

# **ROLE OF A SCHOOL COUNSELLOR**



**TALK BY**

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( SR. COUNSELLOR)**



Counselors

are the

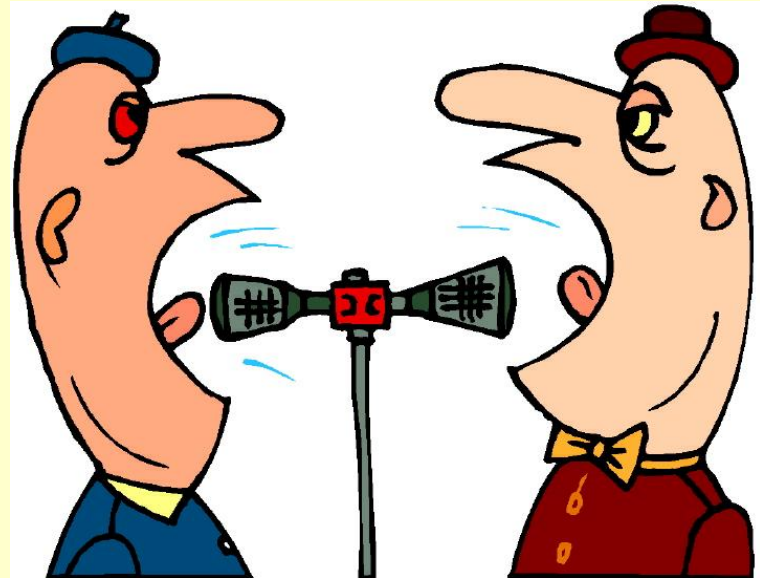
**HEART**

of the

**School**

# Counseling Stands for...

- Continuous
- On-going process
- Upliftment
- Nurturing
- Sharing
- Emotions
- Love
- Light
- Intellectual Growth
- Nursing
- Guidance



# Counseling: A Helping Interaction

- **Counseling is a helping relationship between two individuals called “A counselor” and “A client”.**
- **It takes place in a professional setting.**
- **It is initiated and maintained as a means of facilitating changes in the behavior of a client.**





- **Counselor is a matured and experience person in terms of attitude, skills, and behavior, and the client due to some problem is unable to think rationally, realistically, and effectively a solution his problem.**
- **Counselor helps her or him in thinking rationally.**

# COUNSELLOR IS

- *MOTIVATOR*
- *TRAINER*
- *BUILDER*
- *EDUCATOR*
- *GUIDE*
- *MEDIATOR*
- *ORGANIZER*
- *DEVELOPER*



# COUNSELLING AREAS

- Adolescent issues
- Adjustment issues
- Relationship issues.
- Discipline issues.
- Poor achievement.
- Managing stress.



# MORE AREAS

- Managing emotions.
- Career issues.
- Educational difficulties.
- Family issues.
- Personality issues.
- Value issues.





