



Need for Educational Guidance and Counselling for Enhancing Academic and Personal Growth of College Students

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Abstract:

Each child has unique qualities that make them different from one another. Therefore, it's not reasonable to expect that a specific teaching approach, curriculum, discipline method, or parenting style will work equally well for all children. Additionally, we must recognize that not only students with severe behavioural, emotional, adjustment, or achievement problems require guidance and counselling, but also the most capable students need regular support. This paper aims to examine and consolidate a comprehensive approach to the necessity and process of educational guidance and counselling for college students in the current landscape of the new National Education Policy. It could also suggest different strategies for improving guidance and counselling services in schools, including the use of technology and innovative counselling techniques. This approach will undoubtedly positively impact students' growth and development.

Keywords: Educational Guidance and Counselling, Individual Difference, personal and academic growth

Introduction:

Human beings have two forms: biological and social. To develop his second form i.e., social form, the process of socialization is needed. To start this process, attention must be paid to the various aspects of the social development of an individual. Hence, for the social development of human being, education, and educational guidance is required at each step. Continuous changes in the various social aspects are occurring, such as social ideology, aims of education, methods of achieving these objectives, social needs, social values and traditions, etc. In addition to these changes in social aspects, there are influences of psychological research on education, individuals, and society. And, as a result of these researches, revolutionary social and educational changes are being observed, such as, at present, education according to the pupil's aptitude, ability, and interest, is being insisted. But practically, providing such education faces many difficulties. In such conditions, the need for educational guidance can be realized. Hence, there is no single factor but a variety of factors are responsible which creates the need for educational guidance (Sarita Kumari & Monica Tomar, 2005).

Guidance aims to be proactive and supportive of growth, while counselling is typically reaction and remedial (Lai-Yeung, 2014). Akinade (2012) defines guidance and counselling as a process that helps individuals gain a complete understanding of themselves, including how they respond to environmental influences. This process further aids individuals in identifying personal

significance in their behaviour and in creating and organizing a set of objectives and principles for future behaviour. In the realm of counselling, relationships are non-hierarchical. Regardless of one's position, rank, title, or age, the counselling process remains unaffected. While students may possess incredible intellect, they cannot surpass the knowledge and expertise of the counsellor. It takes a great deal of skill to effectively counsel, therefore, proper training is required before practising. The purpose of this paper is to explore the practicality and functions of guidance and counselling for enhancing student's personal and academic growth.

Objectives:

- To analyse functions of guidance and counselling in educational institutions.
- To examine the role of guidance and counselling in enhancing students.
- To explore the initiatives taken by NEP2020 regarding guidance and counselling.

Methodology: The present paper aims to analyse and examine the need for guidance and counselling in student's academic and personal growth.

Result and discussion:

Practically, students pay a lot in the form of stagnation, failure, maladjustment, and wrong selection of subjects etc. Sometimes they suffer with even more mental trauma as they don't know where to go and what to do. This type of situation often comes in student life when he/she needs guidance to solve problems and achieve the integrated aim of education. Gabriel Amponsah Adu (2022) stated, 'The counselling service provides many

opportunities and benefits in touching students' emotional, psychological, intellectual, social, and personal needs and other individuals. To address all these life-facing challenges, students need properly guided and well-initiated initiatives across the education system to provide effective counselling services in various schools to manage academic, career choices, and other challenges in school.....The educational institutions' counselling services aim to facilitate the total developmental needs of all students and growth (educational, vocational and social/ personal).

Because of individual differences, every child needs focused and consistent guidance and counselling whether he or she is a slow learner or talented child. Guidance and counselling play an important role in the academic and personal growth of the student in the following ways-

- **Helps to minimize wastage and stagnation:**

Many students abandon their education due to a lack of adequate guidance and discussion. Parents, who may be uneducated or overwhelmed with responsibilities, may not recognize their child's learning disabilities or lack of interest in certain subjects, leading to a failure to take the necessary steps to improve their child's learning condition and ultimately resulting in dropping out. Husain (1982) worked on wastage and stagnation in education and has the findings that the rate of wastage and stagnation seems to be high in single-teacher schools as compared to multi-teacher schools. He suggested that to make maximum use of resources available in school efforts should be made to enroll all the children in schools.

- **Helps in the appropriate selection of subjects:**

Most of the students are not aware of their interest and capabilities, they just choose the subjects under the influence of their peer students or the interest of their parents, which lead to learning difficulties and failure. Here proper guidance and counselling can provide the students with better subject options which is in their interest and capability and skill-oriented will motivate them to complete their studies. Kauchak (2011) stated that counselling services help students understand their responsibility for decisions and grow in their power to understand and accept the outcome of their choices.

