

Subject: Psychology (Vocational)

000569

Course Title: Guidance and Counselling	Credits: 3
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Course Outcome: The student will learn to identify and understand the major hurdles of human adjustment and coping strategies to overcome these hurdles. This course will also be able to develop practical knowledge and vocational training in learners by working in laboratories as well as in the field. After completion of the course learners will be able to understand the adjustment problems of life and importance of guidance and counselling as a therapeutic measure to cope these problems.

Unit	Topics	No. of Lectures
I	Guidance and counselling: Definition, Nature & Scope, Needs & Goals, Basic Assumptions, Ethical issues in counselling, Adjustment problems and counselling needs of children and adolescents.	8 (L)
II	Approaches to Counselling: Psychoanalytic Approach, Behaviouristic Approach, Cognitive Approach, Person Centered Approach, Eclectic Approach.	7 (L)
III	Lab Work-1 Intelligence: Understanding the concept of Intelligence and IQ. Measurement of Intelligence by General Mental Ability Test.	8 (P)
IV	Lab Work-2 Aptitude: Understanding the concept of Aptitude and Measurement of Aptitude by Aptitude Test.	8 (P)
V	Lab Work-3 Personality: Understanding the concept of Personality and Measurement of Personality by Personality Test.	8 (P)
VI	Internship/Case Study/Report writing on given topic related to any clinical dimension.	6 (P)

Suggested Readings:

1. Parti, V.R. - Counselling Psychology.
2. Rao, S.N. - Guidance and Counselling.
3. Sharma, R.A. - Fundamentals of Guidance and Counselling.
4. डॉ० विमल अग्रवाल - परामर्श मनोविज्ञान
5. Suggestive digital platform web link: <https://heecontent.upsdc.gov.in/Home.aspx>