



**ST. JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN ERNAKULAM
KOCHI-682035, KERALA**

**5.1.1- Report on ‘Career and Personal Counselling’ capability-
building and skill-enhancement initiatives adopted during the
assessment year (2018-2023)**

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ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

Kovilvattom Road, Ernakulam, Kochi, Pin – 682035, Kerala
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Reports on 1. Career and Personal Counseling capability building and skill enhancement initiatives adopted during the assessment year (2018-2023)

1. Career and Personal Counseling Events Reports (2022-23)

EVENT: 1

Name of the Event	Training on Teacher as Guide and Counsellor
Objectives	<ol style="list-style-type: none">1) To understand the need and significance of counseling and guidance since it is the need of the time2) To provide practical work on peer group counseling3) Understanding the Role, A teacher acting as a guide assumes the responsibility of leading students on their academic journey
Details of Event Coordinators	St. Joseph College of Teacher Education for Women, Ernakulam
Resource person	Dr. Soya Mathew,
Dates	08/05/2023 - 25/05/2023
Beneficiaries	Student Teachers (Total No.97) (2021-23 B.Ed. Batch)
Event Venue	Multipurpose hall

The role of a teacher extends beyond imparting knowledge and facilitating learning. In addition to being an educator, teachers are increasingly being recognized as guides and counsellors for their students. The future teachers are given orientation and training in guidance and counselling as the part of their training programme. Every fourth semester they study about the need and significance of counselling and guidance since it is the need of the time. The content matter includes the concept on guidance and counseling, types of guidance and counselling, how to conduct a guidance bureau in the schools, and organize a career talk and conference. The qualities and skills needed for a councilor also highlighted. The students are provided with a practical work on peer group counselling. It is always helpful for the future teachers, because counseling is very essential for the school students of present time.

The teacher trainees are made aware of the different problems of adolescents of today and





also given information about how to handle these problems as a teacher. The skills and qualities of a councilor is very important for a teacher to promote the mental health of the students as well as to enhance the learning experience. The participants gave the feedback that it is essential and helpful for them to handle the problems and issues arise within the classrooms, when they encounter the real classroom situations. To overcome the personal problems and build up mental health, the provision for counselling is also provided to the student teachers by the mentors of them. This helps the students' teachers to become more aware of them and get equipped for their teaching profession with more confidence.



Resource Person: Dr. Soya Mathew





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EVENT: 2

TRAINING ON CAREER GUIDANCE, 2022

Name of the Event	Training on Career Guidance, 2022
Objectives	<ol style="list-style-type: none">1. To motivate student teachers to pursue the best career path and career progress2. To facilitate proper career planning among student teachers and thereby facilitate career growth3. To equip student teachers with skills to assist school students on different aspects of career guidance
Details of Event Coordinators	St. Joseph College of Teacher Education for Women, Ernakulam
Details of Resource Person	Ms. Anu Cleetus Resource Person State Career Guidance and Adolescent Counselling Cell Government of Kerala; & Assistant Professor St. Joseph College of Teacher Education for Women, Ernakulam
Date	28/11/2022
Time	1.00 PM – 2.00 PM
Duration	1 hour
Beneficiaries	Student teachers - 96
Event Venue	Multipurpose Hall St. Joseph College of Teacher Education for Women, Ernakulam

Programme Report

St. Joseph College of Teacher Education for Women, Ernakulam organized a career guidance training on 28th November 2022 from 1.00 PM to 2.00 PM at the college multipurpose hall. The training was organized for the first year (2022-2024 batches) B Ed. student teachers of St. Joseph College of Teacher Education for Women, Ernakulam. The training was conducted with the aims of motivating student teachers to pursue the best career





path and to facilitate proper career planning among student teachers and thereby facilitate career growth. The resource person for the training was Ms. Anu Cleetus, Resource Person at State Career Guidance and Adolescent Counseling, Government of Kerala; and Assistant Professor in Education at St. Joseph College of Teacher Education for Women, Ernakulam. A total of 96 student teachers from St. Joseph College of Teacher Education for Women, Ernakulam participated in the seminar.

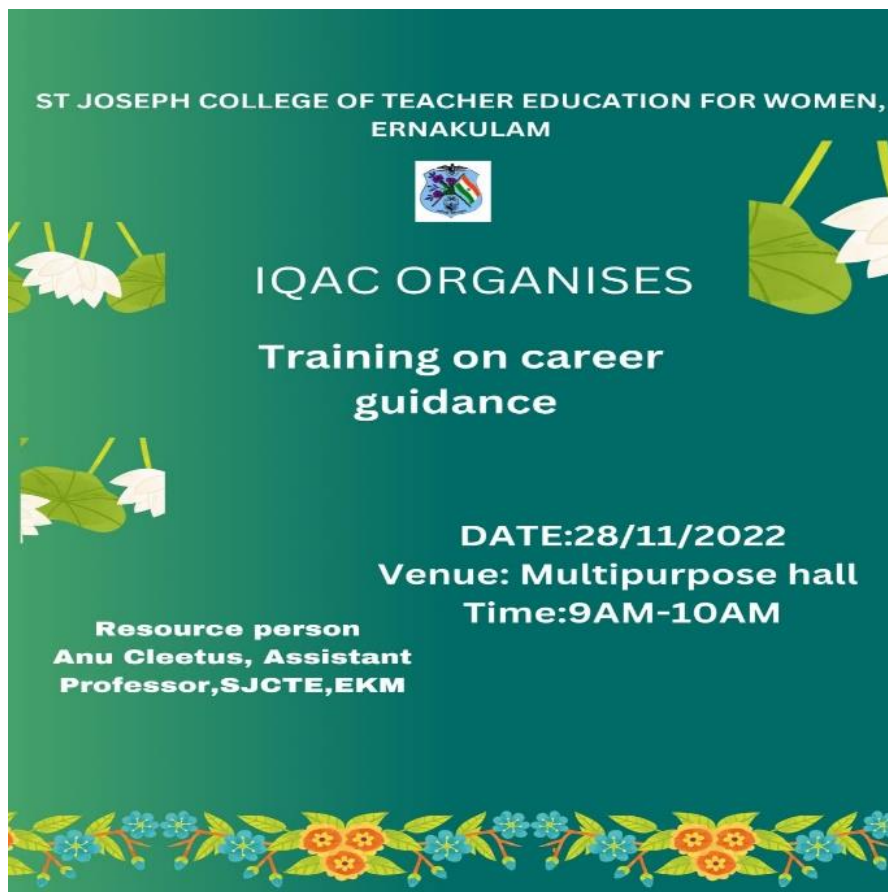
The training on career guidance started exactly at 1.00 PM at the college multipurpose hall. The training began with a prayer song by Ms. Aparna Shaju, student teacher from Mathematics Education. The prayer song was succeeded by the welcome speech delivered by Ms. Sneha P.P, student teacher from Natural Science optional. After the welcome speech, Ms. Anu Cleetus, the resource person for the day began the session. The resource person initially gave a brief introduction on the importance of the present training on career guidance. Career guidance is the support provided to individuals so they can gain the information, knowledge, skills, and experience essential to identify career alternatives, narrow them down, and select a career path. Their whole social, financial, and emotional well-being is then a result of their employment choice. According to their strengths and personality traits, young people with proper guidance will have the ability to understand their educational requirements and career preferences. Ms. Anu Cleetus also provided guidance for student teachers for proper career planning in order to facilitate and maintain a perfect career growth. The self-evaluation and planning an individual do to establish a solid career path is known as career planning. The process of career planning includes analyzing oneself, establishing career goals, upgrading skills, and seeking for the best career opportunities. Career planning is a sequential process that enables a person to concentrate on where they want to be in their professional lives. The professional life of individuals can be planned with the aid of career planning after the short-term and long-term goals are in place. Self-evaluation is vital to comprehend one's strengths and weaknesses. To establish a match between one's skills and the opportunities offered by a career option, it is important to thoroughly investigate the numerous career options. It requires ongoing learning and development to advance along the selected job path. A person's professional career and personal growth are both aided by effective career planning. After that, the resource person provided the student teachers with the opportunity to share their career progress until their graduation or post-graduation. The resource person then equipped the student teachers with the basic skills to assistant secondary school students on different aspects of career guidance.





