



BLOOM PUBLIC SCHOOL

NEWSLETTER

SCHOOL-BASED COUNSELLING AND GUIDANCE



By Maitri Begur





INDEX

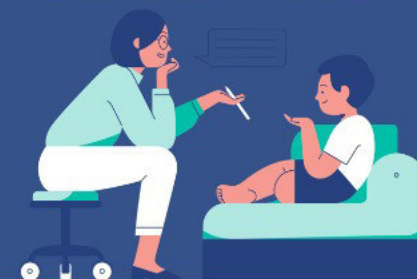
- What is guidance and counselling?
- What is school-based guidance and counselling?
- Importance of school-based guidance and counselling.
- Issues covered under school-based guidance and counselling.
- Important criteria and features of a good school counsellor
- Importance of a good mental health
- Ways to encourage students to seek guidance and counselling
- Words from the editor
- Bibliography



GREETINGS OF THE DAY READERS! HOPE THIS NEWSLETTER FINDS YOU SAFE AND HEALTHY.

WE, THE STUDENT COUNCIL OF BLOOM PUBLIC SCHOOL HAVE STARTED A MONTHLY NEWSLETTER THAT ASPIRES TO CREATE CONSTITUTIONAL AWARENESS, GENDER SENSITIVITY, AND SCIENTIFIC TEMPER AS ENSHRINED IN THE NATIONAL EDUCATIONAL POLICY. IN THIS ISSUE WE WILL BE TALKING ABOUT SCHOOL BASED GUIDANCE AND COUNSELLING

SCHOOL-BASED GUIDANCE AND COUNSELLING





WHAT IS GUIDANCE AND COUNSELLING?

Guidance and counseling is the process of helping individuals discover and develop their educational, vocational, and psychological potentialities and thereby to achieve an optimal level of personal happiness and social usefulness.

Guidance is based upon the fact, human beings need help. Everyone needs assistance at some time in their life.

Guidance and counselling helps individuals to identify their inner resources to set goals, to make plans, and to achieve those in the best way possible. It enables individuals and especially students to grow independently and make their own decisions



WHAT IS SCHOOL-BASED GUIDANCE AND COUNSELLING?



The discussion and information students need to make wise decisions regarding educational and career opportunities is called guidance counselling. It is usually given by guidance counsellors, who help and guide students to understand their interests, skills, their resources and aptitude. Usually students are very much focused on academic performance and haven't assessed themselves because they haven't explored much in school. They choose their career not assessing themselves but with the influence of others.

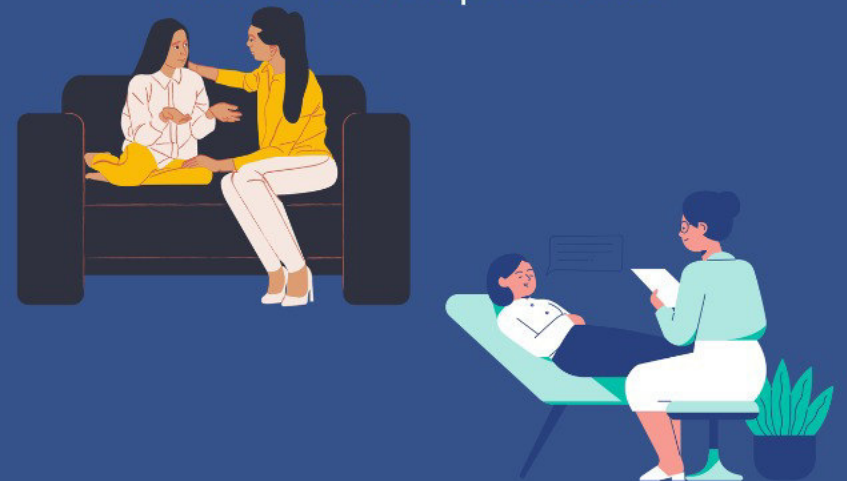
In modern times, most students are worried about choosing the right career. The reason for this is lack of knowledge, plethora of current trends and options available in each field of interest. Hence guidance and counselling come into existence. Guidance counsellors have expertise and knowledge about different careers and opportunities and thus can help students. This is important for their bright future. The identification of interests, abilities, and personality will help students recognize their strengths and weaknesses and hence sharpen their decision making





Teenagers have an important role in society. Today's young people are the hope, future citizens and leaders of tomorrow; therefore it is necessary to develop aptitude, behaviour and action according to democratic ideals. In India adolescence has a good hold on the population. They will be controlling and running the country and world someday. Clearly, we need to better understand their challenges and find appropriate solutions. The principle of guidance and counselling in schools is to make progress in academic achievement, increase acquisitions and application of conflict resolution, promote affirmative study attitudes and behaviour and reduce school dropouts of the children. Even at institutions, adolescents have the stress of academic performance, selecting fields of specialization and career as well.

Teachers as well as parents choose academic achievement as sole criteria to judge students' performance. However, it can be a very hard period during which a great deal of understanding, patience and support is required. Modernization has given many positive effects as it is providing so many opportunities, but at the same time, it has remitted into multiple stressors in adolescents' life. This stress leads to massive mental health problems. It is, therefore, very pertinent that students' guidance and counselling needs must be known, so that, steps can be taken to make available required support services in this regard to them at an adequate level.





IMPORTANT CRITERIA AND FEATURES OF A GOOD SCHOOL COUNSELLOR



Guidance counselors, also known as school counselors, help students survive difficult classes, peer pressure, depression and other problems that hurt their odds for success. Counselors need several qualities, including social skills, observational skills, a good thinking cap and compassion.

- Being a good listener- First and foremost, a school counselor needs to be a good listener. The best way to understand people is to listen to them.
- Being Empathetic- Often a part of listening, putting themselves in the shoes of the person speaking, whether that is a student or another school official, helps counselors truly understand the underlying issues. To be more empathetic, it is essential for a counselor to put aside their viewpoint. At the same time, they need to validate the student's viewpoint, which does not always mean agreement. Instead, it means acknowledging their right to have an opinion, and that they have valid reasons for it.



WAYS TO ENCOURAGE STUDENTS TO SEEK GUIDANCE AND COUNSELLING



- Listen to children's concerns- Offer your students the opportunity to have a one-to-one conversation with you to reconnect and discuss any concerns that might have arisen.
- Check how children are doing- Before teaching new academic content to students, teachers and school personnel should take time to check how children are doing.
- Provide children with accurate information- Let the students know about the different resources they can seek out.
- Seek suggestions from children on how to create a welcoming, safe and comfortable classroom- Engage children in making the classroom a welcoming, safe and comfortable space. When doing so, make sure to respect school safety procedures and use available material resources.





BIBLIOGRAPHY

<https://www.britannica.com/>

<https://www.wikipedia.org/>

<https://www.unicef.org/>

<https://www.who.int/>

<https://ncert.nic.in/>



Thank You