



Impact of Guidance and Counselling Programmes for Schools Students

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Abstract:

Guidance and Counselling is inherently an educational process and can promote learning in a dual sense. It encourages and assists young people to seek education and training courses and experiences that will expand their horizons and will qualify them for jobs that represent an acceptable balance between aspiration, aptitude and availability.

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I. Introduction

History of Guidance & Counselling:

Guidance and Counselling as a movement was started in America at the beginning of 20th Century as a reaction to change process in an industrialized society. Guidance and counselling services were set up within the department of education in September 1968 when the recommendations made by Louis, a consultant sent over to Malta by United Nation's Educational Scientific and Cultural Organization (UNESCO), were taken up, Summit (1997). Globally, guidance and counselling services are essential elements in discipline management of people in all societies. It could be difficult for any society to function well without the exercise of discipline. School guidance and counselling programmes have therefore been introduced to assist students overcome the number of challenges they experience at home and at school.

Counselling is a process of helping individuals or group of people to gain self understanding in order to be themselves. Burks and Steffler (1979) see counselling as a professional relationship between a trained Counsellor and a client. Olayinka (1972) defined it to be a process whereby a person is helped in a face-to-face relationship while