Teachers play a critical role in shaping students' professional and personal growth trajectories. Schools must prepare students for success and a happy, fulfilling life by developing the necessary skills and by offering guidance and direction. Career guidance has an important role in shaping student's professional goals. The current training was very much informative for the student teachers since they are preparing themselves as future prospective teachers. The entire training winded up at 2.00 PM.

The training on career guidance turned out to be successful in achieving its objectives. The training was effective in raising student teachers' motivation to pursue the best career. The training contributed to facilitate proper career planning among student teachers and thereby helped them to enhance their career growth. The training also equipped the student teachers with adequate knowledge and skills to assist secondary school students on different aspects of career guidance. The entire training was fruitful for the students to enhance their knowledge and excel in their future teaching career. The session was very much interactive. The training was a great experience for the students.



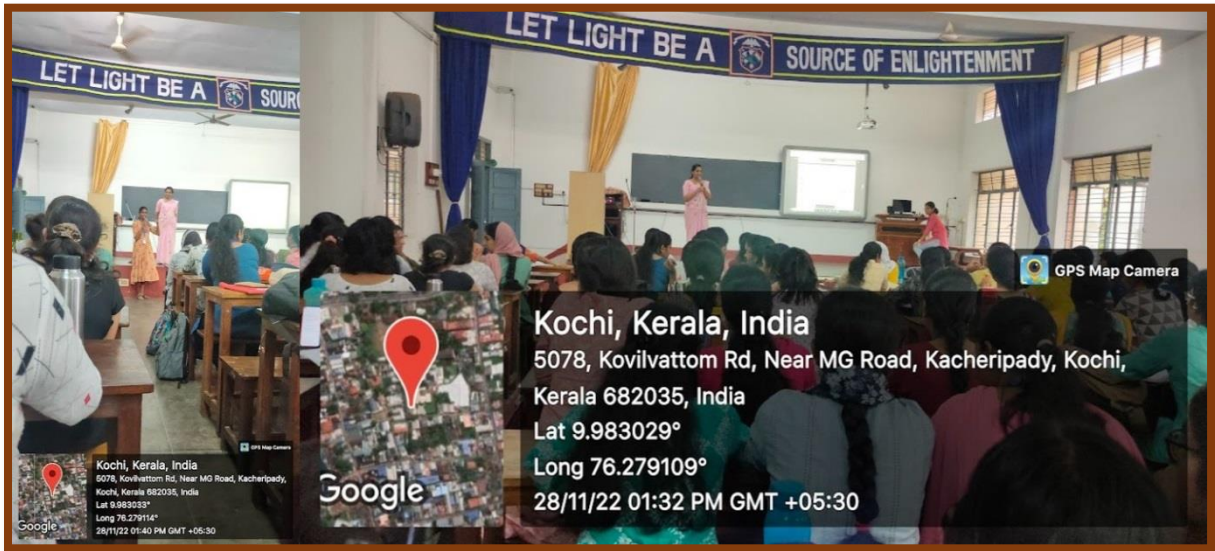
Event poster for the training on career guidance conducted for first year (2022-2024) B Ed. student teachers of St. Joseph College of Teacher Education for Women, Ernakulam on 28th November 2022.





Training on Career Guidance, 2022

Photo Gallery



Ms. Anu Cleetus, resource person for the seminar on career guidance carrying out session conducted on for first year (2022-2024) B Ed. student teachers of St. Joseph College of Teacher Education for Women, Ernakulam on 28th November 2022





Training on Career Guidance, 2022

Programme Details

Name of the Event	Training on Career Guidance, 2022
Date	28/11/2022
Time	1.00 PM – 2.00 PM
Duration	1 hour
Beneficiaries	Student teachers - 96
Event Venue	Multipurpose Hall St. Joseph College of Teacher Education for Women, Ernakulam

List of Participants

Students list:

Sl. No	Name	Batch
1	Akhila M Nair	2022-2024 batch (B Ed. English)
2	Akshaya T G	2022-2024 batch (B Ed. English)
3	Amalu K	2022-2024 batch (B Ed. English)
4	Anagha R	2022-2024 batch (B Ed. English)
5	Anargha Mary	2022-2024 batch (B Ed. English)
6	Ashna Thomas	2022-2024 batch (B Ed. English)
7	Dona Maria	2022-2024 batch (B Ed. English)
8	Jeena Elsa John	2022-2024 batch (B Ed. English)
9	Jesna Joseph	2022-2024 batch (B Ed. English)
10	Leenu Merin Thomas	2022-2024 batch (B Ed. English)
11	Margret Benitta V J	2022-2024 batch (B Ed. English)
12	Megha Madhu	2022-2024 batch (B Ed. English)
13	Minu Mary	2022-2024 batch (B Ed. English)





14	Neha Babu	2022-2024 batch (B Ed. English)
15	Nimmy Elizabeth George	2022-2024 batch (B Ed. English)
16	Rachel Berkumon	2022-2024 batch (B Ed. English)
17	Remya P. T	2022-2024 batch (B Ed. English)
18	Swathi.M	2022-2024 batch (B Ed. English)
19	Abina K	2022-2024 batch (B Ed. Malayalam)
20	Akhila M George	2022-2024 batch (B Ed. Malayalam)
21	Aleena Steephen	2022-2024 batch (B Ed. Malayalam)
22	Anju Prathap. P	2022-2024 batch (B Ed. Malayalam)
23	Aparna Jais	2022-2024 batch (B Ed. Malayalam)
24	Archana V N	2022-2024 batch (B Ed. Malayalam)
25	Jisa Martin	2022-2024 batch (B Ed. Malayalam)
26	Kavyamol A B	2022-2024 batch (B Ed. Malayalam)
27	Lakshmi T S	2022-2024 batch (B Ed. Malayalam)
28	Nidhiya Joseph	2022-2024 batch (B Ed. Malayalam)
29	Pavithra V	2022-2024 batch (B Ed. Malayalam)
30	Shiji.T.T.	2022-2024 batch (B Ed. Malayalam)
31	Snehakavya	2022-2024 batch (B Ed. Malayalam)
32	Swathi. M	2022-2024 batch (B Ed. Malayalam)
33	Treesa Jojan	2022-2024 batch (B Ed. Malayalam)
34	Vrinda Suresh	2022-2024 batch (B Ed. Malayalam)
35	Dhanya Joy	2022-2024 batch (B Ed. Mathematics)
36	Emilin K Thomas	2022-2024 batch (B Ed. Mathematics)
37	Emiliya Merin	2022-2024 batch (B Ed. Mathematics)
38	Indhu. K	2022-2024 batch (B Ed. Mathematics)
39	Kabani S	2022-2024 batch (B Ed. Mathematics)





