

Semester	IV
Paper Number	MEGC412T;MEGC412P
No.of credits	5 + 1
Paper Title	DSE2.2.-Guidanceand Counselling
Theory/Composite	Composite
No. of periods assigned per week	5 Theoryand1Practicum
Course descriptive/ objective	The students will be able to

	<ul style="list-style-type: none"> • <i>Develop an understanding of the concepts of guidance and Counselling.</i> • <i>Know about different areas of Counselling.</i> • <i>Create awareness about working of guidance organizations.</i> • <i>Know about the basic needs of guidance services.</i> • <i>Know about the necessity of Career Guidance & Counselling</i> • <i>Know about Mental Health & Hygiene</i> • <i>Develop an understanding of the concepts of guidance and Counselling.</i> • <i>Acquire the skills necessary for Counselling.</i> • <i>Develop the knowledge about different fields of Guidance & Counselling.</i>
--	---

<p>Syllabus</p>	<p>Module1:(30 marks)</p> <p>UnitI:BasicconceptofGuidanceandCounselling</p> <ul style="list-style-type: none"> • Concept,natureandScope ofGuidanceand Counselling • DifferenceandRelationbetweenGuidanceandCounselling • BasicprinciplesofGuidanceand Counselling, • EthicalissuesinGuidanceandCounselling • Counselling and Psychotherapy • Typesof Guidanceand Counselling • CareerandVocationalguidance • Qualityofa goodcounsellor <p>UnitII:EssentialinformationforEffectiveGuidanceand Counselling</p> <ul style="list-style-type: none"> • StepsinGuidanceand Counselling • DifferenttypesofGuidance-Educational,Vocational&Personal. • GuidanceandCounselling-Individualand Group • GuidanceandCounsellingatdifferentstagesof education. • EssentialinformationforGuidanceand Counselling • Personalinformation-informationaboutphysical, intellectual, personality & academic achievement. • Educationalinformation–scopeandopportunitiesavailable • Occupationalinformation-scopeandopportunities for employment, Career prospects. <p>UnitIII:ApproachesofGuidanceandCounselling</p> <ul style="list-style-type: none"> • Freudianviewpoint • Neo-Freudianviewpoint(Erikson’s,Adlerian,Meyer’sand C.G.Jung’sviewpoint) • Moralisticviewpoint(Kohlberg) • ClassicalConditioning(Pavlov) • Behaviouristicviewpoint(Skinner) • Humanisticviewpoint(Maslow’sandRoger’sviewpoint)
------------------------	---

- Positive Psychology

Unit IV: Tools and Techniques

- Concept of Testing & Non-testing tools
- Tests to measure - Personality, Attitude, Aptitude, Interest, Intelligence, Case study, Questionnaire, Opinionnaire, Interview, Observation, ARC & CRC

Module 2: (30 marks)

Unit V: Mental Health and Hygiene

- Concept, Nature, and Scope of Mental Health and Hygiene
- Role of home and School
- Mental health of a teacher
- Stress - Nature, Type, Causes, and Consequences, Coping Strategies
- Concepts of Conflicts, Frustration, Complex and Anxiety

Unit VI: Adjustment & Maladjustment

- Concept
- Purpose
- Techniques
- Criteria of good adjustment
- Causes, Prevention and Remedies of Maladjustment
- Maladjusted behaviours - Truancy, Lying, Timidity, Stealing, Anxiety, Excessive Shyness Phobia, Hysteria, OCD, Depression, Suicidal tendency, Substance Abuse Disorder, Antisocial Behaviour

Unit VII: Outlook of Psychopathology & Bio Psychology

- Meaning & Concept of normality and abnormality
- Casual factors of Abnormal Behaviour - Biological & Psychological
- Classification of Abnormal Behaviour (DSM-V & ICD-10 and Assessment)
- Personality Disorders - Paranoid, Schizophrenia, Histrionic, Anti-Social, Border Line Personality Disorder, Schizoid Personality Disorder, Mood Disorders and others) - Symptoms, Causes, Treatment

Unit VIII: Therapeutic Approaches in Psychology

- Cognitive and Behavioural Therapy viz. RET, CBT, ACT, CAT etc.
- Psychoanalytic Therapy (Sigmund Freud)
- Humanistic Therapy / Roger's Client Centered Therapy
- Existential Therapy
- Indian Psychotherapy

