



# AMALA COLLEGE OF NURSING

(An undertaking of Amala Cancer Hospital Society)

Amala Nagar P.O., Thrissur-680 555, Kerala, India.

Website : [www.amalanursingcollege.org](http://www.amalanursingcollege.org)

**FIRST CYCLE NAAC ACCREDITATION 2022**

## CRITERION 1

## CURRICULAR ASPECTS

### 1.2 Academic Flexibility

#### *1.2.2 Syllabus of Add-on Courses*

*Submitted to*



**THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL**

# **SYLLABUS**

## *ADD ON COURSE ON GUIDANCE AND COUNSELLING*



**AMALA COLLEGE OF NURSING**

**AMALA NAGAR, THRISSUR - 680555**

# AMALA COLLEGE OF NURSING

AMALA NAGAR P. O, THRISSUR - 680555



## PREFACE

Amala Institute of Medical Sciences, named after Mary Immaculate, is a Minority Christian Institution, which is open to all irrespective of religion, caste or creed. It aims at giving effective training to the youth to become nursing professionals devoted to the healing ministry, especially in the rural areas. It also strives to strengthen the quality of service offered in the large number of medical institutions run by the community. AIMS is a Unit of Amala Cancer Hospital Society managed by the Devamatha Province of the Carmelites of Mary Immaculate (CMI), founded by St. Kuriakose Elias Chavara, a sage-cum-savant. Amala, at present, offers an MBBS, Medical PG courses, Ph.D. Nursing, M.Sc. Nursing and B.Sc. Nursing courses and is affiliated to the Kerala University of Health Sciences. Students are admitted to this institute as per the admission procedure stipulated by the concerned authorities and in the tenor of the admission policy of the management.

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## CONTRIBUTORS

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Principal

Amala College of Nursing

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Amala College of Nursing

**Placement: 3<sup>rd</sup> year B.Sc. Nursing**

*Theory* : 26 hours

*Practical* : 5hours

**Title: Guidance and Counseling**

**COURSE DESCRIPTION:**

Guidance and Counseling is an integral part of health care delivery. Nurses and allied health care professionals have an important role in Guidance and Counseling.

This programme is designed to provide a comprehensive training for nursing students to enable them to administer effective guidance and counseling. To augment the theory learning experience hands on sessions and clinical postings are arranged for effective implementation of guidance and counseling.

**AIMS AND OBJECTIVES:**

**AIMS**

The aim of certificate programme Guidance and counseling is to prepare nursing students with expertise which is essential for deliver effective Guidance and Counseling in the field of hospital and community settings.

## **OBJECTIVES:**

On the completion of the certificate programme the students will be able to:

1. Apply concepts and model of counseling in clinical practice
2. Practice process of counseling
3. Demonstrate skill in counseling
4. Illustrate theories of counseling
5. Explain principles and types of guidance
6. Describe scholastic guidance
7. Discuss career and vocational guidance

## COURSE OUTLINE:

Sl. No.	Time allotted	Learning Objective	Content	Teaching learning activity	Assessment
1	5 hours	Apply concepts and model of counseling in clinical practice	<ul style="list-style-type: none"> <li>• Introduction of counseling</li> <li>• Basic concepts</li> <li>• Bio-psycho-social model</li> <li>• Counseling relationship</li> <li>• Roles and qualities of a counselor</li> </ul>	Lecture cum discussion	Short answer type question
2	4 hours	Practice process of counseling	<ul style="list-style-type: none"> <li>• Principles of quality counseling</li> <li>• Process of counseling</li> </ul>	Lecture cum discussion, clinical visit	Short answer type question , observation report
3	4 hours	Demonstrate skill in counseling	<ul style="list-style-type: none"> <li>• Types and techniques of counseling</li> </ul>	Lecture cum discussion. demonstration	Short answer type question,
4	3 hours	Illustrate theories of counseling	<ul style="list-style-type: none"> <li>• Psycho dynamic,</li> <li>• Humanistic,</li> <li>• Cognitive and behavioral theories</li> </ul>	Lecture cum discussion	Short answer type question
5	2 hours	Explain principles and types of guidance	<ul style="list-style-type: none"> <li>• Meaning of guidance</li> <li>• Principles and types of counseling</li> </ul>	Lecture cum discussion	Short answer type question

6	6 hours	Describe scholastic guidance	<ul style="list-style-type: none"> <li>• Introduction, duties of school counselors</li> <li>• Cognitive process</li> <li>• Effective study skills and study habits</li> <li>• Managing and preventing academic failures</li> <li>• Facing failures positively</li> <li>• Exam fear</li> <li>• Exam preparation</li> <li>• Procrastination.</li> </ul>	Lecture cum discussion	Short answer type question
7	2 hour	Discuss career and vocational guidance	<ul style="list-style-type: none"> <li>• Definition</li> <li>• Objectives of vocational guidance and services</li> </ul>	Lecture cum discussion	Short answer type question



**Methods of Teaching:**

The core module for guidance and counseling includes classroom teaching, discussion, demonstration, clinical visit. All the essential skills will be demonstrated to the students and practice sessions will be arranged. A clinical visit will be arranged students are required to submit an observation report following the visit.

## REFERENCES:

1. Bhatia. Elements of Psychology and Mental hygiene for Nurses in India, Orient Longman.
2. Charles G Morris . Psychology- An introduction to New Hercy, Prentice Hall.
3. Dr. Balachandran M. Psychology for Nursing Students, Thiruvananthapuram, Maanas Publishers.
4. Razeena Viswambaran. Text Book of Psychology for Health Professionals.
5. Anthikad J. Psychology for Graduate Nurses. New Delhi, Jaypee.

# **AMALA COLLEGE OF NURSING**

## **VISION**

To establish a Center of Excellence providing value-added education that combines effective teaching, focused academic exposure, and productive research with the aim of training healthcare personnel with professionalism and spirit of love and service as their hallmarks.

## **MISSION**

We constantly seek to recruit brilliant staff and provide state-of-the-art infrastructure in an Eco-friendly ambience with a view to challenging the students to become forward-looking dedicated graduate nurses imbued with compassionate love towards all, especially the poor and the marginalized.

