



# Importance of counselling and assistance in schools for effective teaching and learning

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**Received:** 05-Aug-2022, Manuscript no: IJGC-22-72086, **Editor assigned:** 08-Aug-2022, PreQC no: IJGC-22-72086 (PQ), **Reviewed:** 22-Aug-2022, QC no: IJGC-22-72086, **Revised:** 29-Aug-2022, Manuscript no: IJGC-22-72086 (R), **Published:** 05-Sep-2022, DOI:10.15651/IJGC.22.06.009.

## DESCRIPTION

Counseling and guidance are crucial educational tools for moulding a child's orientation away from harmful notions instilled by classmates. Thus, there is a need for a school counsellor who can help a young person shape their destiny through counselling therapy. Students hold the school counsellor in high regard as a role model. By virtue of their training, counsellors are supposed to make friends with school children, listen to their complaints and shortcomings, and provide them with counselling in an effort to mould them into the best possible individuals for their chosen fields of endeavour. A learning- and teaching-friendly setting is the only location where a youngster may fully develop (Chen, 2016). Education planners give top priority to all educational services that can improve teaching and learning in classrooms as a result of the aforementioned realization. One of the educational services provided by schools is counselling. It is thought that guidance and counselling services in schools will help to create, evaluate, and improve educational programmes, improve instruction, increase teacher competency, and lower costs for the kids (Elliott, 1993).

The school children are going through some of the most trying times in their lives. Even the well-adjusted youngster finds it challenging to make the shift from childhood to adulthood. The school and its environment have a significant impact on a young person's life in addition to the family. The best that outside forces can do for each young person is to support them while they adjust to the changes brought on by puberty, grow in maturity, and make important and decisive decisions for themselves. In other words, it is the responsibility of families and schools to support young people as they develop into self-sufficient, well-adjusted adults. A strong foundation for a more comprehensive education for life can be found in counselling and guiding. Although it is

non-medical and non-psychiatric, it can be used as therapy for people with specific personal problems or as the basis of a more general life skills training programme for students who, despite not having any specific problems, should be helped to develop their personal resources in order to cope successfully with their future lives. Hence, the importance of guidance and counselling in schools for successful teaching and learning for the future success of the child (Lai-Yeung, 2014).

Counseling is a learning process in which a counsellor assists a person or people in learning, understanding themselves and their environment, and being in a position to select the appropriate behaviours that will help them develop, grow, progress, ascend, mature, and step up, in terms of their educational, professional, and socio-personal goals. Counseling, in other words, is a transforming process that aids individuals in learning everything that needs to be learned both inside and outside of the classroom. In a person-to-person procedure known as counselling, one individual is assisted by another in growing in understanding and in his or her capacity to address challenges. It may occasionally involve a group of two or more people. In light of the topic, it's critical to emphasise the advantages of guidance and counselling for students in the curriculum (Oketch, 2012).

Guidance and counselling are targeted toward keeping the youngster away from bad addictions and assisting the child in making the proper decisions in life to be successful in achieving future goals. In order to be able to provide the client with the accurate information they require, the counsellor must first gain the child's trust (students). This is the case because clients who trust counsellors frequently divulge important information to them, potentially enabling the client to refer any other individual in need of counselling to the counsellor. Counseling can assist students in picking a job that

perfectly serves their skills rather than emulating their classmates and selecting the incorrect field. Since a child's education requires on going mentoring, advice is detrimental to their growth and development in the complicated culture we live in today? (Yuen, 2002).

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