

Chapter – 6

Total Periods: 10
Total Marks: 15-18

Counseling

Approx. no. Ques. on this chapter (1 mark, 2 to 3, 2 marks -2, 5 marks -2)

1 Mark Questions

- 1. Name the three types of counseling approaches?**

Key: Directive counseling, Non directive counseling and eclectic counseling.

- 2. Who gave directive counseling technique?**

Key: E.G. Williamson

- 3. Who gave non-directive counseling technique?**

Key: Carl Rogers.

- 4. Who gave eclectic counseling technique?**

Key: F.C.Thorne.

- 5. What is curriculum?**

Key: The scheme of curricular and extra curricular activities to be carried out in the institution during the academic year.

Levels or steps of curriculum planning.

- **Social curriculum** - Refers to the curricula planned for a large group.
- **Institutional curriculum** – Refers to curricula planned for a particular group. for a specific period of time.
- **Instructional curriculum** - Refers to curricula planned for learning activities planned for a day, week by a particular teacher for a particular group of students.

6. What is not counseling?

Key:

- It is not simply giving advice or suggestions to the client.
- Not influencing the client's beliefs, values, interests attitudes, decisions, etc. with or without force.

2 Marks Questions

1. Define counseling?

Key:- Counseling is an accepting, trusting and safe relationship, in which clients learn to discuss openly what worries and upsets them, to define behavior, to acquire essential social skills and to develop the courage and self-confidence to implement the desired new behaviors.

2. Who is a counselor?

Key:- Counselor is a person who has at least one year full time course in guidance and counseling from a university, clinical psychologist. He should be concerned with guidance, well-balanced pleasant personality a broad outlook understanding attitude and truly interested in helping a clients.

3. What are the objectives/aims of Counseling?

Key:-

- To produce voluntary changes in the client, - to help him develop and know himself-gain confidence and a new vision.
- To provide facilities to achieve the desired change or make the suitable choice by the client.

4. What are the characteristics of counselor?

Key: Belief in each individual-respect individual values – open mind-understanding client's problem-patience to listen-ability to help the client to understand his problem cause & solution.

5. What is vocational Counseling?

Key:- The type of Counseling where the Counselor guides the client to select a suitable employment, by orienting him in terms of training facilities, opportunities, working conditions, employment market information. The

counselor also assist in personnel requirements and demand for workers in different occupations.

5 Marks

1. What is Directive counseling?

Key:- Directive Counseling was given by E.G. Williamson – counselor centered Counseling i.e. Counselor plays a major role-he direct the counselee to think by informing, explaining, interpreting and advising.

Steps involved in Directive counseling –

- **Analysis** – to understand the client-information collected is analyzed.
- **Synthesis** – data collected is summarized and organized to understand client's strengths, weaknesses, adjustment, etc.
- **Diagnosis** – drawing conclusions about the nature and causes of client's problem.
- **Prognosis** – predicting the future development of the client's problem.
- **Counseling** – brings about adjustment or readjustment in the client.
- **Follow-up** - after counseling is over, the counselor helps the client to readjust the old problem reoccurs.

2. What is Non-directive counseling?

Key:- Carl Roger's gave non-directive counseling - client-centered counseling – with the help of counselor, he understands the nature and cause of his problem, become independent.

The duty of the counselor is not only to make the client understand himself but also to create an atmosphere in which the client can work out his own understanding.

3. What is Eclectic counseling?

Key:- F.C. Throne gave eclectic counseling-the counselor can alternate between directive and non-directive methods-counselor study the personality of the client-needs, situation, etc. selects suitable method- start with directive counseling then change to non-directive counseling- use reassurance, giving, information, testing, etc. It is economical and effective technique.

Steps in Eclectic counseling

1. Intake interview – establish rapport – collect case history from parents, teachers or other concerned persons – plan is formulated for diagnosis.
2. The collected information is given to the client to improve his self-understanding.
3. The counselee has to achieve emotional release and insight (understanding). He has to change his perception and attitude about himself and his situation (environment).
4. During the closing phase, the counselee makes decisions and plans, changes behavior and solves his problems.

4. Explain the stages of counseling?

Key :

Establish rapport :- develop confidence, trust and mutual appreciation – counselee can express freely his feelings, problem and experiences to counselor.

- **Help the counselee to feel at ease and ready to talk freely** – so he can bring the client to main topic and encourage him to express himself freely. Help the counselee to obtain and organize into a meaningful pattern of the information so that he can make his choice.
- **Learn to listen to the client with patience and with attention:** counselor should learn the skill to listen and pay attention to understand the things the client has not said, the client's hidden feelings, which were not completely expressed, etc.
- **Ask unambiguous questions:** - the questions asked should be simple and easy to understand and answer. Only one question should be asked at a time.
- **Keep control of the counseling** – counselee –may speak irrelevantly – client is allowed to relieve his tension and anxiety – should be back to topic without wasting time.
- **At the end of the counseling session look for additional information** or new leads by casual remarks.
- **Interpretation** - counselor analyses the data – identifies the problem and helps him find solution to his problems.

5. Explain the duties of the counselor?

Key: To arrange orientation programmes to teachers and students.

- Prepare a list of resources and classify the information properly.
- Organize the guidance committee.
- Set up an educational and occupational information centre.
- Provide information by arranging educational and career talks by experts, group discussions, etc.
- Refer minor or major psychological problem cases to health centre for correction.
- Maintain complete secrecy about discussions between him and the client.
- Administer psychological tests for the clients.
- Take up research projects relating to the field of educational, vocational and personal-social guidance and counseling in the college or institution.