

**SARDAR PATEL UNIVERSITY**  
**Programme: B.Sc (Home Science)**  
**Semester: IV**  
**(Family Resource Management)**  
**Syllabus with effect from: November/December-2012**

**Objectives:**

- To sensitize the students towards the need and value of counseling.
- To understand the counseling process and its need.

<b>Paper Code:UH04CHUD01</b>	<b>Total Credit: 2</b>
<b>Title Of Paper: Counseling Technique</b>	

Unit	Description in detail	Weighting (%)
I	<b>Concept of counseling</b> Meaning Definition Characteristic of Counsellor Elements of counseling Principles of counseling Need of counseling	30%
II	Goals of counseling Characteristics of an effective counselor Values in counseling	25%
III	The counseling process Techniques of counseling Personal problems & Counseling Counseling for school children	25%
IV	<b>Approaches to counseling</b> Development counseling Reality therapy Rational emotive counseling	20%

**Basic Text & Reference Books**

- R.A.Sharman, Fundamentals of Guidance and Counseling, R. Lall Book Depot, Near Govt, Inter College, Meerut (U.E) 2010
- Kavita Singh, Counseling Skills for Managers, PHI Learning Pvt. Ltd, New Delhi 2010
- Dr. Ramesh Chatarvedi Guidance and Counseling Skills, Crescent, Publishing Corporation New Delhi 2007.
- Sister Mary Vishala SND Guidance & Counseling. S. Chand & Company Ltd. Ram Nagar, New Delhi 110055, 2008.
- Dr. B.G. Barki, Dr. B. Mukhopadhyay, Sterling Publishers Pvt Ltd-1989

