

1. Course introduction, overview of guidance services, historical foundations of guidance, elements of effective guidance program in education, working model for a guidance programme, evaluation of guidance programme. 9 hrs.
2. Characteristics of adolescent development, adolescent concerns and school/college problems, implications for counselling in education Individual and group counselling. 9 hrs.
3. Testing and interpretation, student records, information and assessment, discussion and strategies related to specific problems and referrals. 9 hrs.
4. Elementary school counselling, career education and counselling, college counselling. 9 hrs.
5. Vocational counselling, counselling trends and issues, Ethnic standards and issues, referrals. 9 hrs.

Text Book:

1. Muro J.J. & Dinkmeyer D.C.(1977): Counselling in Schools; Wm. C.Brown Company Publishers, Iowa.
2. Dinkmeyer D.C. & Caldwell E. (1970): Developmental Counselling and Guidance, Mc.Graw-Hill, NY.

Reference Books:

1. Knaus W.J.(4th ed.1986): Rational Emotive education: Textbook of Rational Emotive Therapy, NY.
2. LaMerres C.(1990): The Winner's Circle: Self-esteem lessons for the Secondary Classroom; LaMerres Lifestyles Unlimited, CA.
3. Egan G.(1975): The Skilled Helper; Brooks/Cole, CA.
4. Combs A.W.(1974): Professional Education of Teachers; Allyn and Bacon, Boston.
5. Aspy D.N.(1972): Toward a technology for humanizing education; Research Press Company, ILL.
6. Anderson R.A.(1978): Stress Power! How to turn tension into energy; Human Sciences Press, NY.
7. Glasser W.(1986): Control Theory in the Classroom; Harper Row.

b. MARRIAGE & FAMILY COUNSELLING

1. Understanding of Marriage and family: 5 hrs.
 - a. Defining marriage and family;
 - b. Conceptual frameworks for studying marriage and the family;
 - c. Recent trends on marriage & family.
2. Family strengths: 5 hrs.
 - a. Strength in various ethnic and cultural group leading to family strength;
 - b. Understanding family relationships, family circumplex model, family cohesion, flexibility, and adaptability; common problems in M & F system, comparison of families with and without problems, diagnosis of a family with problems;
 - c. Exploring and establishing intimate relationships.
3. Mate selection and power structure: 5 hrs.
 - Mate selection; Gender roles and power in the family; Communication and intimacy.