UNIT 5 : ROLE OF TEACHER AS A COUNSELLOR IN SCHOOLS

UNIT STRUCTURE

5.1 Learning Objectives

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5.1 LEARNING OBJECTIVES

After going through this unit, you will be able to-

- discuss about the need for counseling in schools
- explain the role of teachers in schools as consultants

5.2 INTRODUCTION

Every child's mental health is unique and each of them has their own imagination. We ourselves have each gone through different mental states in our own formative years However, sometimes we are unable to recognize the same thing, whether it is with our children or with our students as teachers. However, students or children need counseling to move beyond the stages of life.Sometimes, many people mistake counseling for psychotherapy and consequently try to avoid it as much as possible. However, there is a strong need for counseling in schools, as that time of students lays the foundation for their future lives.

Today's world is moving fast. Today's generation lives in an age where a touch of a mobile phone shares people's emotion. Therefore, in such an era, whether we as teachers or as educated parents of the society, we cannot ignore the role of counseling in guiding the present generation. You have already got a brief overview of counseling in earlier unit. In this unit we will discuss the role of teachers in schools in counseling and their needs.

5.3 IMPORTANCE OF COUNSELING IN SCHOOLS

The primary objective behind counseling at the school level is to meet the emotional, social and behavioral needs of students and create a seamless and friendly environment to support each of them in a variety of ways. Counseling services are now an integral part of every school or educational institution. This will become clearer from the discussion below:

(**1) Building Positive Mental Health**:

When students are able to establish meaningful relationships with others and lead fulfilling lives from the school environment, their mental health move in a positive direction. They are able to adapt and slowly love different environments. Therefore, efforts should be made to help students develop healthy mental health; Building positive mental health: When students are able to establish meaningful relationships with others and lead fulfilling lives from the school environment, their mental health moves in a positive direction They are able to adapt to different environments and slowly fall in love with their present realities. Therefore, both teachers and school authorities should make efforts to provide counseling services in such a way as to help students develop healthy mental health

(2) Problem Solving: In the present situation, students face various problems related to academics, personality development, and future career choices. Such problems are more likely to arise during the secondary stage of education. Therefore, counselling services available in schools play a significant role in helping students overcome the difficult situations that emerge from these problems. Counselling assists students in such a way that they are able to identify and solve their problems on their own.

(3) Counselling for Decision-Making: The ability to take correct and timely decisions is extremely important for success in life. One of the major objectives of counselling in schools is to enable students to make independent decisions. A counsellor can help students by providing necessary information and by clarifying their academic life and future goals.

For example, after completing the secondary or higher secondary stage, many students are found to be confused about whether to continue their education or what type of career they should pursue in the future, especially due to the lack of proper guidance. Such problems may further lead to the development of frustration and depressive mental states. Therefore, counselling plays a vital role in addressing and resolving such

issues.Counselling is an essential means of freeing the student community from such difficulties.

(4) Enhancing Personal Effectiveness:A productive or effective individual is one who is able to control their innate impulses and emotions, think creatively, and solve problems. These objectives are not independent of one another; rather, they are interrelated. Therefore, parents and teachers must remain alert so that balanced development of the different dimensions of personality can take place. In this regard, parents have a definite responsibility to provide a healthy home environment. At the same time, teachers and school authorities can contribute significantly to enhancing students' personal effectiveness through timely counselling.

(5) Facilitating Mental Change: Change is essential for improvement in any sphere of life. In a school, students come from diverse backgrounds. Their home environment, parents' educational level, and socio-economic status influence their mental world. Only when education succeeds in developing mentally healthy human resources, suitable for society ,then only we can hope for a healthy and harmonious social order. The counselling system can be expected to play a significant role in bringing about positive changes in students' attitudes, ideas, and personalities.

(6) Facilitating Behavioral Change: Some behavioral issues commonly observed among students include showing disrespect towards parents and elders, engaging in frequent arguments with peers, disrespecting family or other members of society (such as back-talking and rude behavior), frequent emotional fluctuations, and aggressive or violent behavior. Counselling can help students address and modify such undesirable behaviors.

One of the goals of counseling is to help with positive behavioral changes Counseling has been very important to learn desirable behaviors by removing unwanted or self-destructive behaviors Behavioral counselors are the main proponents of this theory.