40	Nanditha J	2022-2024 batch (B Ed. Mathematics)
41	Rosemol V T	2022-2024 batch (B Ed. Mathematics)
42	Sandra Antony	2022-2024 batch (B Ed. Mathematics)
43	Sharon Achu Anish	2022-2024 batch (B Ed. Mathematics)
44	Sneha Prince	2022-2024 batch (B Ed. Mathematics)
45	Stella Catherine Faber	2022-2024 batch (B Ed. Mathematics)
46	Vandana K P	2022-2024 batch (B Ed. Mathematics)
47	Aiswarya . A .K.	2022-2024 batch (B Ed. Physical Science)
48	Aiswarya Lakshmi S	2022-2024 batch (B Ed. Physical Science)
49	Alkha Thomas	2022-2024 batch (B Ed. Physical Science)
50	Anjumol Paul	2022-2024 batch (B Ed. Physical Science)
51	Ann Sara V Alias	2022-2024 batch (B Ed. Physical Science)
52	Arunima C. H	2022-2024 batch (B Ed. Physical Science)
53	Ashna K J	2022-2024 batch (B Ed. Physical Science)
54	Aswathy Aji P	2022-2024 batch (B Ed. Physical Science)
55	Dilna Biju	2022-2024 batch (B Ed. Physical Science)
56	Dinsha M Saji	2022-2024 batch (B Ed. Physical Science)
57	Diya N C	2022-2024 batch (B Ed. Physical Science)
58	Karthika Raveendran	2022-2024 batch (B Ed. Physical Science)
59	Muhzina Muhammed Basheer	2022-2024 batch (B Ed. Physical Science)
60	Rose Mary Jose	2022-2024 batch (B Ed. Physical Science)
61	Sahala Nayeem A A	2022-2024 batch (B Ed. Physical Science)
62	Treesa Taniya P A	2022-2024 batch (B Ed. Physical Science)
63	Adeline Joseph	2022-2024 batch (B Ed. Natural Science)
64	Anna Anannya K P	2022-2024 batch (B Ed. Natural Science)
65	Anuradha A Pai	2022-2024 batch (B Ed. Natural Science)





66	Ashna Joseph	2022-2024 batch (B Ed. Natural Science)
67	Aysha Beevi C I	2022-2024 batch (B Ed. Natural Science)
68	Femy Mariya Jose	2022-2024 batch (B Ed. Natural Science)
69	Gopika A G	2022-2024 batch (B Ed. Natural Science)
70	Jismi Mohan	2022-2024 batch (B Ed. Natural Science)
71	Maneeha S M	2022-2024 batch (B Ed. Natural Science)
72	Meera Sankar A	2022-2024 batch (B Ed. Natural Science)
73	Merin K S	2022-2024 batch (B Ed. Natural Science)
74	Mrudula Girish	2022-2024 batch (B Ed. Natural Science)
75	Rajalakshmi R	2022-2024 batch (B Ed. Natural Science)
76	Sandra Soosan Aby	2022-2024 batch (B Ed. Natural Science)
77	Sneha P P	2022-2024 batch (B Ed. Natural Science)
78	Sreelakshmi N	2022-2024 batch (B Ed. Natural Science)
79	Sreeshna. M	2022-2024 batch (B Ed. Natural Science)
80	Anagha Mary	2022-2024 batch (B Ed. Social Science)
81	Anitta Johnson	2022-2024 batch (B Ed. Social Science)
82	Arya .T .K	2022-2024 batch (B Ed. Social Science)
83	Aswathy K S	2022-2024 batch (B Ed. Social Science)
84	Chinchu K H	2022-2024 batch (B Ed. Social Science)
85	Devika P S	2022-2024 batch (B Ed. Social Science)
86	Geethu Sivan	2022-2024 batch (B Ed. Social Science)
87	Liyanta Izabel	2022-2024 batch (B Ed. Social Science)
88	Nair K M Sumalakshmi	2022-2024 batch (B Ed. Social Science)
89	Nandhitha C	2022-2024 batch (B Ed. Social Science)
90	Raseena Naseer	2022-2024 batch (B Ed. Social Science)
91	Reshma George P G	2022-2024 batch (B Ed. Social Science)





92	Riya James	2022-2024 batch (B Ed. Social Science)
93	Sarah Maria	2022-2024 batch (B Ed. Social Science)
94	Sneha M	2022-2024 batch (B Ed. Social Science)
95	Sreelakshmi Sudhakaran	2022-2024 batch (B Ed. Social Science)
96	Sukritha S Shenoy	2022-2024 batch (B Ed. Social Science)





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EVENT: 3

TRAINING ON GUIDANCE AND COUNSELLING (2022-2023)

Name of the Event	Training on Guidance and Counselling (2022-2023)
Objectives	<ol style="list-style-type: none">1) To understand clear vision approximately career guidance2) To emphasis the idea that the instructor as a steerage worker and career master.3) To develop technical skills.
Details of Event Coordinators	St. Joseph College of Teacher Education for Women, Ernakulam
Resource person	Dr. Smitha Jose & Dr. Soya Mathew Assistant professors of St. Joseph college of Teacher Education for women, Ernakulam
Dates	15/09/2022- 12/01/2023
Beneficiaries	Student Teachers (Total No.34)
Event Venue	St. Joseph College of Teacher Education for Women, Ernakulam

The students are given training in developing guidance and counselling skills. At the end of which, the aspirants would be able to acquaint with the character of guidance and counselling, broaden ability to prepare guidance programmes in school, apprehend the counselling manner, increase the talents and features needed for a counsellor, expand the capability to provide counselling to children and young people.

The training was transacted to the scholars through diverse methods inclusive of Lecture-cum-discussion, discussions on guidance and counselling, Case studies, Use of video-clips and transcripts of lecture room teaching, reviews, Use of narratives primarily based on studies and documentation, Observations, Interviews, recording of observations and studies, Panel or group dialogue on psychosocial problems, individual tasks, the usage of library, Laboratory and ICT based totally coaching and mastering, and mental assessments.

