



Beyond the Classroom: The Power of Guidance and Counselling in Learning

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ABSTRACT

Guidance and counselling are essential to a child's future success in school. This study argues that counselling is a transformative process that helps people learn everything they need to know in and out of school. Design/Methodology/Research Methods: Since this is an opinion piece, this study reviewed research methods. Findings: This study argues that counsellors must build children's self-confidence so that they can provide the necessary information to help children (students). Implications for Practice: Guidance counsellors should encourage students to participate in therapeutic sessions to help children achieve future success. Originality/Importance: This study explored the role of guidance and counselling in effective teaching in schools and the impact they can have on children's future success.

Keywords

Guidance and Counselling, School Counselling, Educational Support, Academic Achievement
Student Development, Learning Outcomes, School Environment, Psychosocial Support, Counselling Services, Educational Guidance

INTRODUCTION

Counselling and guidance are key factors in shaping children's orientation and discarding negative ideas in their surroundings. Therefore, school counsellors play an important role in helping to shape the future of children through counselling therapy. School counsellors are seen as role models for children and are respected by students. The task of a counsellor is to be a friend to children, listen to their complaints, provide help and guide them to achieve the right goals in life. According to Smith and Gillon (2021), an environment conducive to teaching and learning is essential to achieve the holistic development of children. Therefore, educational services that help promote the learning process in schools are crucial and are given priority attention by educational

planners. counselling services are one of the school education services that are designed to help develop, evaluate and improve educational plans, improve teacher capabilities, and reduce student costs.

Help and counselling are essential to build a good foundation for life education. Although this service is not medical or psychiatric, it can help those who have trouble seeking help and guidance. School counsellors play a vital role in helping children shape their future through counselling therapy. School counsellors are seen as role models and respected by students. Through training, they are expected to become friends with students, listen to their complaints, and guide them to shape a good future. School counsellors play an important role in helping children overcome the problems they encounter during the transition period. Counsellors can help children overcome emotional problems and assist in solving the problems they face in school life. Counsellors can also help children understand the importance of learning and help them prepare for the future. One of the main tasks of a counsellor is to help children build self-confidence. In addition, counsellors can also teach them how to use their time effectively and help children understand the importance of learning. Counsellors can also help children build a sense of responsibility and help children make wise decisions in life.

Children go through several challenging periods in their lives while they are in school. They are going through a transition phase from childhood to adulthood, which is often challenging. Family and school are two major influences in the lives of adolescents. Educational institutions must help young people overcome the changes and difficulties that come with puberty and help them develop a sense of responsibility and make important decisions.

Hence, families and schools need to work closely with school counsellors to assist children in their development. School counsellors can help children prepare for the changes that occur during transitions and help them build a strong foundation for the future. In addition, by ensuring that children receive appropriate support in dealing with the issues that arise during transitions, we can help children grow into fulfilled and happy adults. Education and guidance are important factors in children's development to ensure future success. This concept emphasizes that the counsellor's job is to help children overcome difficulties and build confidence. Therefore, the counsellor's job is to help children understand the importance of learning and help them achieve their goals in life. In this regard, counselling and guidance play an important role in children's future practical and successful learning process and deserve to be accepted and applied.

Trendy guidance and counselling, the two terms often have different meanings. Guidance refers to helping the overall development of learners, while counselling usually focuses on helping students with problems. In other words, guidance focuses on prevention and development, while counselling focuses on support and improvement (Patch & Middleton, 2018; Smith & Gillon, 2021; Vasiloglou et al., 2019). In addition, the global trend seems to be moving away from a therapeutic and improvement approach to a preventive and developmental approach in providing guidance and counselling (Singh al., 2020; Situmorang, 2020; Vostanis & Bell, 2020). Consequently, guidance and counselling are essential treatments for schoolchildren. In-school counselling is part of a program specifically designed to help students reach their full potential and prepare for adulthood. According to Vostanis & Bell (2020), guidance and counselling is a process that helps individuals gain a better understanding of themselves and their responses to their environment. It also helps them build personal meaning for their actions and develop goals and values for future actions.

