

Q.1 Difference b/w Guidance and counselling (5 marks)

Topic: 007 – Difference between Guidance & Counselling - 1

Guidance	Counselling
Guidance focuses on helping individuals choose what they value most	Counselling focus on helping them make changes
Guidance is put in place at the time a choice is to be made	a) Helps with considering all sides of a potential choice even before the choice is made. b) Takes place when a choice has been made and there is a need to modify, reinforce or abandon such a choice.

Topic: 008 – Difference between Guidance & Counselling - 2

Guidance	Counselling
Guidance is pre-problem service that aims to improve the adjustment of individuals.	Counselling is a post-problem service to address the problem.
Guidance is an act of making decisions for another person to help them set or achieve their goal.	Counselling assists a person in finding the correct answer or behaviour themselves.

Q.2 Functions of Guidance and counselling:

1. Educative: how can we appropriately guide students to choose their topic areas, interests or career areas.

Reflective: We must make the students able to reflect on things.

3. Welfare: We should prepare students in a way that they can co-exist properly in society.

Guidance and counselling programs:

1. Facilitate social and emotional development of students.
2. Encourage teacher support.
3. Require whole school commitment

Q.3 Difference b/w Autonomy & Integrity

Autonomy: Autonomy is a thing that comes start when students developing awareness of themselves when they began to discover themselves.

Integrity: Human integrity is very important. How people respect themselves? How to the respect others? That is also very important part of humanistic trends. It includes self-efficacy, believe and self-esteem.

Low self esteem may leads to:

- Bad decision or wrong choices
- Fall into destructive relationship
- Fail to live up to their full potential

High self-esteem leads towards narcissism or egotism. Students become selfish and only think about their own lives. We need to defeat these negative behaviours. This can only happen once we fight for a balanced approach. We determine the required and accepted behaviours and we work with students towards the development of those particular behaviours.

Q.5 factors of character building

Character is a set of emotional, cognitive and behavioural patterns learned from experience.

Environment is a big factor in character and moral development.

Environment plays a significant role in character building.

Components of character:

1. Compassion and Empathy:

- Elements of care and taking care of others people's feelings. All of these come in this component. One must be considerate to other's feelings. Trough demonstration and modeling a teacher can teach compassion and empathy.

2. Fairness:

Fairness means to taking turns, sharing, and listening to what others have to say.

- You need be open-minded.
- You have to follow the particular in rules.

Q.6 personal growth and autonomy

Personal growth:

It includes social emotional learning.

Autonomy:

Autonomy is a thing that comes start when students developing awareness of themselves when they began to discover themselves.

Q.7 Elements of effective education

Elements associated with affective education include:

- **Interpersonal relations**
- **Humanitarianism**
- **Curiosity and risk-taking**
- **Complexity and imagination**
- **Character**

♡ **Interpersonal relations:** The concept of interpersonal relationships involves social associations, connections, or affiliations between two or more people.

♡ **Humanitarianism:**

Humanitarianism is a moral of kindness, benevolence, and sympathy extended to all human beings. It is connected with interpersonal relationship. Human feeling is very necessary.

♡ **Curiosity** is a strong desire to know or learn something.

♡ **Complexity and imagination:**

Complex human behavior helps them in their practical life. They can grow

up and become a powerful member of the society.

♥Character:

Character building is absolutely important. That needs a lot of attention in the school. When we give attention only to teaching process and not give attention to character building then it becomes an incomplete process.

Q.8 Transforming into a caring classroom community requires four characteristics:

●Teacher should:

- Model respectful behavior
- Exhibit warm, accepting and supportive attitude for the students

●Students must have influence on important classroom discussions and autonomy to make important choices regarding their self-development. A caring teacher always makes students an autonomic learner. Teacher can help students to take their own decisions.

●Students must have opportunities to interact, collaborate and discuss important issues with one another. The result is that the turn taking skills will develop.

●Students must practice social skills and get the opportunities to help each other.

Social-Emotional skills:

Research suggests that emotional intelligence has more bearing on life and school outcomes than academic intelligence.

Q.9 Need of Guidance & Counselling in Academic Settings?

In academic settings, **it is needed when:**

- Students require making choices of courses.
- Students require assistance in turmoil and confusion.

We must teach students how to make good choices.

●It is required to:

- Develop readiness for choices and to face new challenges.
- Make up the deficiencies of home.
- Seek solutions of diverse learner students.
- Check the migration to prevent brain drain.