The content material rely of the Programme includes meaning, and significance of steerage and counselling in faculties, objectives of steerage and counselling at various levels, planning





and execution of guidance bureau in schools etc: The content matter includes academic, personal, vocational guidance, characteristics and qualities of a councillor and organization of career bureau and career guidance. The programme emphasis the idea that the instructor as a steerage worker and career master. It additionally offers clean vision approximately career guidance. The participants gets the idea about job analysis, organizing profession steering, career corner, career communicate, career conference, profession bulletin etc: Students get familiar with the method and sorts of counselling and practice the handy mode of counselling.

The programme is useful for the destiny instructors to apprehend the premise of counselling in keeping with the various mental perceptions inclusive of in counselling - counselling processes consistent with Behaviouristic, Psychoanalytic and Humanistic colleges, Gestalt, and Transactional analysis. The resource persons were Dr. Smitha Jose & Dr.Soya Mathew, Assistant professors of St.Joseph college of Teacher Education for women, Ernakulam.

The programme is helpful for the pupil instructors to recognize the tiers in counselling, features of diverse stages, setting up rapport, finding out plan of action, integrative knowledge, facilitating improvement, and many others. This elective paper gives clean idea approximately the capabilities and traits of Counsellor and this is very helpful for them to be an effective instructor in their destiny. Through this course the future teachers gain understanding on unusual conduct issues of youngsters and adolescents, equipment and techniques for gathering facts, shape people and function of a teacher in coping with conduct issues. The programme also covered practical work on organize guidance bureau in schools, identification of behavioural problems among adolescent, reasons and remedial measures and capable of conduct a peer counselling.

Student's view

As part of the program, we had a training on Guidance and Counselling. The training focused on the growth and development of prospective teachers. It was given under the guidance of our teachers, Dr. Sr. Soya Mathew (Asst Professor, St. Joseph College of Teacher Education for Women, Ernakulam) and Dr. Smitha Jose (Asst Professor, St. Joseph College of Teacher Education for Women, Ernakulam). Participants of the programme was the students of Social Science and English Optional.





This elective course on Guidance and Counselling was provided during the first semester of the B.Ed. programme. The duration of the programme was from 15/09/2022 - 12/01/2023. It helped us to learn about the necessity of guidance and counselling programmes in schools. Along with the theoretical backgrounds our classes were supported with additional aids like discussions, practicum and practical works which provided direct experience to guidance and counselling service in schools. The training programme on Guidance and Counselling provided was very beneficial for the prospective teachers. We could understand the classroom application of Guidance and Counselling through this the training. It helped us to learn about how a teacher can be a better mentor for the needs of a child. The course also conveyed about the role of the teacher as both a mentor and a counsellor. Being teacher trainees, we found it much useful and helpful at the same time.



Resource Person: Dr. Soya Mathew & Dr. Smitha Jose
(Asst. Professors in General Education)

Sl.No	Name of Students	Sub.
1	AKHILA M NAIR	EG
2	AKSHAYA T G	EG
3	AMALU K	EG
4	ANAGHA R	EG
5	ANARGHA MARY	EG
6	DONA MARIA	EG
7	JEENA ELSA JOHN	EG
8	JESNA JOSEPH	EG





9	LEENU MERIN THOMAS	EG
10	MARGRET BENITTA V J	EG
11	MEGHA MADHU	EG
12	MINU MARY	EG
13	NEHA BABU	EG
14	NIMMY ELIZABETH GEORGE	EG
15	RACHEL BERKUMON	EG
16	REMYA P . T	EG
17	SWATHI.M	EG
18	ANAGHA MARY	SS
19	ANITTA JOHNSON	SS
20	ARYA T K	SS
21	ASWATHY K S	SS
22	CHINCHU K H	SS
23	DEVIKA P S	SS
24	GEETHU SIVAN	SS
25	LIYANTA IZABEL	SS
26	NAIR K M SUMALAKSHMI	SS
27	NANDHITHA C	SS
28	RASEENA NASEER	SS
29	RESHMA GEORGE P G	SS
30	RIYA JAMES	SS
31	SARAH MARIA	SS
31	SNEHA M	SS
32	SREELAKSHMI SUDHAKARAN	SS
33	SUKRITHA S SHENOY	SS





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EVENT: 4

Workshop on Therapeutic approaches in counseling

Name of the Event	Workshop on Therapeutic approaches in counseling
Objectives	<ol style="list-style-type: none">1) To familiarize participants with the fundamental principles and theories of Therapeutic approaches in counseling.2) To develop participants' understanding of various educational systems, career options, and academic pathways.3) To enhance participants' communication and interpersonal skills necessary for effective counselling.4) To equip participants with practical tools and techniques for conducting Therapeutic counselling sessions
Details of Event Coordinators	St. Joseph College of Teacher Education for Women, Ernakulam Sr. Florence CMC Counselling Psychologist (Resource Person)
Dates	21/6/2022 - 10/7/2022
Time	6.00 PM – 7.00 PM
Beneficiaries	Student Teachers (Total No.32)
Event Platform	Google meet

These classes aim to equip individuals with the necessary knowledge and skills to effectively apply various therapeutic techniques in counseling settings.

Objectives

The primary objectives of the orientation and training classes on therapeutic approaches in counseling were as follows:

- a) To introduce participants to different therapeutic approaches commonly used in counseling, such as cognitive-behavioral therapy, psychodynamic therapy, humanistic therapy, and solution-focused therapy.





- b) To enhance participants' understanding of the theoretical underpinnings and core concepts of each therapeutic approach.
- c) To develop participants' practical skills in applying therapeutic techniques and interventions.
- d) To foster participants' ability to select and adapt therapeutic approaches based on clients' Needs and goals.
- e) To promote ethical considerations and professional standards in the application of therapeutic approaches in counseling.

Content

The content of the orientation and training classes was designed to cover a range of therapeutic approaches and their practical application in counseling. The sessions included the following key areas:

- a) Introduction to Therapeutic Approaches: An overview of different therapeutic approaches used in counseling, including their historical development, key founders, and core principles.
- b) Cognitive-Behavioral Therapy (CBT): Examination of the cognitive and behavioral models, techniques, and interventions employed in CBT, focusing on identifying and modifying negative thoughts, beliefs, and behaviors.
- c) Psychodynamic Therapy: Exploration of the psychodynamic model, including concepts such as unconscious processes, transference, and working with unresolved conflicts and early experiences.
- d) Humanistic Therapy: Discussion of the humanistic approach, emphasizing person-centered therapy and the importance of empathy, unconditional positive regard, and congruence in facilitating personal growth and self-actualization.
- e) Solution-Focused Therapy: Overview of the solution-focused brief therapy model, which focuses on identifying and amplifying clients' strengths and resources, setting goals, and working towards solutions.





- f) **Integrative Approaches:** Introduction to integrative approaches in counseling, which combine elements of different therapeutic approaches to meet the unique needs of clients and foster holistic healing.
- g) **Application and Case Studies:** Practical application of therapeutic techniques through case studies and group exercises to reinforce learning and skill development.

