

B A THIRD YEAR (ARTS)

EDUCATION (MAJOR)

PAPER: 6.4 (GUIDANCE AND COUNSELLING)

Notes on Career Conference:

Career conference is like a meeting where expert and experience person deliver talks on educational and vocational aspects of students. In this type of conference after delivering lecture by the resource person a question-answer or interaction session is being organized where students can actively participate. Conference also helps in planning vocation, selection of right career etc.

Career conference is a group activity. A career conference in guidance, is like a group meeting where the participation of representatives of occupations from the community. It helps the students to get broader perspectives on various career opportunities. The main purpose of this career conference is to provide occupational or career information. Here person from different profession come and deliver talks about their own fields to the group of students. For a fruitful career conference everybody must take into consideration the following points-

- The time of the conference should be prepared in advance.
- A committee must be constituted that may include teachers, students and the other person who are related to it.
- Career conference should be organized at frequent interval for the benefits of the students.

Notes on Individual guidance:

Individual guidance is advice, strategy or planning designed for a singular person or thing and their unique situation. This is opposite to general guidance which is frequently based on demographic information such as- age, income or meant for general population. Individual guidance can be used to refer to any advice, usually professional advice, given to a person based on their circumstances. This could cover legal services, career counselling, financial planning, medical or psychological advice, personal care or a number of other areas where a trained professional is looked to for direction in a given area.

Individual guidance is the strategy designed for a particular individual to solve his or her problems. There are various techniques for individual guidance. Such as-

- Spheres of influence
- Immediacy
- Proxemics
- Congruence
- Hierarchy of needs

Spheres of influence: In this technique first of all find out the strength and weakness of a person. In order to improve in a particular area, a person needs to know himself/herself. Guidance counselors use this technique to motivate and advise a particular person.

Immediacy: Informing a person about the present situation makes him/her work better towards the task.

Proxemics: It is the strategy of studying the body language of a particular person. As a result, the guidance counselor will get to know about the emotional and mental condition of the client.

Congruence: This deals with the feedback of the counselor. By knowing the feedback it will help the counselor about the progression of the client.

Hierarchy of needs: To know a client's need is very essential. Apart from that, the client's needs include emotional, psychological and safety needs. Furthermore, self-esteem and self actualization needs are also important. This will help in the progress of the client.