Normally speaking, guidance and counselling have different meanings. Guidance focuses more on the overall development of students, while counselling focuses more on helping students solve problems. Schools

should provide guidance and counselling programs to help students reach their full potential and prepare for adult life. Guidance helps students understand themselves and how they respond to their environment, helps them understand the personal meaning of their behaviour, and determines future goals and values. Meanwhile, counselling helps students overcome problems and build self-confidence. Both processes are essential to helping students succeed and become healthy and happy personalities.

Giving to Vostanis & Bell (2020), coaching and counselling help people understand themselves and their reactions to the environment. This process also helps them determine the personal meaning of their behaviour and establish and categorize goals and values for future behaviour. According to Situmorang (2020), counselling is a series of procedures to help people overcome problems. counselling emphasizes the emotional aspect of learning and interpersonal interaction, including emotions, feelings, values, and attitudes. counselling is an interactive process between two or more individuals, for example, between a client and a trusted counsellor (Ahmad & Zadha, 2019; Natividad, 2010; Özdemir & Bacanli, 2020; Rivas-Martínez, 2007; Saharan & Sethi, 2009; Manalu & Sitinjak, 2022). Counseling is a learning process in which counsellors help individuals or groups learn, understand themselves and their environment, and help them make behavioural choices that contribute to their educational, professional, and social development (Özdemir & Bacanli, 2020). Counseling is a transformational process that helps people learn everything they need to know in and outside of school. counselling is an interpersonal interaction in which others help a person develop, gain understanding, and cope with their problems. Sometimes, this process involves a group of two or more people.

This training aimed to determine the benefits of school counselling for students, the areas of work of school counsellors, the purpose of the school, the role of school counselling and counselling in the school, and the perceptions of school counselling and counselling. This study aimed to explore the benefits of school counselling programs for students, the areas of work of school counsellors, the purpose of the school, the role of school counselling, and the perceptions of school counselling on practical learning.

Technique

This training is an analytical study. Secondary data were collected from various publications, reports, journals, books, newspapers, etc. In addition, the study also referenced internet resources and websites. This method was adopted to ensure that the data used in the study were accurate and reliable. The collection of secondary data is essential to deepen the understanding of the research topic and lay the foundation for data analysis and interpretation. This study focuses on the analysis of secondary data to obtain information and insights on the benefits of school counselling programs for students, the work areas of school counsellors, the guidance and counselling goals of schools, the role of guidance and counselling in schools, and the views on practical learning and counselling guidance.

Results And Discussion

The worth of school counselling programs and their benefits to students. Here are some of the benefits of counselling for school students:

1. Help students meet the challenges of the 21st century through academic, career development, and personal/social development.
2. Connect educational programs to future success.
3. Promote career exploration and development.

4. Improve decision-making and problem-solving skills.
5. Help students understand themselves and others.
6. Promote personal development.
7. Help students develop effective interpersonal skills.
8. Expand their understanding of the changing world.
9. Provide support to students.
10. Encourage students to promote peer interaction and cooperation.
11. Encourage students to develop endurance.
12. Confirm equal educational occasions.

Areas of work for school counselors. In 1981, the Cork branch of the Counsellors Association published a job description for school counseling cooperatives, which listed its areas of work. School counselors; (Sitinjak Charli & Hurriyati Dwi, 2022)

1. Provide individualized guidance to students and provide group educational and career guidance.
2. Help students overcome personal, social, emotional and other problems.
3. Help students develop personally.
4. Provide advice on study skills.
5. Provide advice on job search and interviews.
6. May conduct psychological and other tests.
7. May refer students to other institutions.
8. May coordinate the school's pastoral counselling system.
9. Freely and flexibly arrange counselling activities according to the needs of the school.

According to this report, the work of school counsellors is mainly divided into four areas: individual counselling; group counselling; employment information; psychological testing.

What is the persistence of guidance and counselling in schools?