Methods

The orientation and training classes utilized a variety of instructional methods to engage participants and facilitate effective learning. These methods included:

- a) **Lectures and Presentations:** Expert facilitators delivered lectures and presentations to provide theoretical knowledge and conceptual frameworks for each therapeutic approach.
- b) **Case Studies:** Participants engaged in case studies to simulate real-life counseling scenarios and practice applying therapeutic techniques.
- c) **Group Discussions:** Group discussions allowed participants to share their experiences, insights, and perspectives on various therapeutic approaches and their application.
- d) **Experiential Activities:** Interactive activities and exercises provided participants with firsthand experience of the therapeutic techniques and interventions being taught.
- e) **Self-Reflection and Feedback:** Participants were encouraged to engage in self-reflection, journaling, and peer feedback to enhance their understanding and integration of therapeutic approaches.

Outcomes

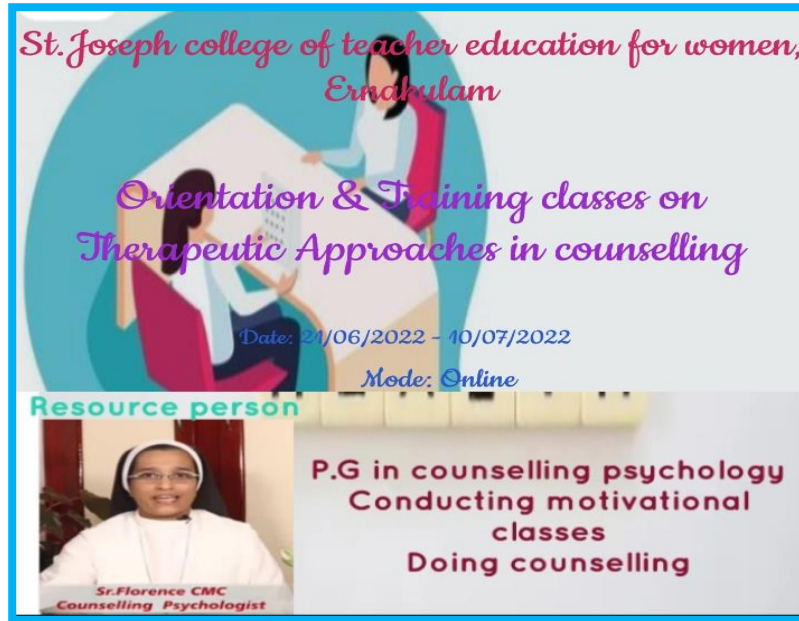
The orientation and training classes on therapeutic approaches in counseling resulted in several positive outcomes:

- a) **Expanded Knowledge and Skills:** Participants gained a comprehensive understanding of
- b) **Enhanced Therapeutic Competence:** Participants developed skills in selecting and applying appropriate therapeutic approaches
- c) **Continued Professional Development:** The training classes served as a foundation for participants to pursue further education and certification in educational counselling.





The orientation and training classes on educational counselling proved to be successful in equipping individuals with the necessary knowledge and skills to provide guidance and support to students.



List of Students

Sl. No	Name of Students	Sl.No	Name of Students
1	Akshitha Bhaskaran	17	Aleena Antony
2	Anaga T	18	Anaswara P.S
3	Ancy Abhraham	19	Ance Baby
4	Anjaly C	20	Anisha T
5	Anupama Sreedhar	21	Divya Rajan
6	Celene Paul	22	Jayalakshmi Jayakumar
7	Divya mol P.D	23	Jobitha Joy
8	Dona K Jose	24	Liya Baby
9	Krishnapriya K	25	Mary Amala R
10	Mary Rinu K.F	26	Nitha Alfred
11	Mereena Joy	27	Pranya P.M





12	Minu Joy	28	Riya Sabu
13	Regina Teena Dcosta	29	Shilpa K
14	Riya Davis	30	Sneha M.M
15	Rosemary Paul	31	Srelashmi K.A
16	Varsha K. B	32	Teena Vincent





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EVENT: 5

Workshop on Educational Counseling

Name of the Event	Workshop on Educational Counseling
Objectives	<ol style="list-style-type: none">1) To familiarize participants with the fundamental principles and theories of educational counselling.2) To develop participants' understanding of various educational systems, career options, and academic pathways.3) To enhance participants' communication and interpersonal skills necessary for effective counselling.4) To equip participants with practical tools and techniques for conducting counselling sessions
Details of Event Coordinators	St. Joseph College of Teacher Education for Women, Ernakulam Sr. Florence CMC Counselling Psychologist (Resource Person)
Dates	01/06/2022 – 20/06/2022
Time	6.00 PM – 7.00 PM
Beneficiaries	Student Teachers (Total No.32)
Event Platform	Google meet

This report aims to provide an overview of the orientation and training classes conducted on educational counseling. The purpose of these classes was to equip individuals with the necessary knowledge and skills to effectively provide guidance and support to students in their educational endeavors. The report will outline the objectives, content, methods, and outcomes of the orientation and training sessions.

Objectives

The primary objectives of the orientation and training classes on educational counseling were as follows:

- a) To familiarize participants with the fundamental principles and theories of educational counselling.





- b) To develop participants' understanding of various educational systems, career options, and academic pathways.
- c) To enhance participants' communication and interpersonal skills necessary for effective counselling.
- d) To equip participants with practical tools and techniques for conducting counselling sessions.
- e) To promote awareness of ethical considerations and professional standards in educational counselling.

Content

The content of the orientation and training classes was designed to cover a wide range of topics related to educational counselling. The sessions included the following key areas:

- a) **Introduction to Educational Counselling:** An overview of the role and importance of educational counselling in supporting students' academic and career development.
- b) **Counselling Theories and Approaches:** Introduction to various theoretical frameworks and counselling models used in educational counselling, such as person-centered therapy, cognitive-behavioral therapy, and solution-focused brief therapy.
- c) **Understanding Educational Systems:** Examination of different educational systems, including primary, secondary, and tertiary education, and exploration of their impact on career choices and opportunities.
- d) **Career Development and Planning:** Guidance on helping students explore career options, set goals, and make informed decisions regarding their educational and professional paths.
- e) **Effective Communication Skills:** Training on active listening, empathy, rapport building, and non-verbal communication techniques to establish a supportive and trusting counselling environment.
- f) **Conducting Counselling Sessions:** Practical guidance on conducting one-on-one and group counselling sessions, including goal setting, assessment, intervention strategies, and monitoring progress.





- g) Ethical Considerations: Discussion of ethical guidelines and professional standards in educational counselling, emphasizing confidentiality, boundaries, and cultural sensitivity.

