NEED OF GUIDANCE AND COUNSELLING PROGRAMMES AT SENIOR SECONDARY SCHOOL LEVEL IN STATE OF TRIPURA

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Abstract

Guidance and counseling is a form of education receives from their counselors at school level. By the new national policy of education, the demand for guidance and counseling is very clear and school programs, activities and events in the whole academic year are designed and executed without allocating any periods for children to get any kind of information through guidelines, directions and advises. The paper emphasizes that counsel type of classes at senior school level will improve and strengthen teacher’s instruction, methodology and reduce all children personal, physical, emotional disturbances, behavioral problems etc. which are all closely related to both academics, non-academics as well as other matters. The principle part of maintaining to develop best relations, personality, skills, interests, habits, occupation etc. is nothing but through counseling, suggestions and teaching in school system. The paper advocates all stakeholders; policy makers; administrators; Department of School Education, higher authorities to build and develop guidance counseling modules, recruitment, training, curriculum etc. at teacher education programs, school levels and strictly practice, implement sessions, awareness, orientations, events and activities continuously.

Key words: guidance, counseling, teacher education, senior school

Introduction
Guidance and counselling (G&C) was stated in distinct which means, it is some form of assistance given to an individual to solve academic and non-academic related problems, promotes growth of an child towards adjustment to the environment, peers and makes self-independent. It is a continuous system to help all the students by many practices and efforts to discover and build individuals strengths, abilities, potentialities, skills, efforts etc. The government and education department officials felt that problems at school level will be decreased a lot but, the atmosphere is not up to the level, hence the study highlights on the need and significance of counselling guidance at senior school system. Counselling is a method that tries always to help the student by the problem solving process to identify and manage anxiety, tension, stress etc. related concerns. It is a collaborative, systematic one-one relationship between to individuals in which an experiences, trained person, assists to change him/her behavior, personality, attitude etc. School learners of the current situation are facing lot of challenges and concerns which are closely related to physical, personal, behavioral, educational, career, personality factors etc. at school life. Empowering all children to get control so called worries and become self-standing in future. But, execution of G&C program at present in the schools is not happening since the last decades, because of the lack of sufficient skills, grip, command by the teachers, principals, administrators etc. in schools. The main reasons for the need of counselling guidance is for the total development of the student, for selecting proper choice of courses, vocational development, minimising the mismatching between education and employment, establish proper identity, adjust, utilise the available facilities and resources, helping students in need of special assistance, ensuring correct utilisation of time spent outside and inside the classroom, checking classroom discipline etc.

Hence the work of the teacher educator is to help students to learn through deliberate and conscious manipulation of information, knowledge, skill, values, attitudes and habits of the learners in order to produce desirable changes in learning and character. The role and importance of guidance and counseling at school level for student learning depends mainly on the staff, parents and administrators. G&C is taught by using subjects like moral science education, personality development, religious studies, social science, beliefs, art, drama, literature, soft skills for promotion of the development of self-discipline towards better student learning and growth.
Guidance and Counselling in schools in the state of Tripura

The strong perspective is developed during formative period of schooling. Public and private schools in the state Tripura are instructed to make a favorable environment which is free from fear, anxiety and stress hence child learn happily, work together friendly. Schools which accommodating counselling services to students is building self-concept, self-respect, potentiality, ability to control tensions and sportsmanship etc. provided a planned and effective counselling to achieve the students’ success by using various resources. Senior secondary schools appoint a staff on full time/part time basis for executing the responsibilities of a guidance counsellor directing students towards human rights, democratic values, respect for privacy, dignity of others etc.

The following points with an instruction to schools must take care towards implementing more effective program of guidance counseling for students:

- At senior secondary stages sessions of educational, psychological counseling must be provided.
- Physical punishment to students must be avoided.
- Awareness about life skills, human rights, respect for diversity and equality combine into the lessons and exercises starting from the primary classes.
- Creating a productive atmosphere for the holistic, healthy development of children.
- Teachers must promote holistic development of pupils to handle their academic, socio-emotional, and ethical problems.
- Schooling developed with equality in education.
- Regular Guidance and Counselling help the child towards self-actualisation.
- The counsellor finds the child interest, abilities, skills, strengths, weaknesses etc.
- Clarifies all the requirements regarding career, health, academics, habits etc.
- Fully know and understand their personality, hidden talents, interest areas etc.
- Develop children towards community service, health, education, respect etc.
- Identify Students’ interests and explain all the things like social sensitivity, commitment to work towards social upliftment etc.
- Understand and support all the skills to successfully overcome the various challenges they face during childhood or adolescence.
Provide individual and small group counseling to address specific social-emotional, behavioral, academic issues that impact student learning and overall wellbeing.