- **In the adjustment of pupils in school:** The aims of Guidance are both adjustive and **In the adjustment of**
- **Appropriate selection of subjects:** Most could be made to enroll all the children in schools.
- **Helps in:** services developmental. Its function is not merely that of assisting students in making educational and vocational choices, but to help them in making the best possible adjustment to the situations in the educational

institutions and in the homes (Kaul, 2019). Thus, we can say that the objectives of counselling and guidance are twofold. Firstly, it supports and facilitates growth and adjustment in students. Secondly, it navigates students to find the path and ways to fight and face the challenges in school environment.

- **For information regarding future education:**

Often, students experience uncertainty regarding their strengths and weaknesses. They may feel perplexed about where to seek higher education or vocational training that suits them best. They may also lack direction on how to enhance their academic achievements and improve their personal traits. When their future is at stake, they require professional counselling and guidance. There are many innovative techniques and tools which help in understanding the aptitude, attitude, interest, and achievement of students in various subjects and areas, suggesting suitable options for further education with a prediction of possible success with satisfaction.

- **For providing the knowledge of various opportunities:**

The decision regarding a vocation is a very serious affair and hence, it needs special attention. Otherwise, maladjustment and unhappiness can be the result (Sarita Kumari and Monica Tomar, 2005). Education fulfils the requirements of society and Technological and Economic transformations in society demand innovative and skillful individuals to serve. Proper guidance of vocational and skill-oriented course opportunities can lead the learner to an accurate success path.

- **To keep busy in the learning process:**

Effective teaching cannot be said to have taken place unless learning has occurred. The implications for guidance and counselling suggest that teachers should observe their students both during and after class and evaluate their level of understanding and assimilation (Parveen, D. & Akhtar, S., 2023). Proper guidance and counselling can redirect the learner's path to their learning and can use their young and energetic minds to engage in more creative and skilful activities, avoiding any distractions.

- **For a change in school administration and teaching methods:**

In today's world, it is evident that various aspects of schooling, including administration, organizational values, working conditions, and teaching techniques, are undergoing significant changes and being replaced by newer approaches. Sarita Kumari and Monica Tomar (2005) stated that after accepting the principles of individual variations, school administration and teaching methods are selected. In this selection too, educational guidance is needed.

- **For preventing delinquency through early intervention:**

The empowerment of children by ensuring their human rights and dignity provides an opportunity to change, the change which is required for the growth and development of our country. The way we deal with our children speaks volumes of our own character and ensures laying a concrete foundation for the future generations to follow (Mathews, S. M. & Savarimuthu, A., 2020). Proper psychological and educational guidance along with training in life skills can divert the tendency of delinquent students to a progressive, positive and developmental approach towards life. Early intervention in preventing delinquent behaviour in children and teenagers, various strategies could be discussed and implemented for early intervention, such as family counselling, mentoring programs, and community outreach. Additionally, it could delve into the long-term benefits of early intervention that can redirect the life positively.

- **To help in the holistic development of learners:**

Counselling is a form of learning where a trained professional assists individual in gaining insight into themselves and their surroundings, thereby empowering them to make appropriate choices that facilitate personal growth and development as well as educational, vocational and socio-personal advancement Egbo (2013).

As guidance is provided in all the dimensions of development such as intellectual, psychological, social, emotional etc., it helps in the total development of the learner.

- **To develop readiness for choices and changes to face new challenges:**

Effective teachers not only strive to enhance student's academic achievement but also equip them with essential life skills. They also adopt applying strategies that promote holistic learning and support learners in coping with various challenges (Goodstein, Nolan and Pfeiffer, 2006).

A learner has to be prepared for any situation and circumstance. He has to select the best available option according to his capacities and interests. So, guidance and counselling prepare him to accept the best choice and flexibility to adopt new changes.

- **To avoid contradictions and diversities between education and employment:**

Most of the students couldn't achieve more in their lives because of differences in "what they want to do" and "what they actually do". due to parents' pressure and peer influence, the student selects the wrong career opportunities which leads them to failure and dissatisfaction. Proper guidance and counselling can efficiently use the human resources to their best capability, by showing them the appropriate way to follow and this leads to proper management in all areas of development of society.

- **To motivate students from a weaker socioeconomic section of society :**

Despite India being an economic country, the Indian government doesn't provide free education, as most of the schools were a private school, weaker sections could not able to afford higher education. As a result, the weaker section suffers from low educational attainment (Passang, 2017). Learners from a socio-economic weaker section of society are totally dependent on others for employment, they do even not get the proper chance to complete their education according to their interests. Guidance can provide better suitable options to adopt at their present level of education.