Methods

Orientation and training classes utilized a combination of instructional methods to engage participants and facilitate effective learning. These methods included:

- a) Lectures and Presentations: Expert facilitators delivered lectures and presentations to provide theoretical knowledge and conceptual frameworks.
- b) Case Studies and Role-plays: Participants engaged in case studies and role-plays to simulate real-life counselling scenarios and practice their counselling skills.
- c) Group Discussions: Group discussions allowed participants to share their experiences, perspectives, and insights on various counselling-related topics.
- d) Interactive Workshops: Interactive workshops provided hands-on training in using specific counselling techniques, tools, and resources.
- e) Assignments and Assessments: Participants were given assignments and assessments to reinforce their understanding of the content and evaluate their learning prog

Outcomes

The orientation and training classes on educational counselling yielded several positive outcomes:

- a) Enhanced Knowledge and Skills: Participants gained a comprehensive understanding of educational counselling theories, techniques, and ethical considerations.
- b) Improved Communication: Participants developed effective communication skills, enabling them to establish rapport with students and provide empathetic support.
- c) Increased Confidence: The training boosted participants' confidence in their ability to guide and counsel students effectively.
- d) Professional Networking: The classes provided opportunities for participants to connect with fellow professionals in the field, fostering a supportive network.
- e) Continued Professional Development: The training classes served as a foundation for participants to pursue further education and certification in educational counselling.





The orientation and training classes on educational counselling proved to be successful in equipping individuals with the necessary knowledge and skills to provide guidance and support to students

St. Joseph college of teacher education for women,
Ernakulam

orientation & Training classes on Educational counselling

Date: 1/06/2022 - 20/06/2022
Mode: online

Resource person

Sr. Florence CMC
Counselling Psychologist

P.G in counselling psychology
Conducting motivational classes
Doing counselling

Practical Session

Make your mental health a priority.

St. Joseph College of Teacher Education for women,
Ernakulam

MENTAL

Orientation to Project
Topic: Practices for achieving good mental health and well being among school students

Date: 17 October 2022
Time: 6.00 pm - 7pm
Mode: online

HEALTH

Resource person

Sr. Florence CMC
Counselling Psychologist

P.G in counselling psychology
Conducting motivational classes
Doing counselling





List of Students

Sl.No	Name of Students	Sl.No	Name of Students
1	Akshitha Bhaskaran	17	Aleena Antony
2	Anaga T	18	Anaswara P.S
3	Ancy Abraham	19	Ance Baby
4	Anjaly C	20	Anisha T
5	Anupama Sreedhar	21	Divya Rajan
6	Celene Paul	22	Jayalakshmi Jayakumar
7	Divya mol P.D	23	Jobitha Joy
8	Dona K Jose	24	Liya Baby
9	Krishnapriya K	25	Mary Amala R
10	Mary Rinu K.F	26	Nitha Alfred
11	Mereena Joy	27	Pranya P.M
12	Minu Joy	28	Riya Sabu
13	Regina Teena Dcosta	29	Shilpa K
14	Riya Davis	30	Sneha M.M
15	Rosemary Paul	31	Srelashmi K.A
	Varsha K. B	32	Teena Vincent





ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

Kovilvattom Road, Ernakulam, Kochi, Pin – 682035, Kerala
(Affiliated to Mahatma Gandhi University, Kottayam)

1. Career and Personal Counseling Events Reports (2021-22)

EVENT: 1

WORKSHOP ON BASIC COUNSELING SKILLS

Name of the Event	Workshop on Basic Counseling Skills
Objectives	<ol style="list-style-type: none">1) To familiarize participants with the fundamental principles and theories of counseling.2) To develop participants' understanding of various educational systems, career options, and academic pathways.3) To enhance participants' communication and interpersonal skills necessary for effective counselling.4) To equip participants with practical tools and techniques for conducting counselling sessions
Details of Event Coordinators	St. Joseph College of Teacher Education for Women, Ernakulam Sr. Florence CMC Counselling Psychologist (Resource Person)
Dates	21/5/2022 -
Time	6.00 PM – 7.00 PM
Beneficiaries	Student Teachers (Total No.32)
Event Platform	Google meet

Orientation and training classes focused on basic counseling skills are essential for individuals seeking to develop foundational knowledge and practical skills in the field of counseling. Importance of Orientation & Training Classes on Basic Counseling Skills
Orientation and training classes on basic counseling skills serve several important purposes, including:

- Foundation in counseling principles: These classes offer participants an introduction to the core principles, theories, and approaches in counseling, providing a solid foundation for further development.





- Skill development: Participants gain practical skills necessary for effective counseling, such as active listening, empathy, non-judgmental attitude, rapport building, and communication techniques.
- Ethical considerations: Orientation and training classes familiarize individuals with the ethical guidelines and professional codes of conduct relevant to the practice of counseling, ensuring ethical awareness and responsible practice.
- Self-awareness and personal growth: Participants engage in self-reflection and exploration, enhancing their self-awareness, emotional intelligence, and personal growth, which are crucial elements of being an effective counselor.

Content of Orientation & Training Classes on Basic Counseling Skills

The content of orientation and training classes on basic counseling skills typically covers the following areas:

- Introduction to counseling: An overview of the field of counseling, its goals, and its application in various settings.
- Theoretical foundations: Introduction to prominent counseling theories, such as person-centered, cognitive-behavioral, psychodynamic, and solution-focused approaches, among others.
- Active listening: Techniques and strategies to actively and attentively listen to clients, including paraphrasing, summarizing, and reflecting feelings to demonstrate understanding.
- Empathy and rapport building: The importance of empathetic understanding and establishing a positive therapeutic relationship with clients through effective communication and rapport building.
- Non-judgmental attitude: Emphasizing the significance of a non-judgmental and accepting stance when working with clients, promoting a safe and supportive environment.
- Communication skills: Effective verbal and non-verbal communication techniques, including open-ended questions, clarification, body language, and tone of voice.





- Problem-solving and goal-setting: Strategies for helping clients identify and work towards achievable goals, facilitating problem-solving and decision-making processes.
- Ethical considerations: An overview of ethical principles, boundaries, confidentiality, and professional responsibility in counseling practice.


Outcomes of Orientation & Training Classes on Basic Counseling Skills

Orientation and training classes on basic counseling skills aim to achieve the following outcomes:

- Competence in basic counseling skills: Participants develop foundational skills in active listening, empathy, communication, and rapport building, enabling them to effectively engage with clients.
- Increased self-awareness: Participants gain a deeper understanding of their own beliefs, values, biases, and limitations, enhancing their self-awareness and personal growth.
- Ethical awareness: Individuals become familiar with ethical guidelines and professional standards, promoting responsible and ethical counseling practice.
- Confidence building: Participants have opportunities to practice and receive feedback on their counseling skills, boosting their confidence in their ability to work with clients.

Orientation and training classes on basic counseling skills are invaluable in equipping individuals with the necessary knowledge and practical abilities to embark on a counseling career or enhance their existing skills. By providing a solid foundation in counseling principles, facilitating skill development, promoting ethical awareness, and fostering personal growth, these classes empower individuals to effectively support and guide clients towards positive change and well-being.



BASIC COUNSELING SKILLS


Date: 24/05/2022 - 31/05/2022

St. Joseph college of teacher education for women, Ernakulam

Mode: Online

A tool to handle Children and Adolescence in School more effectively

Resource person



P.G in counselling psychology
Conducting motivational classes
Doing counselling

10:45

fuh-fxof-zzr

GUIDANCE AND COUNSELLING

- It focus on providing the right guidance to students as per their academic needs, be it selecting the right stream to find the best college and course after completing high school.
- Educational counsellors are generally found in schools and colleges and you can also seek guidance from educational counselling services to get the right mentorship for your academic journey.

