**10.1 COUNSELING OF STUDENTS**

Counseling is designed to facilitate student achievement, improve student behavior inside and outside the classroom and improve attendance and help student develop socially.

* All students in a classroom may not always be of the same background, financial set up, academic skills and social behavior and comprehension level.
* Understanding their emotional concerns and giving them timely moral support and guidance can make a remarkable difference in their overall performance.
* The family problems, financial worries or bullying can take a toll on the student’s behavior and performance.
* This is when counseling as a part of school life becomes a whole lot purposeful.

*Some schools would arrange quarterly or annual counseling to students by arranging some specialist counselors and some may appoint a regular counselor.*

* Of course education is a process of learning and transformation of students.
* The internal and external challenges of our younger generation are to be resolved in order to empower them properly with high quality of education.
* For this a close assessment and warm interaction with the individual student is mandatory.
* The purpose of school counseling is that, students can freely and confidently express their academic, emotional and personal pressures to an expert in this field (counselor) who can affect them effectively.
* The major objective lies in facilitating academic, emotional, social and cognitive development of the students, hence to empower them in their learning and personal development.
* Other than students, parents and teachers get the benefit from the counselor in order to pave a path to the students inside the school and in their homes.

**Counseling for common issues such as**

* Effective handling of academic issues of students.
* Lack of concentration at studies and thus under achievement.
* Coping with examination exertions.
* Loneliness and adjustment difficulties.
* Counseling for individual student for a range of issues including difficulties with
* peers,
* behavioral difficulties in classroom,
* academic issues,
* anxiety,
* Emotional issues arising from family background, etc.
* Confidential environment where students can explore and express aspects of their **“self”** that may be painful or uncomfortable for them.
* Relationship issues: relationship with parents.
* Behavioral problems such as anger, outburst, disobedience, lying etc. Conducting work-shops with parents in dealing with such issues.
* Bullying at school require anti-bullying measures.
* Need based class talks.
* Low confidence and self esteem.
* Depression, anxiety and other mental health problems.
* Suicidal tendencies that sometimes develop during adolescent period.
* Developmental group skills session with adolescents.
* Guidance for family life of adolescents.
* One-to-one counseling session.
* Regular group counseling session and lecture in different classes.
* Motivation session for bright/meritorious students.
* Motivation session for not so good students.
* Counseling of parents.
* Training and motivation workshop for the faculty.
* Psychometric tests and therapy.
* Maintaining case records of students for reference and comparative study.
* Documenting of the referral cases and planning intervention plan of special cases.
* Collaborating and working in conjugation with school administration, particularly in matters that directly pertain to students, e.g. discipline (rather in-discipline) cases of the school.
* Class-wise counseling (and moral lessons) of most indiscipline students (sections combined).
* Good behavior inside and outside the school.
* Planning NGOs visit to school for students’ sensitization.
* Regularly taking life skill classes from class 6th to 12th.
* Data management.
* Career profiling, individual profile of students and their future plans.
* Dissemination of information to teachers, students and parents on various issues.
* Orientation program for students of Nursery 1st 5th, 9th, 10th, and 11th.
* Organizing first-aid classes.
* IQ testing and talent search.
* Specific learning disability.
* Aptitude and vocational guidance.
* Make a list of disciplined and undisciplined students (as per the remarks of different teachers).
* Regular counseling sessions in order to apprise parents about their responsibilities and their duties.
* Monthly class-wise counseling of students to apprise them about their responsibilities towards their parents, community and participation in National development as a whole. A complete record is to be maintained.
* Counseling sessions for students of, 6th, 7th, 8thand 9th--10th. Counseling of other students and moral lectures (classes combined).
* Assessment of learning style and caliber, and subsequent academic improvement of sub groups (viz. intelligent, good, average, below average and poor).
* Documentation of the referral cases and planning intervention plan of the special case.
* Good behavior inside and outside the school.
* Moral building measures, discipline, cleanliness, punctuality, respect of teachers, parents and elders.
* Love for parents, community and country.
* Efforts to minimize late coming, habitual absenteeism and dropouts.
* Development of reading habits and group discussion.
* Time management,
* Guidance for time spent at studies, sports and co-curricular and other activities.
* Time spent at home.
* How can students get help from internet and allied agencies?
* Guidance to develop problem solving skills.

**Counseling tips for problem solving skills**

* Define the problem
* Identify what information is given and what information is missing.
* Ask questions.
* Identify possible solutions.
* Evaluate potential solutions.
* Practice, practice and more practice.

**Counseling tips for future planning and study as per requirement**

* Communication helps us ask questions, customize our learning, and sparks our passions.
* There is no single magic solution that will help students of today become tomorrow’s work force.
* But, giving them well-rounded education of Science, Technology, Engineering and Math (STEM), arts, history and communication courses will help. History informs us of the struggle and success of the past innovators.
* Encourage team-work. One of the biggest things that students today need to succeed at work is the ability to work as a team.
* They need to understand how to communicate compromise and share credit, so that they can be valuable contributing members to projects.
* Be future-focused
* Teach Complex thinking Skills.
* Prepare for college and career.

**Counseling tips for exams preparations**

* Give enough time to study. Make a study schedule that fits the way of studying.
* Nothing should be left for the last minute preparation.
* Use flow charts and diagrams.
* Practice on old papers.
* Organize study groups with friends.
* Explain your answers to others.
* Take regular breaks
* Drink plenty of water.
* How to perform in exams in different subjects.
* Information regarding different new courses or other innovative courses in different universities and institutions.

**Counseling for employment requirements after education?**

* Keep track of different activities taking place in the field of technology and communication, sports, science, engineering and medicine.
* Future guidance either as an employee or a self employee.
* How to tackle the failure in life.

***Counselor plays an important role in psychological and emotional development of a child, an aspect important for his/her future progress. He will shape a detailed program as per the need of student/s. Comprehensive record of counseling is to be maintained for the accomplishment.***

(Software is required for Counseling of students, parents and Career counseling).