavioral and courses /subjects combination, pupils, students and even undergraduate students need guidance and counseling seriously. This will help shape and sharpen the individual's lives and intellects. The impacts of guidance and counseling in schools cannot be over emphasized. Investigation reveals that students who are guided by guidance counselors in schools find themselves in the right courses of study. Guidance and counseling is of great importance to the school system. Government should establish and enforce guidance and counseling service units in every school institution. This will better both the lives of the students the school system and the general society at large.

Conclusion

The general public tends to view counseling as a remedial function and emphasizes immediate goals, such as problem solution, tension reduction and the like, counselee may refer to the resolution of a particular conflict or problem situation. Counseling in its spirit and essence is generative, it aims at assisting the individual to develop such that he

becomes psychologically mature and is capable at realizing his potentialities optionally. The secondary school counseling needs a meaningful realistic practical frame of reference constituent with the short term nature at school counseling.

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