Goal of the study

The goal of the study is for establishing the need and importance of guidance and counseling in teacher education program for effective instruction and learning at senior secondary school level.

Significance of the study

The current study will make an effort towards helping the students, teacher educators, parents, administrators and community for the establishment of best policies relation to the effective teaching and learning but it, mainly stressing best strategies on assistance and advises classes, activities and programs. Finally, to help all parents who can appreciate the work of G&C at school level and follow, check their duties and responsibilities in implementing, developing guidance and counselling.

Delimitation of the study

The scope of this study is on the need of guidance and counselling program at senior secondary school level for successful instruction and education at senior school level which is confined for teacher educator programmes only.

Assumptions of the study

- All teachers must be well trained and the schools have specific rules and policies on the need of counselling guidance in teacher education program for effective teaching and learning.
- All the schools regularly appointed experienced and qualified G&C teachers’ on the merit, need of guidance counselling in teacher education programme for effective teaching and learning.
- Education departments and Government are against implementation of the programme and recruiting the staff on requirement of teacher education program relates to guidance counselling towards effective teaching and learning.

Objectives of this paper

- To study the relationship on the role and importance of guidance and counselling in teacher education program for constructive education and study.
To study the appointment of experienced, qualified guidance and counselling personnel on the utility and need of guidance and counselling in teacher education programme for effective teaching and learning.

To study the action of teaching departments, government against implementation of the programme and recruiting the staff on the need and value of guidance and counselling in teacher education programme for effective teaching and learning.

Need of Guidance and Counselling at Teacher Education Programmes

The study tries to insight into the role played by G&C activities along with academic performance, job opportunities, attitude at teacher education programmes in school level and guidance counsellors could find it useful as it may help them when focusing on the regular education. Regarding career opinion it can be used for studying in creating awareness of different jobs available in the society. The Department of Teacher Education may accept the study in coming up with innovative technological methods, for designing learning tools and the promotion of staff. Administrators and stake holders verify the ways to find the level of effectiveness of the programs and how it can be combined into the teacher education programme.

Educational Guidance and Counselling Role in Schools

It has been defined as to assist students to in the learning opportunities. Counsellors work with individual students’ to understand their personal problems, aspirations, talents, abilities, pressures etc. Counsellors help in growth, retention, adjustment of the individual students. Also provide data for improvement of requirements of educational sector such as modification of curriculum, policies and program. The guidance and counselling services aim at informing, directing and helping an individual to achieve maximum potential and adjust to his/her environment. The importance of guidance and counselling is recognised from the very beginning of educational planning in the state of Tripura. In this paper government policy documents are taken as policy documents and the reports of committees and commissions are not discussed, if they are not accepted by the regulatory school education bodies.

Educational Guidance and Counselling at Senior School Level

There was need for Educational counsellor in schools, unfortunately, very small amount of the guidance counselors were real trained and in order for it to be meaningful and less frustrating to the students and their parents; guidance and counselling classes might to be based on long term planning and manpower development, creation of occupational opportunity. Guidance and counselling was seen as root for best academic and professional achieve-
ment finally, lack of guidance and counselling staff was a main reason for more rate of drop-out of students.

Career Counselling at Senior School Level

Career education should have been part of a student’s curriculum from the moment of joining in the school and it is combined with all curricular subjects and it is a method to develop career decision making, balancing vocational and family responsibilities, training, job, family problems and sex harassment. On guidelines to career counselling, counsellors had to have the knowledge with reference to the works of sex in person growth which can put in that type of understanding in job counselling, the consultants had to use methods, procedures, and themes etc. which are almost lose any type sex discriminations. Occupation options was not a closed procedure which is any person was restricted by sex from exploration of any career options and counsellors had to decide avail of his expressions as gender neutral reflect unfairness towards females. Also, stating that the resources used helped clients with decision-making for obtaining society facilities, be convenient to their requirements. Students should to be guided on personality and vocational compatibility with one’s profession. Workshops were to be organised in scientific and technical fields to address students all needs.

