Guidance and counselling is a very important program in every school. It is the process by which pupils are given advice on how to deal with emotional conflicts and personal problems both in school and at home. It also provides solutions to some pupils misbehavior particularly class discipline and interaction among peers. Pupils are given solutions on how to deal with psychological problems which might affect their studies. Through this, the pupils are able to develop problem solving skills which to an extent helps them to deal with particular issues surrounding their lives. Pupils are also advised on how to cope with different situations facing them in their school life. For instance, on how to relate with their peers. It helps to shape pupils’ behavior and instill discipline among them. Pupils who are guided and counselled in a right way tend to know what to do and how to do such things. They get to learn how to live in harmony with others in the school community. In doing so, they also learn to appreciate the people around and come to harmony with their environment. It allows students to talk about various things which they feel uncomfortable talking about with their parents which include things like physical abuse. It also allows the students to become better people because they are taught by the teachers who act as a counsellor about how to behave in a proper manner. It enables pupils undergoing difficulty in their lives have a good place to ask for questions and clarity from the guiding and counselling office. There are some questions that one may find difficult to ask even his/her parents. One can ask any questions without fear because the persons in charge are willing to help. There are certain programs and activities that might be very beneficial to each individual who needs guidance and counselling. Some activities and programs were adopted by the teachers in order to implement such rules and policies concerning guidance and counselling though most evolve on child protection policies which are
supported by certain department orders. Seminars and trainings were attended by some teachers and learnings or insights gain from such seminars were applied on the actual classroom situations. Home visitations were the most frequent activities that the teachers have applied in order to gather some information on some problem children. Data gathered became their basis as to assess and conduct proper approaches suited for each behavior that they have observed. All children at risk, children with unfavorable behavior and children with certain difficulties being encountered were given certain remedies and solutions through guidance activities.

Based on the study of Ebizie Elizabeth Nkechi, et al. – Assistant Fellow Institute of Education, University of Nigeria, there are also benefits in conducting guidance and counselling in school.

1. Prepare students for the challenges of the 21st century through academic, career and personal/ social development.
2. Relates educational program to future success.
3. Facilitates career exploration and development.
4. Develops decision-making and problem solving skills
5. Assists in acquiring knowledge of self and others
6. Enhances personal development
7. Assists in developing effective interpersonal relationship skills
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