

General Elective (GE): 04 Credits

GE (IV.4.1) Guidance and Counselling General Elective

1. Credit Distribution of the Course

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
GE (IV.4.1)						
Guidance and Counselling	4	3	1	0	Undergraduate	NIL

2. Learning Objectives

This course aims to develop theoretical and practical understanding of the principles, approaches, and techniques of guidance and counselling. It equips prospective educators with the knowledge and skills to address students' academic, personal, social, and career concerns, promoting their holistic development. The course integrates Indian perspectives and modern global trends in counselling.

3. Learning Outcomes

- Understand the nature, scope, and importance of guidance and counselling in education.
- Describe and differentiate major theories and approaches of guidance and counselling.
- Apply tools, techniques, skills and ethical practices in Guidance & counselling situations
- Design and implement guidance and career development programmes in educational settings.
- To familiarise the students with various approaches, techniques and skills of counselling and psychotherapy in mental health problems.

4. Syllabus

[45 hours]

Unit I Foundations of Guidance and Counselling - Meaning, nature, principles, Aim, objectives and scope of Guidance and Counselling. Historical development of guidance and counselling in India. Difference between Guidance & Counselling and Counselling &

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Psychotherapy. Types and areas of guidance: Educational, vocational, personal, and social. Organisation of Guidance programmes at different levels of Education. **[12 hours]**

Unit II Theories and Approaches to Counselling - Major theories: Psychoanalytic, Behaviouristic, Humanistic, and Cognitive. Counselling approaches: directive, non-directive, eclectic. Group, family, and multicultural counselling. **[9 hours]**

Unit III Tools, Testing and Non-testing techniques, in Guidance & Counselling - Tools of guidance-Interviewing, observation, and case study. Testing techniques-Intelligence, achievement, interest, aptitude, adjustment & interpersonal relations, personality (Objective, self-report, Projective). Sociometric devices. Non-testing technique: Systematic Case study, interview-counselling interview, observation role and method. Ethics and confidentiality in counselling. **[12 hours]**

Unit IV Guidance Services and Programme in Educational and Vocational Contexts - Vocational guidance and decision-making. Career development theories (Super, Holland). Guidance services-self-inventory, occupational information, placement, follow-up, and evaluation. Guidance for diverse learners and students with special needs. School guidance programmes: organisation and evaluation. **[12 hours]**

5. Tutorials [15 hours]

- Conduct a mock counselling session.
- Prepare a case study report.
- Design a school guidance plan.
- Need assessment of behavioural counselling among adolescent learners.
- Counseling logs for learners' overall well-being.

6. Essential Readings

- Gibson, R.L. & Mitchell, M.H. (2019). *Introduction to Counselling and Guidance*. Pearson.
- NCERT(2022). *Guidance and Counselling*. New Delhi: NCERT (Chapter 8) (pp.157-165)
- Gladding, S (2018). *Counselling: A Comprehensive Profession*. New Delhi
- Seth, S., Bhatia, H. and Chaddha, N.K. (2018). *Counselling Skills: Knowing self and others*
- <https://www.egyankosh.ac.in/bitstream/123456789/74662/3/Unit-4.pdf>

7. Suggestive Readings

- Corey, G. (2016). *Theory and Practice of Counselling and Psychotherapy*. Cengage.
- Rao, S.N. (2017). *Counselling and Guidance*. Tata McGraw-Hill.
- NCERT (2015). *Guidance and Counselling: Manual for Teachers and Counsellors*.