

Role of Students Counselling Cell in Imparting Life Skills Education-With Reference to Rural College Students

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Abstract: The counselling cell is an important cell for the development and welfare of college students. Its presence is needed to be identified with various students friendly activities and programmes organised in the colleges. Its mere existence is not only indicates the issues arises in the college. But will be more responsible towards imparting life skill education for the needy and of course for all the students on their personal career centric progress. The faculty in charge of the cell need to be equipped with trained skills to handle both the situation and students for the achievement of the good results.

Especially with reference to the paper focus is based mainly upon the rural college students who are identified in large numbers with the issues like time management, dietary habits, examination fear, mental health, sports ability, co-operation at home and situations in college campus etc.

The paper mainly focus upon I. Introduction II. Methodology III Objectives IV. Review of literature V. Involvement of students representation in counselling cell VI. Systematic planning of activities and programmes for the orientation of the students VII. Harmony and rapport between Student Teacher approach VIII. Addressing mental ability of the students and recent challenges faced by them IX. Suggestions X. Conclusions.

Teaching and learning should engage with the big ideas, key processes, modes of discourse and narratives of subjects so that they understand what constitutes quality and standards in particular domains. Learners should be encouraged and helped to build relationships and communication with others for learning purposes, in order to assist the mutual construction of knowledge and enhance the achievements of individuals and groups. Consulting pupils about their learning and giving them a voice is both an expectation and a right. Informal learning, such as learning out of school, should be recognised as at least as significant as formal learning.

Teachers should be successful in producing men and women of good moral character, dedication, lifelong learning spirit and teaching as a mission for shaping the humanity for all times to come to the authoritative, essentially anti-democratic mode of education that has become a pervasive mainstay of the modern educational system. These progressive educators have posited, in turn, alternative ways of understanding and practicing progressive pedagogy. Popular education, collaborative learning, problem-posing education, and many other alternative approaches to education draw upon the assumption that learners learn best when they take on a responsibility for their own learning.

The students are thus shaken out of their complacent mood regarding their employment opportunities such entrepreneurs become icons of success with the help of the prospective tool called innovation. They also cater to the ever growing employment needs of the society. leaving no stone unturned in their innovative and constructive pathway, they prove to be the heart beat of a nations progress & prosperity. Thus the EDC empowers the students with entrepreneurial skills. The placement all organises and extends services towards collaborative placement activities. The cell conducts training activities for the final year students mainly focusing on career planning, personality development, campus placement. Continuous interaction of the all helps in achieving the goals and motivating students to contribute towards the success.

Keywords: Counselling cell, pedagogy, Time Management, Dietary Habits, Examination Fear, Mental Health, Sports Ability, career planning, personality development, Campus placement.

I. INTRODUCTION

Higher education is the backbone of the modern society. It has the power to transform human beings into human resources. Along with primary and secondary education and higher education is also an instrument to build future generation. In higher educational instantiation the part of counselling cell is an important cell for the development and welfare of college students. Its presence is needed to be identified with various student's friendly activities and programmes organised in the colleges. Its mere existence is not only indicates the issues arises in the college. But will be more responsible towards imparting life skill education for the needy and of

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II. OBJECTIVES

1. To know the abilities of students by identifying their strength and weakness
2. To empower them to overcome the challenges
3. To create an environment to make them realise the worth of personality development

III. METHODOLOGY

In this paper the research is based on secondary data. The data is taken from Observation, different news papers, research reports, journals, and websites and research papers.

