

Effective Counseling Skills for Teachers

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Abstract

Academic life is becoming more and more stressful for students pursuing higher education which can obviously impact the ability of the students to successfully complete their program of study. The role of counselors is indispensable in the rapidly advancing world of technology as counseling not only supports the students with psychological difficulties, it also contributes to the overall development of the student. The counselor needs to be skillful, to counsel students effectively. By establishing rapport and by interview, the counselor collects the data about the students. The counselor uses techniques which include knowing counselee's expectations, listening actively and attentively, establishing hierarchy of needs, encouraging effective questioning, giving information and removing obstacles to change and arriving at an agreement which helps the counselee explore the possible solutions for problems. In collaboration with the counselor the counselee identifies possible solutions and achieves emotional release and finally makes decisions and master over his problems.

Keywords: Interviewing; Trustworthiness; Active Listening; Concreteness; Paraphrasing and Reflecting.

Let's Build Bridges, Not Walls!

Martin Luther King Jr

Introduction

Counseling existed across globe from time immemorial. The role of counselors is indispensable in the rapidly advancing world of technology. Counseling and guidance principles began in ancient Greece and Rome with the philosophical teachings of Plato and Aristotle. Evidence suggests that techniques of modern-day counseling were practiced by Catholic priests in the Middle Ages. In some countries, once children reach adolescence, they are taught to be on their own, living away from their parents. On the other hand, children in countries like India are taken nannyish care. Many times, the mother does half of the school assignments. All of a sudden when the child is made to be on his own in the college campus, and in the hostel, he/she feels very inadequate and breaks down as this poses a challenging environment to the student.

Academic life is becoming more and more stressful for students pursuing higher education.

Academic issues such as assessments and increased expectations along with external pressures such as adjustment problems and financial difficulties escalate their stress. (Allan, McKenna & Dominey, 2013). Research reveals that college students are experiencing emotional problems that are consistent with those experienced by the general population (Macaskill, 2013). These difficulties can obviously impact the ability of the students to successfully complete their program of study. Thompson (2014) states that counseling not only supports the students with psychological difficulties, it also contributes to the overall development of the student.

Some of the common personal problems of students include:

- Anxiety due to being in new environment, the college or the hostel with unknown people,
- Stress due to lack of confidence, performance anxiety, academic demands, career choice, etc.
- Problems with peers, engaging in sexual relationships,
- Lack of knowledge to navigate professional settings, policies, etc.

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