

Guidance :

Concept, Meaning and Definition of Guidance

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GUIDANCE

What is Guidance?

Concept

- **Guidance is the process of facilitating personal and professional growth of an individual in a scientific way.**
- **Guidance involves creating an awareness of strengths and potentials of an individual for overcoming problems.**
- **Guidance aims at making the individual self directing , self-accepting and self-undersataning.**
- **Professional guidance is called formal guidance.**
- **Informal/advice giving is called informal guidance.**

Meaning of Guidance

Literally guidance means *“to show the path”, “to direct”, to point out”*.

Guidance is a concept as well as a process.

Definitions of Guidance

“Guidance is a personal help that is designed to assist a person to go somewhere and do something”.

- Arthur Jones

“Guidance is the continuous process of helping individual to develop the maximum of his capacity in the direction of most beneficial to himself and to society”.

– Emery Stoops

“Guidance is a process by which an individual is able to guide himself.”

-J.M. Brewer

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Thank You!