

SEMESTER: M. A (EDU) III

Subject: Guidance and counselling

SESSION: August 2020

M.A-Ed -303

Teacher's Name: Dr. Nasreen Qusar

**TEACHING  
SCHEDULE**

Unit	Sub-Topics	No. of Lectures	Day and Time
Guidance and its Types	Meaning, need and importance of guidance	06	Monday-Saturday 3:30 pm-4:10 pm
	Aims and principles of guidance	04	Monday-Saturday 3:30 pm-4:10 pm
	Types of guidance; personal, educational, vocational	02	Monday-Saturday 3:30 pm-4:10 pm

	Guidance and curriculum; guidance and classroom learning and role of teacher in guidance and counseling	04	Monday-Saturday 3:30 pm-4:10 pm
Organization of Guidance Services	Vocational choice, factors affecting vocational choice. Vocational development; Vocationalization of secondary education.	04	Monday-Saturday 3:30 pm-4:10 pm
	Tools and techniques of guidance-Cumulative records, rating scales, interview and psychological tests. Use of tests in Guidance.	05	Monday-Saturday 3:30 pm-4:10 pm
	Organization of guidance services, essentials of a guidance programme, guidance set up in a school system	05	Monday-Saturday 3:30 pm-4:10 pm
Counselling	Counselling; concept, scope and types (individual and group)	04	Monday-Saturday 3:30 pm-4:10 pm
	Objectives of counseling (solution of problems, modification of behavior, promotion of mental health), counseling approaches-directive, non-directive and elective.	04	Monday-Saturday 3:30 pm-4:10 pm

	Relationship and difference between guidance and counseling	02	Monday-Saturday 3:30 pm-4:10 pm
	Characteristics of good counselling and counselling for adjustment	03	Monday-Saturday 3:30 pm-4:10 pm
Techniques, Theories and Areas of Counseling	Techniques in counseling; testing and non testing techniques, steps of counseling, qualities of an effective counsellor.	04	Monday-Saturday 3:30 pm-4:10 pm
	Theories of counseling –psychoanalytical theory (Freud) Self concept theory (Rogers) and Behaviouristic (Skinner)	04	Monday-Saturday 3:30 pm-4:10 pm
	Areas of counseling; family counseling, parental counseling, counseling for adolescent girls	04	Monday-Saturday 3:30 pm-4:10 pm
Theories of Career Development	Meaning and importance of career development	02	Monday-Saturday 3:30 pm-4:10 pm
	Strategies of Planning and Decision making	03	Monday-Saturday 3:30 pm-4:10 pm
	Theories of Career Development: Holland, Krumboltz and Super	04	