

ANY TEACHER CAN BE A COUNSELLOR:ROLE OF TEACHERS IN GUIDANCE AND COUNSELLING

Dr. N. Sundar¹ & Dr. P. Sophia Mesalia²

¹Librarian, Thiagarajar College of Preceptors (Aided), Madurai

²Assistant Professor of Education, Thiagarajar College of Preceptors (Aided), Madurai

DOI: <https://doi.org/10.34293/eduspectra.v5i1.03>

Abstract

The main purpose of this paper is to identify the primary counselling ideas and skills for responding to students' psychological, emotional, and developmental issues. The essential characteristics of a teacher are trustworthy, good listener, empathetic and caring in nature. Teacher can motivate the pupils to direct their devotion towards educational tasks by providing group counselling. It is a teacher's great responsibility to provide right study materials to succeed in their studies. Special guidance and counselling required for those who is lacking concentration, poor grades and facing personal problems. Higher secondary and college students need experts counselling to higher education in India and abroad for choosing right subject at right institutions.

Keyword: *Guidance and Counselling, Teacher Counsellor, Learning Problems, Behavior Problems*

Introduction

The digital era has set the new lifestyle of the younger generation. Students are more influenced with lots of information, online classes and entertainments. Since nuclear families increased, parents are hardly spend time with their children. All these put lots of pressures on them. Younger generations are getting more materialistic comforts, so they feel hopeless and emotionally unbalanced. Educational institutions will have to play vital role to guide and counsel the students on proper way to save them from stress, realize their responsibilities and potentials to lead a happy life. The need of guidance and counselling is to help the students' community to fine-tune their educational, personal and career environs. According to Indian Institute of School Psychology that Indian School Counselors Association (ISCA) listed tools that to identify, assess and evaluate in following three categories called (BSELDs); 1. Behaviour; 2.Social; and 3.Emotional Learning Difficulties. The teachers are closest, most extended contacts with students in daily basis. Without their support, guidance and counselling is not at all possible. Referring the serious issues of pupils to clinical psychologists, psychiatrists or health centers where counselling are offered. The desirable qualities of the teacher counsellors are; belief in each individual, respect human values, open-minded, self-awareness, and professional commitments.

What is Guidance and Counselling?

Guidance and counselling plays a vital role and obvious in educational sector. The process of helping an individual is to discover and develop their educational, vocational, and psychological possibilities to lead a healthy life. It denotes to provide services to a person

who needs support to overcome the problem. Counselling is a central and integral part of guidance. Nkechi, Ebizie..[et.al] (2016) stated that school going children are facing most difficult time during their transition from childhood to adulthood. Teacher has to identify those who are facing trouble cope up with school environment and provide proper counselling to understand the responsibilities and accepting changes in positive ways.

Characteristics of a Counsellor

First and foremost character of a good counsellor is to be an approachable and suppose to have the following characteristics;

- Might be a good listener and great communicator
- Kind and Caring of an individual
- Understanding & Empathetic
- Multicultural sensitivity
- Flexible with the scheduled time
- Positive and motivating
- Trustworthy and reliable
- Open-minded
- Interested in helping others achieving their personal goals & encouraging growth
- Source of information & advice

Areas of Guidance & Counselling

The students' life is drastically getting changed all because of the media influence. It is common that students face different types of difficult situations. They need support from the expert for optimum level of achievement in various fields, such as curricular and co-curricular. Every vocational requires particular educational and professional back-ground and preparation. According to Sharma (2012) that different areas of guidance and counselling can be offered by the teachers as follows:

- Educational
- Vocational
- Avocation
- Social Relationships
- Health
- Morals
- Personal Problems

Types of Guidance & Counselling

1. Directive Counselling
2. Non-directive Counselling
3. Eclectic Counselling

Teacher as a Counsellor

Problems are having distractions and deviations from the education. Problem solving skills has a capacity of minimizing the distractions and deviations appropriately. Singh and Nisha (2020) noted that teachers remove darkness, bring enlightenment and support an individual student to choose the right path. Teachers could be significantly support and encourage the school/college/university counselling programme. All the students need to be equipped with emotional and social skills to promote learning for the overall personality development. Georgiana (2015) that class teachers may take action first in order to prevent students from problem and make good decision. As a counselor, a teacher can

Assisting Kids in Making thoughtful Decisions as a Counsellor

The Rational Decision-Making Model is a technique for removing emotion from decision-making and using logical stages to advance towards a resolution. The model involves analyzing many possibilities or alternatives while employing objective research, data, and other information as support. The teacher can assist in:

- Through classroom activities teacher guide pupils towards better judgments
- Developing mindfulness
- Learning to make thoughtful decisions
- Trying not to become too involved
- Developing a list of advantages and disadvantages about the issues

Learning about the Students towards Learning as a Counsellor:

The teacher needs to be made aware of the

- Students' low motivation
- Identifying learning issue
- Distractions among students
- Concentration is a challenge for students
- Pupils struggle to recall numbers and facts
- When studying, students can't have fun with the material.
- The proper resources are lacking for students.
- Lacking of time management

