



Personalizing Relationships through Counseling – Some Reflections on Prerequisites of Student Counseling in Higher Education

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Abstract

All students who come to schools and colleges are not equal in their mental health. There are students who are suffering from several psychological problems. All students in an educational institution are not equitably prudent and wise in learning. The process of student counseling is to overcome the issues relating to these special students. A trained counselor takes care of these students as this is a challenging job. This paper underlines the exceptionally required distinctiveness qualities of a counselor to succeed in this special task as the accomplishment is depending on the vibrancy and behavior of the counselor.

Key Words: Student, Counseling, Challenges, Psychological

Introduction: There are students who are in depression, negative to change their moods, constantly feeling a sense of hopelessness in classrooms. They look distressing and remorseful. Their pessimistic physical presence in the classroom itself disturbs our concentration. We hope to bring him into the main stream as we refer him to take the assistance of a counselor. Hence

the need of the counselor arises. (Ramanath Sharma - Guidance and Counseling). When they are taken to counselors initially they may talk of suicide, desire to die, or dropping hints about suicidal thoughts are revealed. Sometimes we recognize an abrupt change in personality and behavior of the students, a great slump in his academic



performances are noticed, or he might exhibit sudden calmness /extreme physical and emotional pain or avoid friends avoid college gathering functions sits alone in reading room, library canteen etc we suggest him to take the assistance of a trained counselor. (Dr. Shankar das -Counseling and Social Work Practice in India, 2012.)

Qualities of a counselor

The qualities of a counselor are very important in accommodating and felicitating relationships. He should be mentally prepared and well equipped to assist individuals to help in leading a new life.

1. Students often suffer from feelings of sadness ,melancholy , depression, hopelessness , pessimism, negativity , cynicism, etc
2. Students often undergo a sudden change in eating habits ,appetite loss , hatred towards hunger, weight loss
3. Students suffer from occurrence of slow learning,

decreasing levels of wisdom , inactivity , idleness ,indolence and sluggishness

4. Students often experience from loss of interest in college activities /parties, functions. Festivities, social gatherings/ celebrations and merriment.
5. Students frequently suffer from exhaustion , fatigue, loss in energy, sleeplessness / insomnia /restlessness
6. Students regularly suffer from feelings of guilt /anger over past failures/ shame/ remorse / penitence , ignominy etc
7. Students habitually have trouble in learning , loss of focus ,concentrating, indecisiveness, uncertainty , improbability ,
8. Students time and again suffer from irritation or frustration for no distinctive reason
9. Students over and over again suffer from thoughts of dying / death and suicide / suicidal attempts



First symptoms of students-

A counselor will also take into consideration first symptoms of students

- Feeling of stress and apprehension
- Irritability
- Trouble concentrating
- Fearfulness
- Sweating and dizziness
- Shortness of breath
- Irregular heartbeat
- Muscle pain and tension
- Headaches
- Frequent upset stomach or diarrhea

Problem areas: these are the problem areas where the need of counselor arises as students feel stressful.

1. Schools and colleges areas
2. Syllabi complex
3. Comprehension level
4. Learning outcomes
5. Parental issues
6. Environmental issues

7. Pattern of education
8. Language of education
9. Medium of education
10. Health issues
11. Inferiority complex
12. Rural problems
13. Comprehension problems

The initial steps:

Initially a counselor should have the background data of the individual to whom he is helping with counseling such as aptitudes skills, habits, interests , future plans etc of student or clientele .

A counselor should know the areas where the assistance is sought like education, health, family, career, future plans etc.

A counselor should relate to the problems of the clientele personally by gathering information previously before starting counseling.

