

Guidance and Counselling

A student counsellor plays a vital role in any of the educational institutions and their job does not involve directly with teaching, but giving advices and providing guidance to the students about their personal or academic life. A student counsellor often helps the students to deal with the pressures of life and is also responsible for monitoring the overall psychological growth of the students. He/She may help students with issues such as bullying, disabilities, low self-esteem, poor academic performance and relationship troubles. In addition, student counsellor will evaluate students' abilities, interests and personalities to help them develop realistic academic and career goals. Further student counsellor will facilitate aptitude tests and formulate potential paths to success.

During the entire session Vidyalaya goes through these points.

- 1) **Listen to students' concerns:** I will listen to students' about their concerns regarding academic, emotional or social problems. I will help the students to understand their skills, sets and provide them ways to utilize it. During this period, I will be responsible for guiding the students regarding their career decisions and helping them to understand their potential to pursue their goals. Further I will also provide equal opportunity practices and encourage students' association and identify behavioral problems or act appropriately and provides solutions to handle them
- 2) **Mediate and Resolve Conflicts:** Engaging the parents and the school authorities, for coming up with a solution, if the child faces some big problem and together they help the child. Holding various sessions with the students to identify the problems that the student faces and I will try to understand their troubles and advise them. As a school counselor, I will perform a key role in conflict resolution as well. This includes not only conflicts between students, but conflicts between students and teachers or teachers and parents. By assisting with conflict resolution and mediation, I will help to ensure that personal

conflicts do not interrupt academic activities or disrupt the student's goals. And if there is an argument exist I will try tries to resolve it.

- 3) **Assist with Career and Academic Development:** Another important duty of mine will be to facilitate academic and career development activities among students. I will encourage them to participate in extracurricular activities, hold test and learn new skill development program. Further I will also provide materials related to careers which are important for students and would suit their skills.
- 4) **Develop Counseling Programs:** Conduct group or individual counseling sessions to assist students with problems or concerns. Developing and implement an all-encompassing educational and counseling plan. Complete assessments, tests, analysis, draw results and provide feedback. These can include peer counseling activities that connect students to one another for support, as well as school-wide initiatives like environment and health related programs. If needed, I will also organize assemblies to address ongoing issues that affect the entire student population or work with teachers on classroom activities.
- 5) **Evaluate and Improve the Counseling Program:** I will strive to counseling program for school to generate best output for the school. It will be my responsibility to cast a critical eye over existing counseling practices and identify areas that could be improved. I will also take their recommendations up with the school board or principal and campaign for changes that will benefit all staff members, students, and their family members.
- 6) **Participate in Student Welfare and Learning Support Committees:** I will also participate in integral school's student welfare and learning support committees. I will discuss students of concern with other committee members and collect and share information related to student welfare and learning support matters. As part of these committees, school I will also develop, coordinate, and assess initiatives that promote student welfare and improve learning standards.

- 7) Refer students to psychologists and other mental health resources:** I will work directly/indirectly with students to develop solutions and set goals in order to managing complicated, difficult emotions issues. If I found any serious case, I will refer them to a psychologists and other mental health professional.
- 8) Develop effective study habits:** Sometimes students get confused while managing their time properly.I will helps students to organise their leisure hours for study purpose.It help students to develop effective study habits.They are guided to improve their competence in reading , note- taking and academic achievement .I will informed students about the methods of learning that suits them and also I guided them ,how to use different methods for improving their academic performance.
- 9) Handle pressure:** I will help, students to cope with examination anxiety. The fear of failure and a craving for high grades are major stress factors among students nowadays. Handling this pressure become difficult for students. I will guide them , it helps students to overcome with this fear and achieve good marks.
- 10) Adolescence problem:** During puberty , students often tend to get distracted .Peers influence each other greatly at this stage.They get addicted to bad habits . Guidance and counseling become very important in such situations to students back to the correct path.

Working as a school counselor can be challenging, but these professionals insist that such responsibilities come with great rewards.