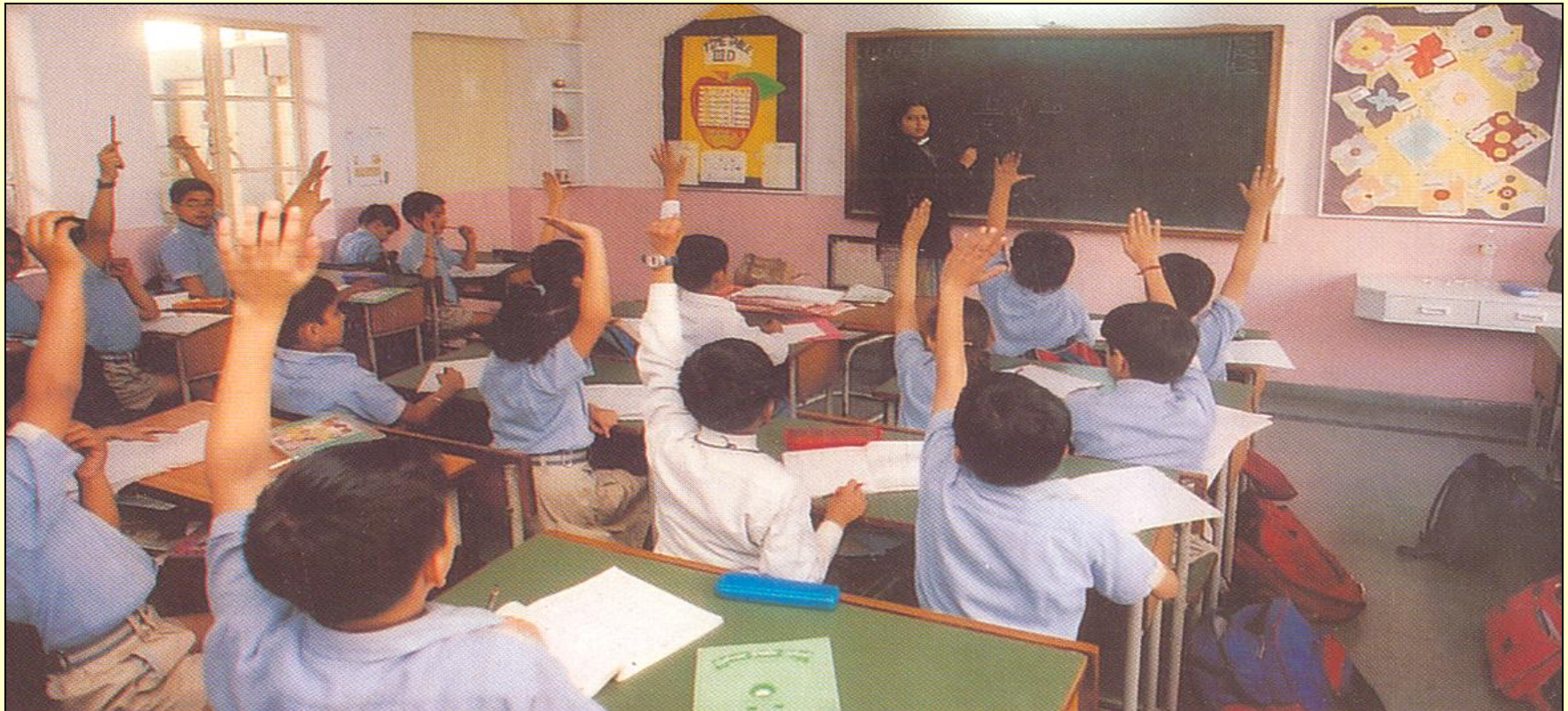
# Attitudes Required in Counseling

- Confidentiality
- Patience
- Respect
- Non-judgmental
- Genuineness
- Empathy
- Acceptance
- Non-verbal behavior



# Counselling Types

- **INDIVIDUAL**
- **GROUP**
- **SMALL GROUP**
- **( PARENTS / STUDENTS /TEACHERS )**



**LIFE SKILLS**  
**for**  
**joyful &**  
**experiential**  
**learning.**



# LIFE SKILLS

Life skills are abilities for **adaptive** and **positive behaviour** that enable individuals to deal effectively with the demands and challenges of everyday life. (WHO)

Self-awareness	Empathy	Critical thinking
Creative thinking	Decision making	Problem solving
Interpersonal relationships	Effective communication	Coping with emotions
Coping with stress		



✓ The **LIFE-SKILLS** education is basically

**Character** education, **Health** education & **Skill** education to promote responsible behavior in students.

✓ **LIFE-SKILLS** education promote **BALANCE** between **knowledge, skills, attitudes and values.**

✓ **LIFE-SKILLS EDUCATION TAKES CARE OF ALL CHILDREN.**

# Core Life Skills

- **Self-awareness** includes our recognition of ourselves, of our character, of our strengths and weaknesses, desires and dislikes.
- **Critical thinking** is the ability to analyze information and experiences in an objective manner.
- **Problem solving** enables us to deal constructively with problems in our lives. It involves Planning, Organizing, Managing skills & systematic approach etc.
- **Creative thinking** contributes to both decision making and problem solving by enabling us to add
- **Novelty & flexibility** to the situation.

- **Decision-making** helps us to deal constructively with decisions about our lives. It is about making a choice. Remember, Each choice has a consequence.
- **Interpersonal relationship** is the students' ability to interact & work in groups. Appreciating good qualities in other & developing Empathy, Courtesy, Friendship, Cooperation & Team Work.
- **Effective Communication** means that we are able to express ourselves, both verbally and non-verbally, in ways that are appropriate to our cultures and situations. It also includes Listening skills & **REFUSAL SKILLS**.

- **Empathy** is the ability to imagine what life is like for another person, even in a situation that you may not be In.
- **Managing** feelings and emotions includes skills for increasing the internal locus of control for managing emotions, anger , stress & fear etc.
- **Advocacy** skills include influencing skills, persuasion and networking.