The Process of Counseling

Initially a familiar understanding must be reached



The values thoughts and feelings of the individual should be respected

The needs of the counselee and his demands should be properly analyzed

A complete awareness about that individual will surely help to have a clear perception

Knowing about the will enhance honest counseling

Trust and faith is built up always supporting to the both

The Characters of the Counselor

In order to extend advice through counseling the counselor should reveal certain characteristics which would be supportive in the process of counseling

Apparent proficiency

Pleasant appearance

Trustworthiness

Clear voice with good accent

Simplicity which supports self disclosure

Establishing credibility
Constancy
Steadiness in listening

The desirable qualities of a Counselor

1. Charming and Magnetic personality
2. Ability to make Personal adjustment and fine tuning through delicacy
3. Capacity to establish interpersonal relationship
4. Demonstration of Professional competence
5. Exposing Professional dedication
6. Respect towards his profession
7. Being very talented with extensive acquaintance about the problem he is dealing
8. Being a role model with good philosophy of life
9. Aptitude to create good harmony.



The procedural linkage

1. The eye contacts is very imperative in student counseling
2. A counselor should be good listener he should nod his head in reply. His body language should be excellent
3. A counselor should recognize that non verbal cues are important and he should act accordingly
4. A counselor dress should be good clothes should be clean
5. A counselor should look like a professional counselor
6. A counselor should establish the individual with good relation
7. A counselor should establish trustworthiness
8. A counselor should not exhibit anger , alacrity , high eagerness
9. A counselor's inquiring should be polite it should not bother the individual greatly by uninterrupted questioning
10. Rather than verbal content the counselor should focus on exhibiting trust by genuine concern there should be factual show of concern this will help in understanding the problem of the clientele.
11. A counselor should establish genuine proximity through eye contact , warm touches, patting, hand shaking etc
12. A counselor should handling the client as a family member which always confirms a good beginning. A counselor should proceed as if he was speaking to a family member (Ramanath Sharma -Guidance and Counseling).
13. Then the counselor must exhibit qualities of good personality, good character and wholesome philosophy, health, emotional stability, approachability, sympathetic understanding of youth, intelligence, social culture, broad knowledge and interest in guidance and personal working conditions and understanding of social economic conditions.



- They above given qualities must be possessed by a counselor.
14. A counselor spoken language should be comprehensible by the client a counselor should bond himself through the language of the client instead of speaking in a unfamiliar or un acclimatized language a counselor should try to make the person ease out his inner self effortlessly.
 15. A counselor should nod his head in between to show that he is listening to the individual hence listening skills should be publicized. Sometimes the person may repeat his words or he may be slow to open up or he may take time to answer questions or he may drag the subject ,or he may even talk at length then a counselor should not lose his temper he should heed the problems by nodding his head and listening carefully. (Ramanath Sharma -Guidance and Counseling).
 16. A counselor should exhibit smile as this is very important because exhibition of frown, glaring, grimace, admonish, reprimand or lecture symptoms will have negative effect. At the end of the session he should feel he had opened his heart and his problem not a very big issue as he had thought but it was trivial and a negligible issue. He should feel that the counselor listened to his problem and came out with very pragmatic and undemanding solutions. This unfasten process should help in him to release his emotions which itself is a solution his several problems.

Managing the problems

HEIs can manage all these problems through

1. Setting up a behavioral and health systems research cell ,
2. Announcing a comprehensive Health and Social Care policy,
3. Stress on managing Mental Health of the student fraternity



4. Developing frameworks to assess equity and empowerment for health improvements in HEIs,
5. Establishment of Holistic Health Counseling units ,
6. Molding feedbacks on participatory needs assessments,
7. Adoption of monitoring and evaluation methods at the entry level ,
8. Helping students with Capacity Building activities ,
9. Arranging for Soft Skill Training,
10. Curriculum development in mental health
11. Syllabi on mental health management,
12. Organizing regular Spirituality sessions,
13. Stress on managing Mental Health through Yoga

to satisfy his own needs. Every customary human being has a desire to be respected, recognized and accepted. Then the counselor must exhibit qualities of good personality, good character and wholesome philosophy, health, emotional stability, approachability, sympathetic understanding of youth, intelligence, social culture, broad knowledge and interest in guidance and personal working conditions and understanding of social economic conditions. They above given qualities must be possessed by a counselor.

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Conclusion

An important quality of a counselor is that he should respects himself, but he does not use the counselee



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