

PGDSCC102- Fundamentals of Guidance and Counseling

Objectives:

After going through this course, students will be able to:

- Understand the concept of counseling
- Understand the process and strategies for effective counseling.
- Learn the various techniques and skills required for effective counseling.
- Understand about the qualities and competencies for an effective counselor.
- Understand the psychological approaches of counseling.

Unit	Content	Credit
1	Introduction to Guidance Process	1
1.1	Concept and Definition of Guidance	
1.2	Objectives of Guidance at School Level	
1.3	Basic Assumption of Guidance	
1.4	Need for Guidance for at School Level	
2	Types and Principle of Guidance	1
2.1	Types of Guidance : Educational, Vocational and Personal	
2.2	Principle of Guidance according to Crow and Crow	
2.3	Difference between Guidance and Counseling	
2.4	Role of teacher in Guidance	
3	Essentials of Counseling Process	1
3.1	Concept and Definition of Counseling	
3.2	Steps of Effective Counseling Process	
3.3	Factors effecting Counseling Process	
3.4	Essential Support and Crisis	
4	Counseling Techniques and Counseling Skills	1
4.1	Various techniques and skills of counseling Introductory techniques, Attentive Behaviors, Acceptance Technique, Reflection Technique, Interpretation Techniques, Questioning Techniques, Concluding Techniques, Non verbal Communication, Listening Techniques, Directive Techniques, Assuring Techniques	
4.2	Other Useful Counseling Skills (Observation Skills , Questioning Skills, Communication Skills, Listening, Feedback, nonverbal Making, Notes and Reflections, The Counseling Interview - Interviewing)	
4.3	Quality and Competencies of an Effective Counselor	
4.4	Professional Ethics and Role of Counselor	

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