



## Impact of Guidance and Counselling Programmes for Schools Students

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### Abstract:

Guidance and Counselling is inherently an educational process and can promote learning in a dual sense. It encourages and assists young people to seek education and training courses and experiences that will expand their horizons and will qualify them for jobs that represent an acceptable balance between aspiration, aptitude and availability.

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### I. Introduction

#### History of Guidance & Counselling:

Guidance and Counselling as a movement was started in America at the beginning of 20th Century as a reaction to change process in an industrialized society. Guidance and counselling services were set up within the department of education in September 1968 when the recommendations made by Louis, a consultant sent over to Malta by United Nation's Educational Scientific and Cultural Organization (UNESCO), were taken up, Summit (1997). Globally, guidance and counselling services are essential elements in discipline management of people in all societies. It could be difficult for any society to function well without the exercise of discipline. School guidance and counselling programmes have therefore been introduced to assist students overcome the number of challenges they experience at home and at school.

Counselling is a process of helping individuals or group of people to gain self understanding in order to be themselves. Burks and Steffler (1979) see counselling as a professional relationship between a trained Counsellor and a client. Olayinka (1972) defined it to be a process whereby a person is helped in a face-to-face relationship while



Makinde (1983) explained counselling as an enlightened process whereby people help others by encouraging their growth.

Guidance and counselling as the third force in education along with instruction, is an integral part of educational system. Guidance programmes for secondary school students are designed to address the physical, emotional, social, vocational and academic difficulties of adolescent students. This is to complement learning in the classroom and also enhance academic performance/achievements of students. Guidance plays a vital role in preventing educational, personal, social, mental emotional and other similar problems among secondary school students. Discipline is part of a very long tradition that may have been there from the beginning of human existence. It is through guidance and counselling that school administrators can manage discipline to students. Discipline is a rudimentary ingredient that plays a crucial role in school system and insists on upholding the moral values of students. It is intended to suppress, control and redirect behaviour. In a school system all students must be aware of the rules before disciplinary action can be administered.

### **Types of Counselling**

There are two major types of Counselling, namely: individual counselling and group counselling.

#### **(a) Individual Counselling:**

This is Known as one-to-one counselling. It is associated with the professionally trained Counsellor (Therapist) and his client (Counsee). The goal of this is to help the client to understand himself, clarify and direct his thought, in order to make a worthwhile decision.

#### **(b) Group Counselling:**

This is occur between group of people and the professionally trained Counselor. Number of this group should not be more than seven, or at least ten, in order to have a cohesive group and an effective well controlled counselling session.

## **II. Suggestions for School Administration**



- The principals in secondary schools to put in place guidance and counseling services and provide an office where privacy is made a priority. This will encourage more students to visit the office.
- Guidance and counselling teachers should be well trained on how to carry out their duties by being sent to attend many seminars and workshops to improve on their skills.
- For adequate provision of guidance and counselling materials as well as application of peer counselling, there ought to be proper budgeting for the same in terms of finances and time respectively.
- There is need to invite guest speakers who will provide the counseling services to the students in areas of concern.
- Student inventory, bulletins on different topics, handbooks for different educational opportunities, books on social psychology, psychology magazines should be provided to the school to improve the department.

### **III. Conclusions**

The fundamental aims of the education are the development of the person and socialization and personal and vocational preparation for entering a complex, demanding, and rapidly changing social world. Education has modified educational content, with the introduction of guidance and counseling in school level which leads to transit suitable teaching learning process.

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