Florence is presenting

Florence

Varsha

You

anjaly

23 others





List of Students

Sl.No	Name of Students	Sl.No	Name of Students
1	Akshitha Bhaskaran	17	Aleena Antony
2	Anaga T	18	Anaswara P.S
3	Ancy Abhraham	19	Ance Baby
4	Anjaly C	20	Anisha T
5	Anupama Sreedhar	21	Divya Rajan
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7	Divya mol P.D	23	Jobitha Joy
8	Dona K Jose	24	Liya Baby
9	Krishnapriya K	25	Mary Amala R
10	Mary Rinu K.F	26	Nitha Alfred
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12	Minu Joy	28	Riya Sabu
13	Regina Teena Dcosta	29	Shilpa K
14	Riya Davis	30	Sneha M.M
15	Rosemary Paul	31	Srelashmi K. A
16	Varsha K. B	32	Teena Vincent





ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

Kovilvattom Road, Ernakulam, Kochi, Pin – 682035, Kerala
(Affiliated to Mahatma Gandhi University, Kottayam)

EVENT: 2

WORKSHOP ON THE NATURE & SCOPE OF COUNSELING

Name of the Event	Workshop on the Nature & Scope of Counseling
Objectives	<ol style="list-style-type: none">5) To familiarize participants with the fundamental principles and theories of counseling.6) To develop participants' understanding of various educational systems, career options, and academic pathways.7) To enhance participants' communication and interpersonal skills necessary for effective counselling.8) To equip participants with practical tools and techniques for conducting counselling sessions
Details of Event Coordinators	St. Joseph College of Teacher Education for Women, Ernakulam Sr. Florence CMC Counselling Psychologist (Resource Person)
Dates	15/5/2022 - 20/5/2022
Time	6.00 PM – 7.00 PM
Beneficiaries	Student Teachers (Total No.32)
Event Platform	Google meet

Orientation and training classes play a crucial role in educating individuals about the nature and scope of counseling. These classes aim to provide comprehensive knowledge and skills to aspiring counselors, mental health professionals, and individuals interested in understanding the field of counseling. Importance of Orientation & Training Classes
Orientation and training classes serve several important purposes, including:

- Providing foundational knowledge: These classes offer a comprehensive understanding of the fundamental concepts, theories, and approaches in counseling.
- Skill development: Participants gain practical skills such as active listening, empathy, and effective communication, which are vital for successful counseling.
- Ethical guidelines: Orientation and training classes familiarize individuals with ethical considerations and professional codes of conduct in counseling.





- Self-awareness: Participants engage in self-reflection and exploration, enhancing their self-awareness and personal growth.
- Building confidence: The classes provide a supportive environment where participants can practice counseling techniques and receive constructive feedback, boosting their confidence.

Content of the class

Nature of Counseling

Counseling is a collaborative process between a counselor and a client, aimed at facilitating personal growth, self-exploration, and problem-solving. The nature of counseling can be summarized as follows:

- a) Confidentiality: Counseling sessions are confidential, ensuring that clients feel safe to share their concerns and experiences without fear of judgment or disclosure.
- b) Client-Centered Approach: Counseling places the client's needs and goals at the center. It emphasizes empathetic understanding, active listening, and non-judgmental support.
- c) Goal-Oriented: Counseling aims to help clients set and achieve specific goals, enabling them to overcome challenges, develop coping strategies, and enhance their overall well-being.
- d) Holistic Perspective: Counseling recognizes the interconnectedness of various aspects of an individual's life, including psychological, emotional, social, and cultural factors, to provide a comprehensive approach to support.

Scope of Counseling

Counseling encompasses a broad range of specialties and areas of application. The scope of counseling can be seen in the following domains:

- a) Mental Health Counseling: Addressing mental health issues such as anxiety, depression, trauma, and addiction through therapeutic interventions.
- b) Career Counseling: Assisting individuals in exploring and making informed decisions about their career paths, job transitions, and professional development.
- c) Relationship Counseling: Supporting individuals, couples, or families in improving communication, resolving conflicts, and strengthening their relationships.





- d) School Counseling: Guiding students in academic, career, and personal / social development within educational settings.
- e) Substance Abuse Counseling: Helping individuals overcome substance abuse and providing support in their recovery process.
- f) Crisis Counseling: Providing immediate support and interventions during times of crisis, such as natural disasters or personal emergencies.
- g) Cultural Counseling: Recognizing and addressing the influence of cultural factors on clients' experiences and providing culturally sensitive interventions.

Orientation and training classes play a vital role in introducing individuals to the nature and scope of counseling. By imparting knowledge, fostering skill development, and promoting self-awareness, these classes prepare aspiring counselors and mental health professionals to effectively support clients in various domains. Understanding the nature and scope of counseling equips individuals with the tools to make a positive impact on individuals' lives, promoting personal growth, and facilitating well-being.

*St. Joseph college of teacher education for women,
Ernakulam*

*Orientation and Training classes on Nature & Scope
of counselling*

Date: 15/05/2022 - 20/05/2023

Mode: Online

Resource person

*Sr. Florence CMC
Counselling Psychologist*

**P.G in counselling psychology
Conducting motivational
classes
Doing counselling**





List of Students

Sl.No	Name of Students	Sl.No	Name of Students
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ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

Kovilvattom Road, Ernakulam, Kochi, Pin – 682035, Kerala
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EVENT: 3

Name of the Event	Training on Teacher as Guide and Counsellor
Objectives	<ol style="list-style-type: none">1) To understand the need and significance of counseling and guidance since it is the need of the time2) To provide practical work on peer group counseling3) Understanding the Role, A teacher acting as a guide assumes the responsibility of leading students on their academic journey
Details of Event Coordinators	St. Joseph College of Teacher Education for Women, Ernakulam
Resource person	Dr. Soya Mathew
Dates	14/03/2022 - 31/03/2022
Beneficiaries	Student Teachers (Total No.97) (2020-22 B.Ed. Batch)
Event Venue	Multipurpose hall

The future teachers are given training in guidance and counseling as part of this training programme. The Institution identified that guidance and counseling skills are essential skills for future teachers and incorporated the training programme counseling and guidance since it is the need of the time. The main contents of the training programme are

1) The Teacher as a Guide

Understanding the Role, A teacher acting as a guide assumes the responsibility of leading students on their academic journey. This involves providing guidance, direction, and support to help students set goals, make informed decisions, and navigate their educational paths effectively. The teacher's role as a guide promotes student autonomy, self-discovery, and critical thinking skills.





❖ Advantages of Teacher as a Guide

- Fosters a positive learning environment: By establishing a nurturing and supportive atmosphere, teachers as guides create a safe space for students to explore and learn without fear of judgment or failure.
- Enhances student motivation and engagement: When students have a trusted guide, they are more likely to actively participate in the learning process, ask questions, and seek clarification, leading to improved motivation and engagement.
- Develops problem-solving and decision-making skills: Guiding students through challenges and decision-making processes helps them develop essential skills for solving problems independently, fostering resilience and adaptability.