IV. REVIEW OF LITERATURE

Corey (1991) holds that counselling is a service designed to help an individual to analyze himself/herself by relating his capabilities, achievements, interests and mode of adjustment. As explained by Biswal (1996), the need for counselling services today could be due to the ever growing complexity of the society and people have to learn how to cope with the upcoming challenges. The unprecedented expansion of educational institutions and first generation learners create a number of psychological problems that are personal, vocational and Nwachukwu (2007) as information services, placement services, appraisal services, vocational guidance services, counselling services, referral services, evaluation, follow up, consultancy and research services. As a vital component of any type and any level of education the absence of non utilization of these services in the present day school system has led to the unprecedented rise in the crime wave, violence among students, severe value erosion, wrong career choice, and wrong subject combination among other issues. Mutie & Ndambuki, (2004) It may enrich his intellectual and social skills helpful to lead a purposeful and successful life. Life skills based education helps college students understand themselves, their friends and their world. Effective counselling services need to be based on a complete understanding and acceptance of college student's experiences. Therefore, all college students would require counselling services in order to develop their academic, social and personal competencies. Effective counselling will enable them to deal with psychological problems they may experience and make rational decisions on how to solve or cope with the academic, social and personal challenges. It helps an individual to acquire skills and attitudes, which make him or her properly adjusted person in life situations.

Faranda and Clark (2004) define rapport as building a relationship based on mutual trust and harmony, and Nadler (2007) explains rapport as positive mutual attention marked by affinity and harmony. Gremler and Gwinner (2000) explain Rapport building in two different, but related, ways: a personal connection and an enjoyable interaction

V. INVOLVEMENT OF STUDENTS REPRESENTATION IN COUNSELLING CELL

The effective performance of the counselling cell also depends upon student's response and the proper utilisation of the facilities in the college campus. It is very essential to involve them in these kind of the committee so that they come across certain responsibilities in their career life of the student.

There will be active representation of the student membership in the committee to interact and convey the purpose of the cell in the dignified manner. There will be one boy and one girl representatives to understand the leadership qualities among them. On the voluntary basis these student's representatives will guide and encourage their peer groups regarding behavioural skills in the college as the institution.

Since the language of student's are well know by the other student's. In this case the student's representation will create alertness and awareness among them to cope up with the smooth running environment of the college. To select them for the representation is once again the responsible task for its members. The task of engaging student's into these cell is not very easy justifiable because it should be free from prejudices. Otherwise it becomes mockery of the issues. There might arise many misunderstanding and chaos regarding handling the situations.

More over rural college students comes from far away distance to the college. They might faces many kinds of stress. Keeping in mind of all these kinds of hurdles like delay of buses, lack of intake of nutrition food, examination fear, menstruation stress, family burden etc will affect their student career life in most the cases of general education scenario of today.

Mere teaching in class rooms and issuing internals assessment marks is not only the responsibility. But the role assigned to any of these members of the committees is of course very challenging. Because there are many latent issues which had gone unnoticed sometimes need to be addressed which had affected the life careers of such students will have harsh impact on them. For example: Ego related issues, missing of wallet or cash, inferiority complex emotional depression, inappropriate class room behaviours etc need to be identified.

Keeping in track with them, the results and building the harmony within themselves is essential. Appropriate and confidential records need to be handled very carefully it is possible only if members belong to committee is committed and responsible. Above all systematic maintenance of register proceeding books is must and should. Some of the govt. Colleges at rural side has their own schedule in the week days say for ex: Saturdays, this will also enable them to handle work stress in an sufficient time limit.

Finally it is also the responsibility of the committee members to make sure that if the student has undergone the counselling process he/she will be at least able to handle some of the minor sort of difficulties in their life situations with the confidence such method of interaction with love and care need to be established in the institution for the success of the counselling cell and to safeguard its confidential matters carefully. A committee of teachers, parents and student representatives should be formed for this cell. This committee will bring local mental health experts to the premises and speak to students on fighting depression and negative thoughts."

VI. SYSTEMATIC PLANNING OF ACTIVITIES AND PROGRAMMES FOR THE ORIENTATION OF THE STUDENTS

In order to achieve its overall goal of performance improvement, training must lead to the enhancement of professional knowledge and skills both at individual and Collective levels. Training should also bring about appropriate changes in attitudes and should strive for that unique synthesis between improvement of the individual's competencies and promotion of organisational objectives.

The college as the institution affords the needs and necessity for the welfare of the students. This paper primary focuses upon government degree college rural students who aspire for the quality of education. The role of students counselling cell is really very vital in this aspect to uplift the goal of the student's aspiration for their success. The members and the convenor of the cell need to be very systematic in planning the events for the students who are expecting the environment favourable for their academic progress. Especially for the first year degree students coming from PU background need to taken care at the at the initial level itself.