CHECK YOUR PROGRESS

1. Why counselling is essential in school?

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5.4 ROLE OF TEACHERS IN COUNSELING

In the context of Assam, it can be seen that the vocational cells of guidance and counseling services are still far from being fully operational in schools. It should be noted that the National Curriculum Framework 2005 (NCF 2005) states that guidance and counseling can be completed through curricula. The National Mission on Secondary Education also emphasizes guidance and counseling and secondary. It mentioned guidance and counseling as one of the important areas to achieve the goal of universalization of education and improvement of quality of education at secondary level. School counseling services have been a blessing to students to cope with the increasing stress. This special system also contributes to maintaining mental health of the youth. Sometimes school authorities face several complex problems due to lack of proper counselling facilities, such as controlling aggressive attitudes, hyper active students, aggressive nature of adolescents, caring for children with special needs, disobedience, drug use, theft, sexual immorality etc. Therefore, in the absence of professional counsellors, it is the responsibility of teachers to establish a good relationship with students which helps them to achieve the highest level of academic, personal, social development and adjustment. Therefore, teachers should participate in appropriate training if necessary. As a mentor, a teacher should help students make their own decisions by realizing what they can and should do, the opportunities open to them

Most importantly, teachers need to access information about students through information access services. Successful counseling can only be achieved if there is appropriate information about the students. The role of teachers in counseling can be mentioned as follows:

(1) Academic Success: Teachers should help students identify their highest potential and remove factors that hinder academic success

(2) Career and Vocational Guidance: Teachers should help students to provide information on various careers and occupations available in the society and help them to choose subjects and occupations for future education according to their experience

(3] Personal and Social Development: Counselors of educational institutions should help in identifying the talents of students and develop their communication and interpersonal skills

(4] Resolving Psycho-Social Problems: Some of the psycho-social problems

that occur among students are stress, loneliness, ragging, peer adjustment and parental teacher pressure etc. and these problems should be solved by the teachers

(5] Good Relationship and Counseling for Guardians: Teachers should focus on maintaining good relationships with parents in order to solve the home environment of students and their various problems There is also a need to meet and advise the parents of the students such as-

(a) Accepting the children with their strengths and weaknesses

(b) The unhealthy effects of putting too much pressure on children for academic success

(c) The interests and abilities of the child and the choice of occupation

(d) Trying to solve any psychosocial problems of the child

2 5.5 LET US SUM UP

- Students or children need counseling to move beyond the stages of life. Sometimes it is seen that many people try to avoid counseling by mistaking it for psychotherapy
- The need for counseling in the school environment cannot be ruled out .Teachers have to play a major role in the lack of professional counsellors
- The primary purpose behind counseling at the school level is to meet the emotional, social and behavioral needs of the students
- The reasons for the need for counseling are:
  (1) Develop positive mental thinking
  (2) Problem solving
  (3) Recommend decision making
  (4) Increase personal effectiveness
  (5) Mental change
  (6) Help in positive behavioral change
- As a counselor, teachers should pay special attention to achieving academic success, career and vocational guidance, solving psychosocial problems, and establishing good relationships with parents, Good Relationship and Counseling for Guardians: Teachers should focus on maintaining good relationships with parents in order to solve their problems in the home environment of students.

- There is also a need to meet and advise the parents of the students such as-
  (a) Accepting the children with their strengths and weaknesses
  (b) The unhealthy effects of putting too much pressure on children for academic success
  (c) The interests and abilities of the child and the choice of occupation
  (d) Trying to solve any psychosocial problems of the child

O 5.6 FURTHER READING

1) Aggarwal, J. C. (1996). Essentials of Educational Technology, Vikas Publishing House.
2) Makinde, Tth (1984). Fundamentals of Guidance and Counseling Macmillan.

K 5.7 ANSWER TO CHECK YOUR PROGRESS

Answer to Q. No 1: Counselling in school is needed to support students' academic, emotional, social, and personal development. It helps learners cope with stress, anxiety, behavioural problems, peer pressure, and family-related issues that can affect their learning and well-being. School counselling also guides students in understanding their abilities, improving study habits, building self-confidence, and making appropriate educational and career choices. By addressing problems early and promoting positive mental health, counselling contributes to a supportive school environment and the holistic development of students.

M 5.8 MODEL QUESTIONS

A) Short Questions (Answer each questions in about 150 words)

1. What is meant by counselling?
2. State two needs of counselling in school.

B) Long Questions (Answer each questions in about 300-500 words)

1: Explain your views on the need for counseling in schools
2: Describe how you think counseling helps students in their future success
3: Explain the role of counseling in correcting students' behaviour
4: Discuss the role of teachers in the counseling process in schools.

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