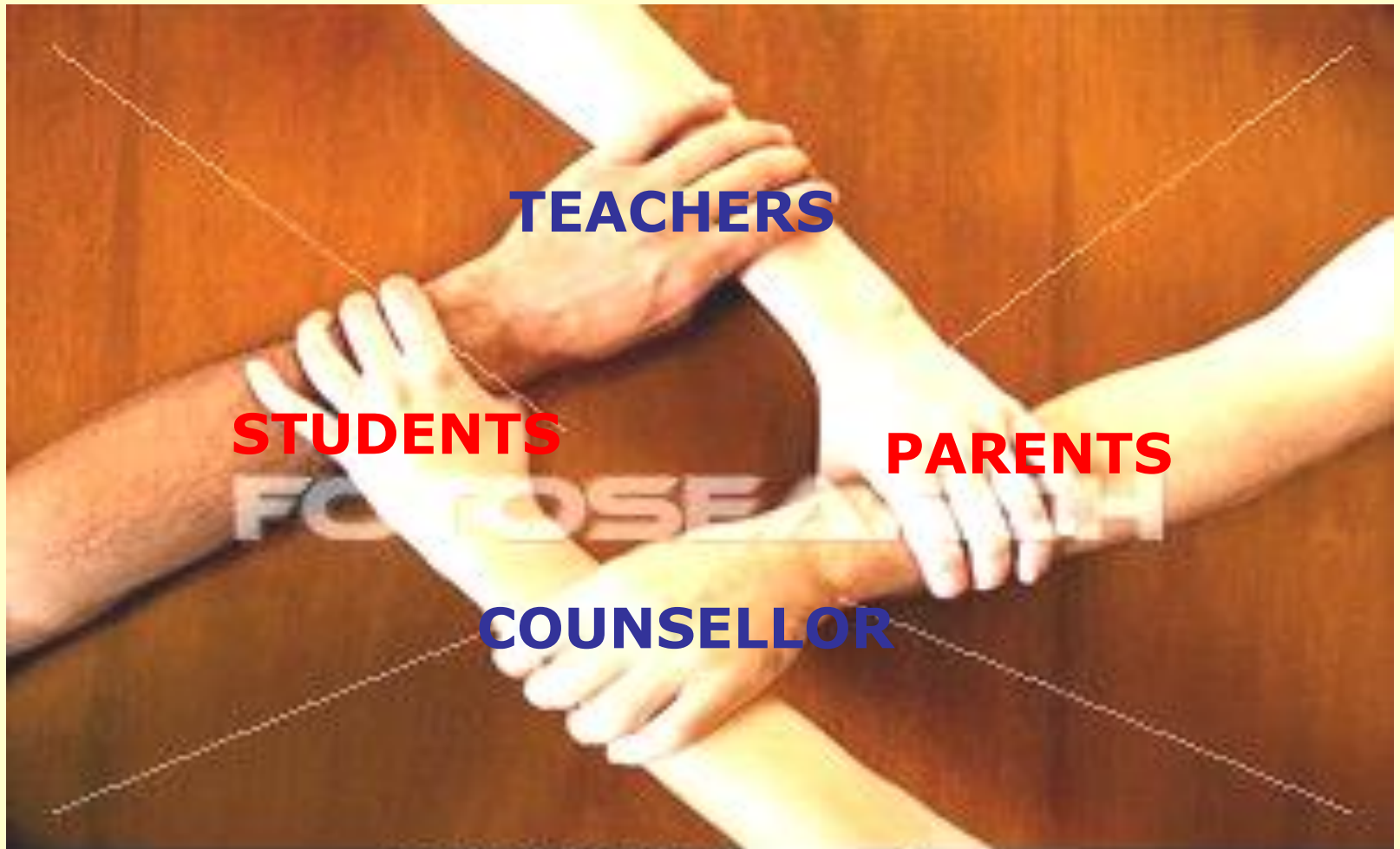
# Methodology in Counselling

- Workshops/PPTs
- Career Fair/Counseling Camps
- Psychological Assessment
- **Story telling**
- **PMI(plus minus and interesting)**
- **Small Group Discussion**
- **Group Work Strategy**
- **Role Play**
- **Brain Storming**
- **Buzz Group**
- **Experience Sharing**
- **Seminar**
- **Symposium**
- **Debate**
- **Case Study Analysis**



*Career Fair*

# Counseling success.....**Team-Work**



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# THANKS FOR LISTENING



## MEENU BHARGAVA