●How can teachers help in guiding students and counselling them appropriately?

It is needed when:

Students require an intelligent listener who understands his/her difficulties and provides good suggestions for his/her working plan.

- Minimize the incidence of indiscipline.

●It is needed to:

- Ensure proper utilization of time spent outside the classrooms.
- Helps students in vocational development.

Q.10

Explain core belief of existential theory

● In existential theory, people are essentially good in nature and growth oriented. Human growth depends upon environmental factors, socio-economic and social emotional factors.

Everyone is good in nature, so basically the element of good is there.

● If a person deviate from basic nature may lead him towards destruction acts. He/she may face problems.

●For human being, it is very necessary for developing trust, respect and care. This will be very helpful for human being in regaining emotional and spiritual equilibrium.

● Many choices are there, people can choose what they become. It depends upon a person that what he/she want to become. It is necessary to give proper guidance and counselling to a person so that he/she can properly choose his/her choices.

●The basic concern of this theory is that everyone is open his/her choices. The main focus of existential theory is on "Man is nothing else but he makes of himself" (Jean Paul Sartre)

Q.11 Holistic Health Theory factors

It is an important theory that needs to be implementing in the school.

There are three factors in this theory:

1. **Biological**
2. **Social**
3. **Psychological**

These three factors are very important in human development. This theory posits that psychological and social factors play a significant role as biological factors do in human functioning, therefore, health must be understood in combination of all three.

Q.12 Self-efficacy

Self-efficacy refers to an individual's belief in his or her capacity to execute behaviors necessary to produce specific performance attainments (Bandura, 1977, 1986, 1997).

Self-efficacy reflects confidence in the ability to exert control over one's own motivation, behavior, and social environment.

Strong sense of self-efficacy:

- Encourages to take challenges
- Develops interest in given tasks
- Develops strong commitment to the interests
- Enables quick recovery from setbacks and disappointments

Weak self-efficacy leads towards:

- Avoidance to life challenges
- Focus on failures and negative outcomes
- Low confidence

Q.13 Difference between empathy and sympathy:

- **Sympathy:** In sympathy you will sorry for someone.
- **Empathy:** You take a step ahead. In Empathy, you seriously work towards resolving the conflict and problems.

Q.14 Being a teacher how can you apply maslow's theory of affective education?

Applying Maslow's Hierarchy of Needs In Our Classroom

Maslow's Hierarchy of Needs is a popular motivation theory that is widely referred to in educational circles. However, **Maslow's Hierarchy of Needs** can provide teachers a reminder and framework that our students are less likely to perform at their full potential.

Are any students entering our classroom without their **Physiological** needs met? Is this student getting all of their basic physical needs met? These basic needs include food, water, sleep, oxygen, and warmth. If all students have these needs met, the next stage is **Safety**. How safe and secure does this student feel in their home? What about in our school, and specifically in our classroom?

Do all students have a feeling of **Love & Belonging** in our classroom? Does each student feel that they belong to a group? Do they have strong relationships with their peers? The next stage is **Esteem**. Do all students feel good about themselves? Are we giving powerful verbal feedback to support their self-esteem? Do they believe that their peers think positively about them?

Maslow's final stage is **Self-Actualization**. In theory, if students have all of the previous stages met, they can achieve and create at their full potential. Do we automatically assume that all students should be achieving at their full potential once they enter the classroom?

To support our students' **physiological** needs, we can ensure that **all students have access to water** in their rooms. Water bottles are a simple solution and research shows the many benefits of hydrated students.

To support our students' **physiological needs**, we can ensure that if a student is in desperate need of sleep, they are allowed to **take a short nap** at school. If not, research indicates that sleep-deprived students learn less and may even disrupt the learning of others.

To support our students' **safety needs**, we can continuously equip students and **monitor the climate of our classroom** to decrease bullying.

To support our students' love and belonging needs, would all students feel like our classroom has a family or close-knit feel? Are we actively making sitting arrangements and putting students in groups where **they feel supported**?

To support our students' esteem needs, we need to provide affirmative, concrete, and transparent feedback so that students know their specific strengths and can articulate when they've used them to succeed in our classrooms. Do we **create opportunity for peers to share specific positive feedback** with each other?

In theory, when we support students in all of those stages noted, students can perform at their fullest potential, which is the self-actualization stage.

REMEMBER ME IN YOUR PRAYERS.....