

Cluster University Srinagar

B.A (Education)3rd. Semester.

Skill Enhancement Course (SEC)

Guidance & Counselling

Unit-I Guidance

- a) Concept of Guidance- need & importance
- b) Principles of Guidance
- c) Aims & Objectives of Guidance
- d) History of Guidance Movement in India

Unit-II Guidance Therapy

- a) Concept of therapy
- b) Group Psycho-therapy
- c) Occupational therapy
- d) Environmental therapy

Unit-III Guidance Service

- a) Information Service – Educational, Occupational, Personal
- b) Appraised Service – Interview, Case study & commutative Record Card
- c) Placement Service – Educational & Occupational
- d) Follow up Service

Unit-IV Counselling

- a) Meaning, Purpose & Steps involved in Counselling
- b) Qualities of a Counsellor
- c) Directive & non-directive theories of Counselling

Suggested Readings:

1. Crow and Crow, An Introduction to Guidance.
2. Gibson, R.L & Mitchell, M.H .Introduction to Guidance. New York: McMillan
3. Glickman, C & Wolfgang, C. Solving Discipline Problems: Strategies for Classroom Teachers
4. Jones, J.A. Principles of Guidance
5. Rather A.R & Bhat, N.A, Introduction to Guidance & Counselling