Even though students gets introduced to the college campus the activities in the college, should be student centric rather than other means because we have addressed in most of the colleges that, the students patience is very limited. Academic oriented programmes need to be schedulized in proper way organising short but effective talks by the resource persons. By allowing the students interaction timings need to be planned. Otherwise unnecessary diverted talks by some of the resource persons might affect the student's involvement in the programmes.

What the actual needs of the students need to be understood in the proper way. For such assessment the role of teacher especially well trained counselling cell members could play effective role in their approach. The way they handle the students by their talent attitude and self discipline which the students have observed really counts at lot. First of all the patience is very important for the members itself who handle the students in their cell.

It is not simply conducting programmes for record building. The impact and feed back is very relevant. It is the duty of the members and of the convenor to act responsibly for the addressing the issues of students grievances and response to it in the appropriate manner. Life skills and discipline oriented talks and encouragement kind of the programmes need to be focused consulting the advice of medical professionals, lawyers, village head achievers, role models etc. Is indeed very essential for the students of the today's situation. Guidance and Counselling is a continuous and on-going process. For it to meet students' needs, it must be formalized. The initial stage of programme development planning is of vital importance. A good leader should be able to use supervisory skills to set up and consolidate the programme. By appraising, motivating and consulting with all the staff, the programme can be sustained. It is the leader who sets the mood and the means of operation. Competence is of the utmost importance. It is important to lead and not to direct, as behaving like a director may result in resentment among subordinates.

VII. HARMONY AND RAPPORT BETWEEN STUDENT TEACHER APPROACH

Rapport building between instructors and students is increasingly viewed as essential to a positive classroom experience. The effects of rapport building between instructors and students align with assumptions of the Affective Learning Model. Connecting behaviours include references to humour, pleas at conversation, and friendly interaction. Instructors who are inconsistent and not responsive to student questions fail to build rapport.

These behaviours will, no doubt, produce extra work for instructors, but can pay dividends in the long run with a positive classroom environment and potentially increased student learning. It is clear that specific instructor behaviours such as uncommonly attentive behaviour, common grounding behaviour, courteous behaviour, connecting behaviour, and information sharing behaviour can enhance the student experience. Studies have consistently demonstrated the positive learning outcomes associated with instructor-student rapport.

Interpersonal communication is vital to student learning and building rapport has been shown to be an effective way of communicating with students. By engaging in uncommonly attentive behaviours, connecting behaviours, information sharing behaviours, courteous behaviours, and common grounding behaviours, instructors will hopefully experience improved instructor-student relationships, which will lead to more effective teaching, and, ultimately, improved student learning. By analyzing student reports of behaviours that build rapport in the classroom, this study contributes to the literature on rapport building by providing specific behaviours that instructors can use to enhance the classroom environment, which in turn may lead to increases in student learning.

VIII. ADDRESSING MENTAL ABILITY OF THE STUDENTS AND RECENT CHALLENGES FACED BY THEM

Depression among college students comes in many forms. Depression is a common but serious illness that leaves you feeling despondent and helpless, completely detached from the world. It can interfere with your life, making important everyday tasks such as working, studying, sleeping, and eating difficult. Depressive illnesses are disorders of the brain likely caused by a combination of genetics, and biological, psychological, and environmental factors.

Identifying these issues in others can be tricky. As students often downplay or simply never talk about something deeply bothering them, often due to insecurities, fear of standing out or embarrassment, and peers can easily misdiagnose one another, sometimes making matters worse. Incoming college freshman are often told that college is the best four years of their lives.

It is important to seek help from professionals for any level of depression. The counselling committee promotes healthy campus communities and works to serve as a principal leadership organization for advancing the health of college students. Many students experience frustration and doubt, but sometimes those thoughts gain an intense momentum, bringing students to a place where they seriously consider ending their lives.

Many college students with eating disorders don't seek treatment because they are unaware of the severity of their disorder, or they may avoid treatment by refusing to acknowledge that they have a problem. Students are becoming increasingly aware of the fact that more and more of their peers have been reprimanded for reporting their crises to campus healthcare centre professionals. While colleges must abide by certain rules and regulations to keep students living on campus safe from harm, this does not give them the right to discriminate against mental illness, so take a moment to better understand your rights as a student via the following governmental resources.

