



UTM
UNIVERSITI TEKNOLOGI MALAYSIA

CHAPTER 1

DEFINITION AND CONCEPT OF GUIDANCE AND COUNSELING



Definition of Counseling

- **Rogers (1952)** - counseling as the process by which the structure of the self is relaxed in the safety of the relationship with the therapist, and previously denied experiences are perceived and then integrated into an altered self.
“client centered and then integrated into an altered self”
- **C.H Patterson (1974)** - counseling as the helping process in which the relationship is necessary and sufficient. It is the specific treatment for those persons whose problems inhere in or relate to the lack of or adequacy of good human relationships.

Definition of Counseling

- **John Krumboltz and Carl Thoresan (1976)**

“ Counseling is a process of helping people with their troubles....behavioral counseling is a process of helping people to learn how to solve certain interpersonal, emotional and decision problems.”

Who are involved in counseling ?

A. CLIENTS

- People with problems



B. COUNSELOR

- The person who is trained with ~~COUNSELLING SKILLS~~ **COUNSELING SKILLS**
- Net as a catalyst in problem solving

Characteristics of a good counselor

The Association for Counselor Education and Supervision has (1964) indicated that a counselor should have six basic qualities;

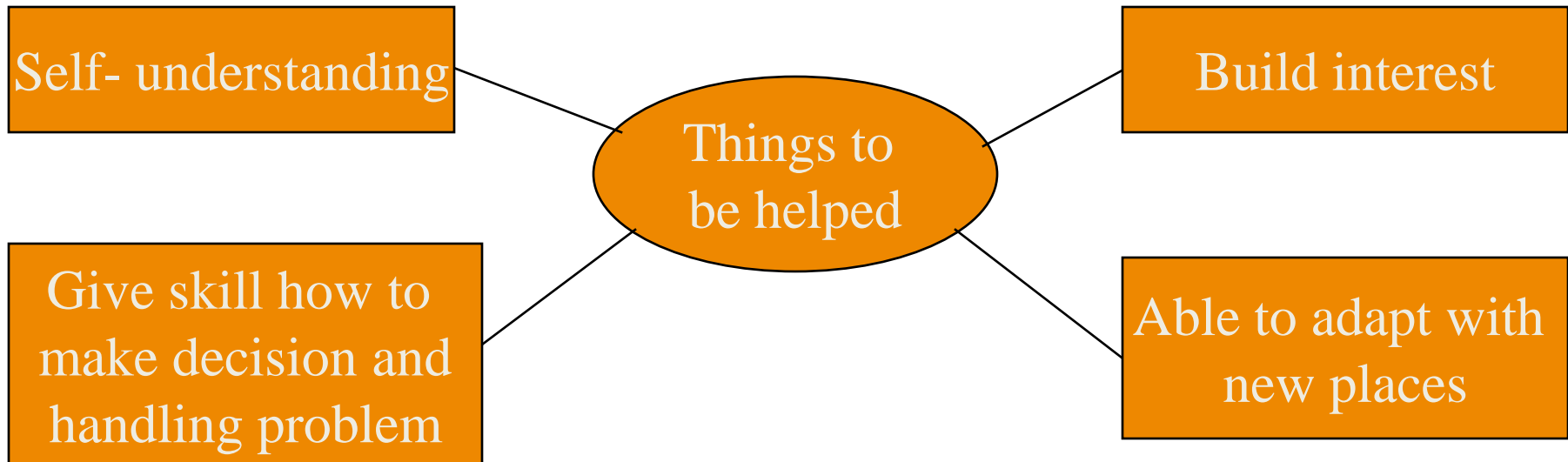
1. Belief in each individual.
2. Commitment to individual human values.
3. Alertness to the world.
4. Open mindedness.
5. Understand of self.
6. Professional commitment.

While according to Parker (1964)

1. Possess a sensitivity to others.
2. Ability to analyze objectively another strengths and weaknesses.
3. Awareness of the nature and extent of individual differences.
4. Ability to identify (diagnose) learning difficulties.

Why do we need counseling ?

- ✓ Human being are weak.
- ✓ Late accommodation process.
- ✓ The ongoing process of human development.
- ✓ This development process must be helped.



Guidance services

Objectives :

1. Provide service of enhancing and enriching every aspect of students development.
2. Providing the service of preventing-discipline, importunes, and drug.
3. Providing counseling service.
4. Providing the service of remedial-academic problems, emotion and career.

Type of services

- A. Service of individual inventory and record.
 1. Handing guidance' files
 2. Collecting and recording emanation and interpretation of interest.
 3. Monitoring patterns of attendance.
 4. Managing, keeping and updating student' record.
 5. Giving information about achievement of proclamation students for remedial.
 6. Conducting survey and interpreting student's cases.

B. Placement service.

1. Helping student to choose co-curricular activities that are suitable with their interest and ability.
2. Working replacement.

C. Service of preventing drug abuse

1. Individual or group's guidance to cultivate negative thoughts towards drugs.
2. To help of rehabilitation and treatment.
3. The help for trying to adapt himself in society after the rehabilitation process.
4. Doing evaluation or giving feedback to the Department of Education.

D. Service consulting and acting as a reference.

1. Helping school's administration and staffs to understand the guidance program.
2. Encourage parents involve in student's welfare affairs.
3. Doing procedures in cases referring to specialist such as doctors psychiatrists and welfare officers.

E. Service of managing sources

Planning and managing the introduction of guidance activities to agencies and society.

- F. Service of giving information.
1. Collecting and disseminating.
 2. Adding and updating informative files.
 3. Giving explanation on how to fill in the forms for working purpose or further study.
 4. Conducting career visit.
 5. Providing information about career.
 6. Organizing educational programs for drugs prevention.

Guidance of Teacher Obligation at School

Doing administrative work at Guidance and Counseling Program at school:

1. Planning : activity, cost, date and personable;
2. Organizing : procedures;
3. Viciously goal : guideline;
4. Controlling : evaluating, identifying problems;
5. Communication : student-teacher / student-parent;
6. Negotiation : reference expert.

Techniques of Gathering Information About Student

- Helping the guider to understand student's behavior, attitude and problem;
- Through:

A. Testing Technique (IQ, attitude and achievement)

1. Personality Test – MPCL
2. Interest Test – VPJ

B. Non-Testing Technique

1. Observation
2. Survey
3. Interview
4. Report