School guidance and counselling services are designed to help students meet their basic physiological needs, understand themselves and build relationships with their peers, balance freedom of movement and control in the school environment, achieve success, and provide opportunities for independence (Abdillah et al., 2010; Yuniarti and Sitinjak, 2022). Therefore, the purpose of guidance and counselling is to emphasize and strengthen the educational program. Some specific goals of school counseling programs are as follows (Maree, 2021; Rahmawati et al., 2019; Szlamka et al., 2021):

- Plateful children with developmental disabilities: Even if students have chosen a course that is appropriate for them, there may be issues that require assistance. A teacher may need to spend one-fifth to one-third of their time with a student with a need, which can have a detrimental effect on the class as a whole because the teacher will be single-mindedly focused on meeting their needs. By helping these children with their problems, counsellors allow the class teacher to use their time more effectually.
- Developing students' potential: The school offers a rich variety of courses and extracurricular activities for all students. An important task of education is to help students recognize and develop their potential.

The teacher's job is to help students devote their energy to the many learning opportunities available. Every student needs help planning long-term learning and extracurricular activities.

- Character in Collaborative Adjustment between Students and Schools: Counselors are responsible for developing and maintaining collaborative relationships between students and schools. Teachers and supervisors should understand the needs of students. Students must also adjust to school. Therefore, you should contribute to the school. The most important contribution of students is to use school resources wisely and strive for achievement. Mutual adjustment between students and schools can be promoted by making suggestions for improving the curriculum, conducting research to improve education, encouraging student adjustment through counselling, and promoting healthy school-school relationships.
- Only if technical support to teachers: In-service teacher training institutions often have little experience in teaching technology. Therefore, in most schools, it is essential to assist with orientation and counselling activities in educational programs. Professional mentors can especially help teachers select, administer, and interpret tests. Select and use cumulative records, anecdotes, and other types of materials; provide help and advice on counselling techniques that teachers can use to guide students; and lead the implementation of teacher guidance and professional development in therapy.
- Advance problem-solving and decision-making skills: Guidance and counselling can also help students improve their problem-solving and decision-making skills. Counsellors can help students identify problems, understand alternatives, and assist them in making informed decisions.

Global, school guidance and counselling aim to help students achieve academic and personal success and to prepare them to face the challenges of the present and future world. Therefore, school counsellors play a vital role in helping students reach their potential and resolve any issues they may be fronting.

What is the Leading role of Guidance and counselling in Schools?

Guidance and counselling programmes help students integrate their talents, interests and values to realise their full potential. Self-awareness helps in developing realistic life goals and plans. According to the Nigerian education system, after completing four years of university education and six primary and secondary courses, students need help in choosing appropriate subjects and careers. Foon et al. (2020) stated that the role of guidance and counselling programmes is to provide the necessary information about the courses offered and the qualifications required for each course. This information helps students develop a realistic self-concept that matches their academic facilities.

Maximum high school students are in adolescence. Hays (2020) noted that currently, young people are experiencing alienation, a syndrome that includes distrust, fear, pessimism, selfishness, emptiness, unclear norms, and a sense of entitlement. They noted that during adolescence, guidance and counselling are essential to help students understand their developmental stage and adjust to school life. Guidance and counselling programs can also help students choose and pursue fulfilling careers. Akçabozan-Kayabol et al. (2021) noted that the world is very complex and dynamic, which makes career choices very difficult. He explained that changing times, human transformation, and technological development require guidance and counselling programs to play a role in encouraging the maximum development and realization of human potential for the benefit of individuals and

society. Pordelan and Hosseinian (2022) noted that school counsellors are committed to promoting the optimal development of students and enriching individuals who contribute to society.

CONCLUSION

The role of school guidance and counselling programs can be summarized as follows: They are designed to help students reach their full potential as individuals and as a society. These programs help students understand their abilities and interests, help them make the right choice of majors and careers, and help them overcome the problems and difficulties they may encounter during puberty.

To address these issues, more research is recommended to understand how guidance and counselling programs can be improved to make them more responsive to students' needs. This could include research on how to improve programs to more effectively help students from disadvantaged backgrounds, research on how to ensure that programs provide appropriate and relevant help to adolescent students, and how to ensure that programs help students make sound and realistic occupation choices.

Through furthering our research and improving our guidance and counselling programmes, we can ensure that our students can reach their full potential and make the right choices for their future. This will help create a better society and ensure that future generations have a good chance of thriving and subsequent.

Investigate could also be conducted to compare the effectiveness of guidance and counselling programs in different schools and how factors such as resources, policies, and school environment affect program effectiveness. This would help determine how guidance and counselling programs can be improved and ensure that students get the help they necessity.

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