Aims of Guidance and Counselling in the National Policy on School Education

Education is a key for country progress for an all-round growth of an individual, the necessity of education in the build out of a child and community on the run can’t focus. Basically school education is not an instrument for the passing all procedures, rules for present youth, unfortunately focus is only on ignorance and realisation. According to policies on national school education, the aims of teaching, learning is depends on the enlargement of individuals into a vibrant and strong human being, complete participation of the people into the society, supply of full approach for the school chances to all learners. To build the objectives of education essence effectively from the civic targets, it must correctly reach in the form self-independent, people relationships, individuals, and country, further the requirement for counselling guidance is an essential weapon to help instruction and schooling at senior schools effectively.

Counselling Services Types

- Orientation service: It is means that when any children move from one type of school to second one, automatically child feels uncomfortable to accommodate and fit towards a
new environment and place which leads to adaption, settlement, understanding difficulties for the students.

- Instruction service: It can be given by the joint efforts of a teacher, counsellor, a career instructor and developed to give all students with information about educational, social, vocational jobs etc.

- Appraisal service: It in the form of group, management, assumption, objective development of various exam inventories for the sake of better counselling assistance to all learners.

- Placement service: It develops an attempt to guide students towards part time or full time job/ state employment either in school/after school for students of senior secondary level.

- Evaluation service: It is basically a response towards potency of guidance by the research into the real end results of the school counselling.

- Recommendation service: Here, a student sends to one another for seeking assistance in which a counsellor unable to rectify the concern. He/she do not hold to find out each item, finally the need of referral comes into action for students.

- Counselling service: This service major part in the counselling guidance process. It is to help the children towards all round-development and gives a chance to the person to clarify all the plans, difficulties with a trained, experienced professional/counsellor in a best environment for person to become self-independent and self-motivated. Finally, it can be in done in individual/group.

**Guidance and counselling teacher role and importance at school level**

- Provide information to students about bullying, sex education, and study skills.

- Organize classes, meeting, follow ups, services, camps, events, celebrations etc.

- Help students prepare for college, careers, conflicts with their peers.

- Preserve school curricular levels and always prioritise targets for education outcomes.

- Check child abilities, behavior, attitude, personality etc. in the form of assessments/tests.

**Guidance and Counselling benefits for Students**

- Helps to deal psychological problems in studies and develop problem solving skills.

- Find various ways of problem solving strategies in the way of learning and teaching.
❖ Get best advices on career, courses and jobs after they are done with school.
❖ Find genuine opinions towards different educational, occupational opportunities etc.
❖ Aware, interpret and practice the suggestions and information of all plans for future life.

Recommendations

School education authorities should enforce rights; policies on guidance counseling assistances, arrange in context service trainings to all staff and engage the resources in the commanding, treatment of child studies and life. Schools must offer assistance classes, materials, visual-audio activities etc., also stress on the importance for their future and discipline. Administrators to should effectively promote and appoint experienced, trained counselling staff and motivate active support of teachers, students, parents and community. Finally arrange separate timetable, expert’s talks, seminars workshops, quizzes, orientation classes and curriculum should include need of guidance and counselling in contents, further provide all necessary resource tools and materials.

Conclusion

Everyone in this world came across certain type of problems by the education, gender, occupation, personality etc. and there is a brilliant student locked inside in every child. Guidance, counselling is twin programs are not satisfactory in any educational setup and unfortunately not reaching properly. Strong planning, observations, control, authority etc. are important criteria’s for the need of guidance and counselling towards reaching all students requirements of education at senior school standard so that he/she can prepare himself/herself for any kind of situation arisen inside and outside classroom. It helps people to help themselves. Hence, teachers’ role is very important in the process of modifying all the individual’s abilities to carry out in their daily school life.

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