

## **Functions of guidance and counselling Centres**

1. To provide optimum development & well-being for individual.
2. To help individuals adjust to themselves & the society.
3. To help people understand themselves in relation to the world.
4. To aid individuals in efficient decision making.
5. To help individuals plan for a productive life in their social context by focusing on their assets, skills, strengths & possibilities for further development.
6. To bring about changes in the attitude & behaviour of individuals.
7. helps young people to pursue the night type of education
8. facilitates the smooth transition for children from home to school, from primary to secondary school, from secondary to higher educational institutions, and to the world of work
9. helps students to cope with examination anxiety
10. Helps students to develop effective study habits. \* provides students with meaningful educational experiences.
11. Educational guidance checks wastage and stagnation in education. \*t helps to make proper educational adjustment
12. helps pupils with specific problems like lack of relationship between ability and achievement, deficiency in school subjects, faulty study habits, defective methods of learning and poor motivation
13. Educational guidance helps the pupil choose educational course best suited to him helps pupil make educational plans consistent with his abilities, interests and goals to select appropriate curricula and course.
14. It helps in the scholastic and co-scholastic development of the learner.
15. To make the leaver informed about various educational opportunities and aids available for his educational growth and development