Assisting the Kids with Acclimatization to their Environment as a Counsellor

Seating, light, noise, and even colors can all have an impact on one's ability to study. It has been demonstrated that students who study in a supportive environment are more motivated, engaged, and have a greater total capacity for learning. The instructor might be interested in

- Cultivate fruitful connections
- Make the physical surroundings ready
- Provide encouragement to the good
- Be available to them, be open to criticism, and promote teamwork

- Donate a voice and a choice to the students
- Create a successful routine

Helping the Students in their Studies as a Counsellor

It is a duty for providing students the right tools in the form of e-books, online resources, and past exams is one of the finest methods to help them succeed in their studies. This greatly aids your students' preparation by giving them a taste of exam-style questions. There are ways that the teacher can serve as a counsellor. The teacher must

- Be Patient
- Make Time to Listen
- Modify, Modify, Modify
- Rapport is important;
- Supporting students to accepting changes
- Reviewing routines repeatedly
- Using strategies to help with concentration

Supporting the Students' Daily Learning Routine as a Counsellor

In active social classrooms where students negotiate understanding through interaction and a variety of ways, students learn by making connections between new information and information and concepts they already know. Students should be encouraged to learn more about one another's educational backgrounds and preferences. Encourage students to study for classes or tests together and form study groups for your course. Teacher has to instruct students to provide helpful criticism on one another's work and to clarify complex concepts to each another. The teacher can deal with the emotional wounds of children when their problems are minor, such as when they are worried about failing an exam, having difficulty understanding a concept, experiencing academic stress, deciding on a vocation, or experiencing bullying in the classroom.

- Getting students involved in making decisions about their own futures
- Recognizing academic progress
- Helping them set career goals
- Promoting peer interaction by designing activities that require groups of students to rely on one another in order to succeed
- Providing opportunities for peers to develop respectful communication

Introduce the School Counsellor and Cooperate with them

When a teacher encounters a student whose issue calls for the assistance of a qualified counsellor, they might gradually introduce the notion of the counsellor being a part of the conversation. This may be significant when there is bullying, drug or alcohol misuse, sexual assault, or suicidal thoughts present. In these circumstances, the instructor can offer the students emotional first aid before recommending them to a counsellor by

- Active listening to the shared issue and consideration of the student's perspective

- Utilizing statements like "I understand," "It must have been very difficult for you," and other forms of support and empathy
- Keeping the student's issues private; not discussing them with coworkers or the student's peers
- Avoiding responding, passing judgment, or criticising the student

Spreading the Word about the Value of Education as a Counselor

The teacher might list the benefits of education for pupils and for the society in which we live. She or he can encourage the students to direct their attention towards educationally related tasks by offering group counselling to them.

- Assists pupils in coming to know themselves
- Enhances both mental and physical wellness
- Works to maintain and advance peace throughout the international community
- Improves critical thinking and problem-solving abilities
- Aids in adapting to and keeping up with the fast-paced workplace
- The teacher can sharpen the understanding of the students about knowledge they gain, the more skilled they become, and hence more opportunities open for them

Partnering with Parents as a Counselor

The teacher must encourage family involvement, such as helping out at school functions; make regular phone calls to parents and other members of the student's family. Preparing weekly newsletter that may be distributed to all family members for each student to provide broad information. The instructor can serve as a counsellor in a variety of ways, from a simple smile to fostering parental trust.

- Be warm and approachable at all times.
- Respect and recognize participation.
- Give parents a sense of honour and value.
- Create a trusting environment...
- Speak with Confidence.

Conclusion

Teachers and administrators of the academic institutions is the first person to identify the students' problems and issues. So they have to be capable to handle this situation to guide and counsel them on right way by knowing these basic characteristics, areas and types of guidance and counselling. Teachers can initialize and direct the identified students to the right counsellors at right time to support them from stress-free environment. The efficiency of the guidance and counselling services in school/college/university is depends on the ability, enthusiasm and dedication of the teachers. Group guidance can be provided to assist in the identification of the common problems which enlightened the unwilling to discuss in private counselling.

References

1. Georgiana, Dumitru (2015). Teachers Role as a Counsellor. *Procedia - Social and Behavioral Sciences* 180, p.1080–1085.
2. Indian School Counselors Association. Indian Institute of School Psychology. Link: <http://schoolcounsellorsindia.org/professional-school/professional.php>
3. Nkechi, Ebizie..[et.al] (2016). The role of guidance and counselling in effective teaching and learning in schools. *International Journal of Multidisciplinary studies*, 1(2), pp.36-48. [https://chakdahacollege.in.net/upld_journal/upld_jrnl_dcmnt/04-1\(2\)-36-48.pdf](https://chakdahacollege.in.net/upld_journal/upld_jrnl_dcmnt/04-1(2)-36-48.pdf)
4. Sharma, Ram Nath (2012). *Guidance and Counselling*, Surjeet Publications.
5. Singh, Surendra Pal and Nisha (2020). The Role of a Teacher in Teaching as a Counsellor. *Journal of Interdisciplinary Cycle Research*. XII(IX), ISSN:0022-1945