Thus, there is an increase in demand for counselling and specialized services. However, the increase in demands has not always corresponded to an increase in staff. In particular, counselling centers are in need of psychiatrists with expertise in treating traditional as well as non-traditional college students, two groups with specific age-related characteristics and challenges. In this commentary, the prevalence of psychiatric and substance use problems in college students, as well as their common onset, will be described. Next, the

worrisome persistent nature of mental health problems among college students and its implication will be discussed.

But, in the case of rural college students there are several situations different from urban college students. These students do also possess tremendous talent in local sports activities, folklore culture, handloom activities, Ayurvedic research talents traditional songs, dramas, dance etc.

Especially government colleges of tumakuru district are well known for its traditional art and culture and the students have awesome mental ability and talent. Of course credit goes to their parents, villagers and their teachers who are very committed in shaping them to their success. But then, there are certain hurdles like frugalness, infirmity in English language communication expressions, family pressure in case of marriage proposal stress etc have identified.

Even though counselling cell of many colleges had identified them and given the possible solutions. But, still there should be some innovative method to handle them as the alternative means to tackle the issues say for example college as the institutions can make use of orientation programmes engaging both students and parents in solving their issues. The role of ICT'C special talk's alumni especially can play an effective role only then drop outs rate and other issues get set right.

IX. SUGGESTIONS AND RECOMMENDATIONS

Guidance and counselling is an important educational tool in shaping the orientation in a student from negative ideas that is planted in the student by his/her peers. The families and college institution have a duty to assist young people in their self-growth towards becoming a self-fulfilled and well adjusted adult especially handling emotional situations.

- To organise skill exploration competitions at the college level itself so as to attract the students and possibly able to divert them from watching T.V. programmes as the influence as their role models.
- Role models must be identified among the teachers who must display themselves attract the attention of students in a worthy manner.
- Enhances personal development.
- Develops decision-making and problem solving skills.
- Assists in acquiring knowledge of self and others.
- Facilitates career exploration and development.
- Assists in developing effective interpersonal relationship skills.
- Relates educational program to future success.
- The guidance counsellor should see the college students as his / her child, friend, and someone that needs helps as in a medical doctor patient relationship.
- College should have evaluated the college counsellor from the feedback of the students that they counsel from time to time with the objective of encouraging them to do better job of guiding the students.
- College students should constantly visit the guidance counsellor for therapy if they are any issue that is of burden to them.

X. CONCLUSIONS

The Higher Education System in India while critical for the development of the economy is afflicted with some serious concerns. It is a long way from a transformational change which is envisaged by various committees. However, recommendations if implemented can pave a way towards at least a beginning of Higher Education moving in the right direction and with time.

There are a number of problems facing rural higher education. They include inadequate quality institutions, low Gross Enrolment Ratio, high level of dropouts, high cost of education, lack of equity, too much political intervention and bureaucratic inertia, absence of stringent enforcement measures, inadequate infrastructure and absence of competent and qualified faculty.

With majority of our population living in rural areas, remedial measures have to be introduced on a priority basis. These could include improving the quality of education, creation of social and economic awareness to tackle dropouts, supplementing public funding and promotion of research. The task is difficult but not impossible. With the right policy mix surely the higher education could look forward to better and more equitable prospects. If we start implementing these recommendations, a way can be initiated for moving higher education in the correct direction with the passing time.

College counselling and guidance is enhanced state wide when agencies, professional organizations and other stake-holders at the state and local levels work together to establish common goals and expectations for their comprehensive College counselling programs. This updated version of the Connecticut Comprehensive College Counselling Program was developed through a collaboration of the Connecticut State Department of Education, the Connecticut School Counselling Association and the Connecticut Association for Counsellor Education and Supervision. It provides a model to help College districts make positive changes that support and

enhance student achievement and success, and defines the many ways that comprehensive school counselling programs contribute to better outcomes for all students.

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