

1.4.1 Types of Guidance

Guidance services are meant to help students to make proper adjustments the environment in which they are living and also make the best possible contribution commensurate with one's strengths and limitations. Every individual, at some time or other, needs help to become happier, more creative and better adjusted in his family and social milieu. In his regard, he will be required to act according to certain decisions. He being self autonomous must, therefore, be permitted to make his own decisions. There are several types of Guidance are discussed as follows—

- 1. Educational Guidance:** Educational Guidance refers to the Guidance to students in all aspects of education. The emphasis is on providing assistance to students to perform satisfactorily in their academic work, choose the appropriate courses of study overcome learning difficulties, foster creativity, improve levels of motivation, utilize institutional resources optimally such as library, laboratory, workshop etc.
- 2. Vocational Guidance:** Vocational guidance is the assistance provided for selection of a vocation and preparation for the same. It is concerned with enabling students to acquire information about career opportunities, career growth and training facilities.
- 3. Personal Guidance:** Personal guidance refers to the guidance to students to enable them to adjust themselves to their environment so that they become efficient citizens. Adolescent behaviour, to a great extent, depends upon the moods and attitude of the adolescent. Emotional instability is a characteristic of adolescents and this is often the cause of many of their personal problems.
- 4. Social Guidance:** Social guidance is the guidance to students to enable them to make substantial contributions to the society, assume leadership, conform to the social norms, work as team members, develop healthy and positive attitudes, appreciate the problems of society, respect the opinions and sentiments of fellow beings, acquire traits of patience, perseverance, fraternity, friendship. Its main purpose is to enable the student to become an efficient citizen.
- 5. Avocational Guidance:** Avocational guidance is the assistance to be provided to students to spend their available leisure time profitably. Activities and programmes outside the formal classrooms provide many opportunities for the blossoming of talents of students. They may use their leisure time in many

- activities such as games, photography, drama, fine arts which have recreational value also. Students must enjoy life around them through which all-round development is possible.
6. **Health Guidance:** Health guidance implies the assistance rendered to students for maintaining sound health. Sound health is a prerequisite for participating in curricular and co-curricular activities. This type of guidance focuses on enabling students to appreciate conditions for good health, and take steps necessary for ensuring good health, maintaining sound physical and mental health. A sound mind is possible only in a sound body.

Type Wise Objectives of Guidance

Area	Objectives
Educational Guidance	<ul style="list-style-type: none"> ● To monitor academic progress of students. ● To identify special learners such as academically backward, gifted, and creative. ● To assist students in further/continuing education ● To provide assistance to special learners by catering to their educational needs. ● To diagnose the learning difficulties of students in different subjects. ● To help students in their adjustment to curricular and co-curricular demands of the educational programme. ● To make students familiar with the world of work and its diverse requirements. ● To provide career information.
Vocational Guidance	<ul style="list-style-type: none"> ● To enable students to discover their potentialities and interests vis-à-vis occupational requirements. ● To make available information about vocational training. ● To assist in choice of vocation. ● To train students for entrepreneurship. ● To train students for adjustment in a chosen vocation. ● To assist students in attaining emotional stability. ● To help students to get properly adjusted in life.

Area	Objectives
Personal Guidance	<ul style="list-style-type: none"> ● To help students to improve mental health. ● To assist students in becoming progressively responsible for their own development.
Social Guidance	<ul style="list-style-type: none"> ● To develop in students proper attitude for social life. ● To inculcate in students right social values. ● To train students for leadership and followership qualities. ● To build a spirit of team work in students.
Vocational Guidance	<ul style="list-style-type: none"> ● To provide opportunities for participation in extracurricular activities. ● To assist students in developing hobbies and interests. ● To provide avenues for recreation. ● To inculcate interest in games and other forms of recreation.
Health Guidance	<ul style="list-style-type: none"> ● To indicate need for sound health ● To provide for sex education. ● To encourage students to follow a well-balanced programme of physical activities. ● To encourage students to overcome any remedial defects they may have or to receive medical treatment for them.