



C. U. SHAH UNIVERSITY
Wadhwan City

Department of Education (M.Ed.)

Semester: - III

Code: - MED03GAC1

Name: Guidance and Counseling

Teaching & Evaluation Scheme: -

Subject Code	Name of the Subject	Teaching Scheme (Hours)				Credits	Evaluation Scheme							
		Th	Tu	Pr	Total		Theory				Practical (Marks)			Total
							Sessional Exam		University Exam		Internal		University	
							Marks	Hrs	Marks	Hrs	Pr/Viva	TW	Pr	
MED03 GAC1	Guidance And Counseling	4	0	0	4	4	30	--	70	3	---	-----	-----	100

Objectives:

After completion of this course the students will be able to:

1. Students understand the Counseling process & Group guidance programme.
2. To enable the students understand the Organization of a Guidance Programme.
3. To enable the students understand the Testing in Guidance Service.
4. To enable the students understand the Human adjustments and mental health & hygiene.

Guidance and Counseling

Unit No.	Name of the Unit	Weight age
1.	Guidance and Counselling	25%
	1.1 Guidance : Meaning, Concept, nature, principles, Needs 1.2 Types of Guidance 1.3 Counselling-. Concept, nature, principles & process of counselling, 1.4 Counselling approaches – directive, non-directive & Psychological Approach	
2.	Organization of a Guidance & Vocational Information	25%
	2.1. Historical perspectives of Guidance 2.2. Guidance Services- National Level Guidance Services organization. & State Level Guidance Services organization 2.3. Vocational Information: Meaning, Nature, Needs& Classification, Sources of Vocational Information, Techniques for collecting Information & Techniques for Distribution of Vocational Information 2.4 Planning of Guidance and Counselling Services:	
3.	Tools of Guidance	25%
	3.1 Psychological Tests: Standardized Test and Non- standardized Test 3.2. intelligence Test, Aptitude Test, Interest Test 3.3. Reading Ability Test, Personality Inventory Test 3.4. Administration of Tests	
4	Human Adjustments and Mental Hygiene	25%
	4.1 Definition and meaning of Adjustment. 4.2. Psychological Basis of Adjustment. 4.3. Role of perception and Motivation in adjustment: Perception, Teacher and Perception. 4.4 Definition and Meaning of Mental Hygiene. Objectives of Mental Hygiene, Principles of mental hygiene and their implication for effective adjustment.	

Suggested Activities:

1. To arrange seminar, career conference & career days.
2. To provide Guidance and counseling of Students.
- 3.. To visit institutes of who providing Guidance and Counseling.
- 4.. To collect information or paper cutting about career development of students.
5. To administrate any five psychological tools and its analysis for guidance and counseling.

Reference Books:

1. Adams, James F. (1986): Counseling and Guidance: A Summary view (6th printing) New York:McMillan.
2. Beride, R.F. et. Al. (1963): Testing in Guidance and Counseling New York: McGraw Hill.
3. Bengalee, M.D. (1984): Guidance and Counseling Bombay: Sheth Publishers.
4. Bernard, H.W. (1977): Principles of Guidance (2nd ed.) New York: Harper and Rwo.
5. Burkes, H.M. and Steffir B. (1979): Theories of Counseling (3rd ed.) New York: McGraw Hill.
6. Crow, L.d. and Crow A. (1962): An Introduction to Guidance New Delhi: Eurisia.
7. Farwell, G.F. and PatersH.J.(1959) : Guidance Reading for Councillors Chicago : RandMcNally.
8. George, R.L. and Cristiani, T.S. (1981): Theories, Methods and Processes of Counseling andPsychotherapy Englewood Cliffs, N.J.: Prentice Hall.
9. Gibson, R.L. and Mitchell, M.H. (1981): Introduction to Guidance New York: McMillan.
10. Gingberg, E. and others (1972): Occupational choice – an approach to General Theory(2nd ed.) New York: Columbia University Press.
11. Holland, J.L. (1966): The Psychology of Vocational Choice Waltham Mass: Blaisdell.
12. Humphy, I.A. and Traxler, A.E. (1954): Guidance Services Chicago: Science ResearchAssociates, Inc.
13. Jones, Arthur, J. (1970): Principles of Guidance (6th ed.) New Delhi: Tata McGraw HillPublishing Co.
14. Mehdi, B. (1976): Guidance in Schools New Delhi: N.C.E.R.T.
15. Ohlsen, Merle M. (1977): Group Counseling (2nd ed.) New York: Holt Rinehart and Winston.
16. Pasricha P. (1976): Guidance and Counseling in Indian Education New Delhi: N.C.E.R.T.
17. Patel R.S. (2009) Statistical Methods for Educational Research Ahmedabad: Jay Publication.
18. Patel, R.S.: (2012) Statistical Techniques for Data Analysis (International Version) LAPLAMBERT Academic Publishing GmbH & Co. Saarbrucken, Germany.
19. Patterson, C.H. : Counseling and Guidance in School New Delhi : Harper
20. (1960): Group Guidance New York: McGraw Hill.

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