- **To help students in periods of disturbance and crisis:**

Most of the learners are facing confusion in selecting their future education and career, they are not mature enough to make these decisions. At this age, they can be misled to the wrong paths spoiling their life. Proper guidance and counselling can help them to lead the right path to success in life. Chandel, P. J. found in her study that in the past parents of students with learning disabilities, special needs, ADHD etc., had no choice but to support such children, they were feeling helpless. Students were forced to live isolated, deprived of a feeling of belongingness. Inclusive education provides them the opportunity to be a part of society, live in society and enjoy the feeling of belongingness. The findings suggest that, in India, there is definitely a need for counselling in school to support students in the daily process of learning and also for inclusion in case of special needs, which is evident from various news reports for school students' crime drug abuse suicide etc. Even though these services have been introduced in the school system and have also advanced to some extent they are not adequate to meet the growing needs of students across the states. Very little is covered in this regard and a long way to go.

- **To motivate students to face real-life situations practically and boldly:**

Our education system has been more theoretical-based with a lack of behavioural experiences. Students are kept apart from real-life situations and problems in school as well as in family. But they have to face these situations in future, so guidance and counselling can train them to handle such situations more carefully and boldly with confidence and willpower. Malik, N. (2020) highlighted in her study findings the need for introducing mental health care programs in schools or colleges. There is a strong need for recognition along with receptivity within the institutional setup to initiate structured counselling services as a means to address the academic, career, interpersonal and social problems of adolescents.

Educational institutions often expect teachers to act as mentors, guiding and counselling their students in addition to teaching. Adopting the role of a teacher counsellor can bring significant benefits in such a scenario. To become a teacher counsellor, a teacher must acquire the necessary skills through professional counselling training. By integrating counselling principles into their teaching and interactions with students, as well as those from diverse academic and familial backgrounds, a teacher can offer more comprehensive support.

NEP 2020: Landscape for prioritizing academic and personal growth of students through guidance and counselling:

Fundamental Principles of NEP 2020 state that- “Recognizing, identifying and fostering the unique capabilities of each student.” And “Flexibility, so that the learners have the ability to choose their learning trajectories and programs, and thereby choose their own path in life according to their talents and interest.” The guiding principles of NEP 2020 are intricately linked to the pivotal role and responsibility of a teacher in providing guidance and counselling to students. It is incumbent upon teachers to discern the unique abilities of their students and help them chart their own course in life, taking into account their individual aptitudes and learning abilities. The world is undergoing rapid changes in the knowledge landscape with various dramatic scientific and technological advances such as the rise of big data machine learning and artificial intelligence. Many unskilled jobs worldwide may be taken over by machines while the need for a skilled workforce particularly involving mathematics, computer science and data science in conjunction with multidisciplinary abilities across the sciences. Social sciences and humanities will be increasingly in greater demand with climate change, increasing pollution and depleting natural resources (NEP 2020).

As we can see the upcoming educational scenario will be more focused on specific areas, here proper counselling will enable the learner to manage the skill development required for survival and success near future. Indeed, with the quickly changing employment landscape and global ecosystem, it is becoming increasingly critical that children not only learn but more importantly learn how to learn (NEP 2020). National Education Policy talks about the learner to develop better study skills and learning practices. This can be achieved by proper educational guidance with training in time management, life skills and soft skills.

Teachers as academic counsellors:

This approach views every teacher as having the potential to be a counsellor. This view has great acceptance all over the world. Especially in developing countries, because of limited trained human resources and finances in schools, guidance

and counselling services are provided through teacher counsellors and can reach students in large numbers. The approaches to providing guidance and counselling services to students may vary but the focus of all the approaches is aimed at meeting the challenges faced by students (NCERT, Dept. of Educational Psychology & foundations of Education & RMSA Cell, 2015).

The Role of Technology in Guidance and Counselling:

In addition to the integration of technology in teaching and learning, computers can also be utilized for effective educational counselling. Technology can serve as a valuable complement to the guidance and counselling process. Counsellors may consider incorporating various technological tools such as television, laptops, and virtual reality in their counselling sessions. Furthermore, this technology allows for remote counselling sessions, removing the need for counsellors to be physically present with their clients. Eko Susanto (2014) described in the research paper that counselling can be done through the Internet for example; the process of counselling through the Internet by using a gadget or laptop, technology. It replaces the presence of a counsellor who cannot face-to-face with the counselee because the counsellor is out of town. Thus, the use of technology does not necessarily have to be done, but it can be used as needed.

The use of technology also needs to consider the function of the technology itself, not to the negligence of using technology raises a new problem for counsellors. Catharina Tri anni, Sunawan, and Haryono (2018) found in their study that school counsellors who perceived ICT to be easy to use as well as useful had a more positive attitude about ICT and in turn, a stronger intention to use ICT in the context of providing counselling. Periodically, the educational system undergoes progressive changes to refresh and advance it in accordance with the times. Institutions that undergo changes in their educational systems require guidance and counselling in order to enhance the personal and academic growth of their students. This guidance could offer a multitude of approaches and techniques for integrating counselling within the institution's framework. Such measures would ensure that students have access to the necessary resources to succeed in both their academic and personal lives.

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