



M'sila University
faculty of Humanities and Social Sciences Language
Department of Psychology



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Educational guidance and counseling

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Introduction:

Guidance and counseling have, in all places, been a vital aspect of higher education. One of the purposes of education is to help the individual in becoming a useful member of society. If an individual receives education without proper guidance and counseling, he is not able to develop his personality fully and thus is unable to serve his society in terms of his abilities and talents.



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What is Guidance?

- The term **guidance** is used in so many different ways. The true significance of the work of guidance in the school is often overlooked. The chief aim and purpose of guidance is **to help the child, youth or adult, to understand himself, his needs and his environments.**
- “**Guidance** is helping the pupil to become adjusted to his present situation and to plan his future in line with his interests, abilities and social needs.” (Hamin and Erickson).

2-

WHAT IS COUNSELLING



- **Counselling** is a mutual helping relationship between a person in need of help (client) and a trained counsellor.
- **Counselling** is an interaction process which facilitates meaningful understanding of self and the environment, and results in the establishment, and or clarification of goals and values for future behaviour. (Shertzer and Stone).
- **Counselling** is a person-to-person process in which one person is helped by another to develop, increase in understanding and ability to solve his or her problems.

Guidance & Counselling



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- Akinade (2012) defines **guidance and counselling** as a process of helping an individual become fully aware of his/her self and the ways in which he is responding to the influences of his/her environment. It further assists him to establish some personal meaning for this behaviour and to develop and classify a set of goals and values for future behaviour.

Guidance and Counselling

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- **The two words guidance and counselling** generally take on different meanings. **The former** refers to helping students' whole-person development, while the **latter** is frequently targeted at helping students with problems. In other words, guidance work is preventive and developmental in nature whereas counselling is more of supportive, remedial work (LaiYeung, 2014).

4-Aims and Objectives of Guidance and Counselling:

- Through the guidance program a student must be achieved:
 1. To understand himself.
 2. To make the most of his capacities, interests and other qualities.
 3. To adjust himself satisfactory to the varied situations within his total environment.
 4. To develop the ability to make his own unique contribution to society to the fullest possible extent.

4-Aims and Objectives of Guidance and Counselling:

- **Some specific aims of the school guidance and counselling program includes the following (Gibson, 2009 cited in Lunenburg, 2010):**
 1. To Provide for the Realization of Student Potentialities.
 2. To Help Children with Developing Problems.
 3. To contribute to the Development of the School's Curriculum.
 4. To Provide Teachers with Technical Assistance.
 5. To Contribute to the Mutual Adjustment of Students and the School.

5-Principles of Guidance Service:

- Gilbert Wren and Willis Dugan have given the following as some of the specific principles of guidance:
 - **Guidance** is concerned with the ‘whole’ student, not his intellectual life alone.
 - **Guidance** is concerned with all students, not only with ‘special’ or ‘problematic’ students.
 - **Guidance** is concerned primarily with prevention rather than cure.
 - **Guidance** is more than just activity of a specialist.

5-Principles of Guidance Service:

- **It involves** the whole school components.
- **Guidance** is concerned with choices and decisions to be made by students.
- **It develops** student's self-understanding and self-determination.
- **Guidance** is counsel-not compulsion.
- **Guidance** is a continuous progress throughout school life of each student.

6-What Are the Role of Guidance and Counselling in Schools?

- **The roles of guidance and counselling** is to bring about the maximum development of human potential for the benefit of the individual and society. The school counsellor is concerned with facilitating the optimum development of students, especially the intellectual abilities, develop a balanced personality and to have a complete person intellectually, spiritually, morally and socially.

6-What Are the Role of Guidance and Counselling in Schools?

- **Guidance and counselling** is therefore aimed at assisting students to harmonize their abilities, interests and values, thereby enabling them to develop their potential fully. In schools, there is need for students to make proper subject and career choices. According to Robert and Elizabeth (1983), adolescent experience **alienation**(الاعتراب) which is a syndrome comprising of distrust, **anxiety**(القلق), **pessimism**(التشاؤم), **egocentrism**(التمركز حول الذات), **meaninglessness**(اللامعنى), **normlessness**(اللامبالاة) and **powerlessness**(العجز). They observe that guidance and counselling is therefore needed during this adolescence stage to assist them understand their developmental stage and adjust to school life.

7-What Are the Benefits of the School Counseling Program for Students?

- The following are benefit of counselling to students in schools:
 1. Prepare students for the challenges of the through future , career, and personal / social development.
 2. Relates educational program to future success.
 3. Facilitates career exploration and development.
 4. Develops decision-making and problem solving skills.
 5. Assists in acquiring knowledge of self and others.
 6. Enhances personal development.

7-What Are the Benefits of the School Counseling Program for Students?

7. Assists in developing effective interpersonal relationship skills.
8. Broadens knowledge of our changing world.
9. Provides advocacy for students.
10. Encourages facilitative, co-operative peer interactions.
11. Fosters resiliency factors for students.
12. Assures equitable access to educational opportunities.

8-What Are the School Guidance Counsellors' Areas of Work?

The School Guidance Counsellor:

- ✓ Counsels individual students and provides group education and vocational guidance.
- ✓ Assists individual students with personal problems; social, emotional etc.
- ✓ Assists with personal development.
- ✓ Advises on study techniques.
- ✓ Advises on job applications and interviews.
- ✓ May engage in psychological testing and other testing.
- ✓ May refer students to other agencies.
- ✓ May co-ordinate a school system of pastoral care.
- ✓ Is responsible for the compilation and availability of occupational information.
- ✓ Enjoys freedom and flexibility in the organisation of counselling activities according to the needs of the school.

Conclusion:

Guidance is applicable to all aspects of human life i.e. physical, mental, vital, emotional and spiritual and in all stages of development from infancy to old age. The main objective is to help individual to utilize the basic potentialities to the maximum for adequate adjustment in the environment. Guidance and Counselling help students in career choice to vying to their appropriate area that they are good at instead of following their peers in choosing a wrong career part.

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Golden Words:

**"The mediocre teacher tells.
The good teacher explains.
The superior teacher
demonstrates. The great
teacher inspires."**

Golden Words:

"Good teachers are those who know how little they know. Bad teachers are those who think they know more than they don't know."

Golden Words:

"A great teacher is someone who knows their subject and knows how to teach it."

**Thanks for your
attention**