Mode of Transaction	Lecture, Discussion, Case Study, Experiments, Problem solving, Film Show, Observation, Critical Review
Practicum	<p>Prepare a file on anyone of the following:</p> <ul style="list-style-type: none"> • A critical review of an institution (Educational/NGO/Health/Government) providing mental health services to adolescence • Observation and critical reflection of a career counselling services provided by any government or non-government organization
Readings	<ul style="list-style-type: none"> • Aggarwal, J.C. (1989). <i>Educational and Vocational Guidance and Counselling</i>, Doaba House; Delhi • Aggarwal, J.C. (1998). <i>Career Information in Career Guidance: Theory and Practice</i>, Doaba House, Delhi. • Bond, Tim (2010). <i>Standards and Ethics for Counselling in Action</i>, SAGE Publications. • Burnard, Philip (2002). <i>Counselling Skills Training (A Sourcebook of Activities for Trainers)</i>, Viva Books Private Limited. • Cochran, Larry (1997). <i>Career Counselling: A Narrative Approach</i>, SAGE Publications • Dev, Kapil (2006). <i>Educational Counselling</i>, Pragn Publications, New Delhi • Gibson, Robert L. & Mitchell, Marianne H. (2012). <i>Introduction to Guidance and Counselling</i>, Prentice Hall of India, New Delhi. • Gupta, Manju (2003). <i>Effective Guidance & Counselling modern Methods and Techniques</i>, Mangal Deep Publications, India. • Kinra, Asha K. (2012). <i>Guidance and Counselling</i>, Pearson Publication. • Kochhar, S.K. (2010). <i>Educational and Vocational Guidance in Secondary Schools</i>, Sterling Publishers, New Delhi. • Kottler, Jeffery A. & Shepard, David S. (2009). <i>Counselling Theories and Practices</i>, CENGAGE Learning. • Lakshmi, K. S. (2006). <i>Encyclopaedia of Guidance and Counselling (Part– I: Strategies for Guidance and Counselling / Part – II: Educational Guidance and Counselling/Part – III: Social Guidance and Counselling/ Part – IV: Personal and Vocational Counselling)</i>, A Mittal Publications, New Delhi. • McLeod, John (2008). <i>An Introduction to Counselling</i>, Rawat Publications.

	<ul style="list-style-type: none"> ● McLeod, John (2013). <i>Person-Centered Counselling in Action</i>, SAGE Publications. ● Nag, Dr. Subir (2012-13). <i>Counselling and Guidance</i>, Rita Publication, Kolkata. ● Nathan, Robert & Hill, Linda (2012). <i>Career Counselling</i>, SAGE Publications. ● Nelson-Jones, Richard (2008). <i>Basic Counselling Skills, A Helper's Manual</i>, SAGE Publications India Pvt. Ltd. ● Rao, S. Narayana & Sahajpal, Prem (2013). <i>Counselling and Guidance</i>, McGraw Hill Education, New Delhi. ● Sharma, Ramnath and Sharma, Rachana (2007). <i>Guidance and Counselling in India</i>, Atlantic Publishers and Distributors, New Delhi. ● Srivastava, Sushil Kumar (2007). <i>Career Counselling</i>, ATLANTIC Publishers & Distributors (P) LTD. ● Choudhury, Mohamad & Islam, Mo. Aminul (2014). <i>Counselling Psychology</i>, Mostafa Prakashani, Dhaka. ● Ghosh, Dr. Sanat Kumar, <i>Shikshay Sangati- Apasangati Ebong Nirdeshana</i>, ● Nag, Dr. Subir & Datta, Dr. Gargi. <i>Sangati Bidhane Nirdeshana O Paramarshadan (Guidance and Counselling in Adjustment)</i>, Rita Book Agency. ● Nanda, Adhyapak Bishnupada & Jaman, Adhyapika Saraoyatara. <i>Byatikramdharmi Shishu</i>, Maola Brothers, Dhaka. ● Pal, Debashis (2001). <i>Shikshay O Brittite Nirdeshana</i>, Central Library. ● Pal, Debashis. <i>Nirdeshana O Paramarsha</i>, Central Library, Kolkata
Evaluation	Practicum: 20 Marks Continuous Internal Assessment: 20 marks End-Semester Theory Examination: 60 marks
Paper Structure for End Semester	Full Marks: 60 Time: 3 Hours Common Instructions: <ul style="list-style-type: none"> ● Answers should be based on critical reflection (knowledge, comprehension, application, analysis, synthesis and evaluation) ● Candidates are required to give their answers in their own words as far as practicable <p style="text-align: center;">Group A (From Module 1)</p> I. Critical Essay: Answer any two questions out of four questions (2 x 10 = 20)

	<p>II. Critical Short Notes: Answer any two questions out of four questions (2 x 5 = 10) Group B (From Module 2)</p> <p>III. Critical Essay: Answer any two questions out of four questions (2 x 10 = 20)</p> <p>IV. Critical Short Notes: Answer any two questions out of four questions (2 x 5 = 10)</p>
--	--