2) The Teacher as a Counsellor

Understanding the Role, A teacher acting as a counsellor assumes the responsibility of addressing students' emotional, social, and personal needs. This role involves providing guidance, support, and a listening ear to help students cope with challenges, manage stress, and develop necessary life skills.

❖ Advantages of Teacher as a Counsellor

- Promotes holistic development: By acknowledging students' emotional well-being, teachers as counsellors contribute to their holistic development, allowing them to thrive academically, socially, and emotionally.
- Identifies and addresses issues early: Teachers often spend a significant amount of time with students, enabling them to detect signs of emotional distress or behavioral issues early on. By providing support or referring students to appropriate resources, teachers can help prevent problems from escalating.
- Builds trust and rapport: Acting as a counsellor, teachers build strong relationships with students, fostering trust and open communication. This trust allows students to feel comfortable discussing their concerns, leading to better support and interventions.

3) Implementing Classes on Teacher as Guide and Counsellor

a. Training and Professional Development

Schools should prioritize providing comprehensive training and professional development opportunities for teachers to enhance their skills as guides and counsellors. This





can include workshops, seminars, and ongoing support from qualified counselors or experts in the field.

b. Integration into Curriculum

Integrating specific classes on the teacher's role as a guide and counsellor into the curriculum ensures that students receive consistent support and guidance. These classes can cover topics such as communication skills, empathy, active listening, conflict resolution, and mental health awareness.

c. Collaboration with Support Services

Collaboration with Support Services Collaboration between teachers and support services, such as school counselors, psychologists, or social workers, is crucial for addressing complex student needs. Regular meetings, consultations, and sharing of resources can ensure a holistic approach to supporting students.

Recognizing teachers as guides and counsellors in the classroom is essential for promoting student well-being, academic success, and personal development. By implementing specific classes focused on these roles, schools can empower teachers to fulfill these responsibilities effectively, creating a supportive and nurturing learning environment for students. It is imperative to invest in training, curriculum integration, and collaboration with support services to ensure the success of these initiatives



Resource Person: Dr. Soya Mathew





ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

Kovilvattom Road, Ernakulam, Kochi, Pin – 682035, Kerala
(Affiliated to Mahatma Gandhi University, Kottayam)

EVENT: 4

CAREER GUIDANCE PROGRAMME AT STUDIUM, KALAMASSERY

Name of the event	Career Guidance Programme at STUDIUM, Kalamassery
Objectives	<ul style="list-style-type: none">• To improve employability skills• To know different career opportunities
Features of STUDIUM	Centre for educational solutions and learning innovations. To spread awareness among family, schools and society regarding the importance of proper intervention for SLD/ADHD at the right time. Centre for Career Guidance
Date	14 th February 2022
Time	Reached 2 PM
Duration	Half day
Beneficiaries	Teacher Educands
Venue	STUDIUM ,Kalamassery
Resource person	Mr. Jaleel M.S &NaseehaNazeer

On 14th February 2022 a team of M.Ed (2020-22) teacher educands& educators from St.Joseph College of Teacher Education for Women Ernakulam visited STUDIUM for understanding the different educational assessments and evaluations carried out in the institution. They reached thereby 2 pm. They had an introductory session by Nzeeha Nazeer, Managing Director of the Institution, about the STUDIUM and Career Guru. This institution helps a child in building a new career. She also Explained about the different evaluations and assessments carried out in the institution. Mr.Jaleel M. S explained to them the career opportunities in front of them. He explained the different short term courses provided by the foreign universities, its scope and opportunities.





CAREER GUIDANCE PROGRAMME

Career Guidance Class Sessions - Mr. Jaleel M.S





ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

Kovilvattom Road, Ernakulam, Kochi, Pin – 682035, Kerala
(Affiliated to Mahatma Gandhi University, Kottayam)

EVENT: 5

Webinar on Career Guidance

& 'How to Effectively Crack Competitive Exams - 2022

Name of the Event	Webinar on Career Guidance & 'How to Effectively Crack Competitive Exams - 2022
Objectives	<ol style="list-style-type: none">1. To provide the prospective student teachers with proper guidance to become a professional teacher from the leading and expert teachers2. To help student teachers learn about various competitive Examinations including KTET, HSA, LPST, UPST etc. and to understand effective strategies for qualifying them3. To help student teachers to understand and learn about the scope, learning methodology, strategy, study plan and syllabus of various eligibility exams to crack them effectively4. To help student teachers in achieving their goal of becoming a government appointed teachers
Details of Event Coordinators	English Literary Association of St. Joseph College of Teacher Education for Women, Ernakulam, in association with, Alumni Association & ENTRI App
Details of Resource Person	<p>✚ Dr. Hema K.J Faculty Member, SNM Training College, Moothakkunnam</p> <p>✚ Dr. Vinu Sreedhar Faculty Member, Department of Physics, St. Stephens College, Uzhavoor</p>
Date	05/02/2022
Time	1.45 PM – 3.45 PM
Duration	2 hours
Beneficiaries	Student teachers- 186, Teacher educands- 21
Platform	Google Meet, YouTube





Google Meet Link	https://meet.google.com/ugp-keso-ize
YouTube Link	https://bit.ly/3gnb73F https://youtu.be/pK_oWEeMsck

Programme Report

St. Joseph College of Teacher Education for Women, Ernakulam in association with Alumni Association and ENTRI app organized a career guidance webinar on ‘Teaching Exams - How to Effectively Crack Them’ on 5th February 2022 from 1.45 PM to 3.45 PM via online platforms including Google Meet and YouTube. The webinar was organized for the B Ed. student teachers and M Ed. teacher educands of St. Joseph College of Teacher Education for Women, Ernakulam. The webinar was organized with the objective of helping students to learn about various competitive examinations and to help student teachers to understand and learn about scope, learning methodology, strategy, study plan and syllabus of various eligibility exams to crack them effectively. The entire webinar was coordinated by the English Literary Association of St. Joseph College of Teacher Education for Women, Ernakulam. The resource persons for the workshop were Dr. Hema K.J, faculty member from SNM Training College, Moothakkunnam and Dr. Vinu Sreedhar, Faculty Member in Department of Physics from St. Stephens College, Uzhavoor. A total of 207 participants including teacher educands and student teachers from St. Joseph College of Teacher Education for Women, Ernakulam participated in the workshop.

The webinar on ‘Teaching Exams- How to Effectively Crack Them’ started exactly at 1.45 PM via Google Meet. The webinar began with a brief introduction given by Dr. Hema K.J on ENTRI app and the exact objective behind organizing such a webinar for the students. She reminded all of the Participants that the present webinar would help them in getting to know more about the competitive eligibility examinations, scope of employment etc. after completing their course. She reminded the participants that the webinar would be a clear-cut answer to all the questions that would rise in their minds about their future career. After the brief introduction session, Dr. Hema K.J started the webinar session. She mentioned that for a graduate in B Ed or M Ed has three fields in education to focus on which are government sector, aided sector and unaided sector. First, she discussed about the K-TET examination. Dr. Hema K.J reminded all the students that the National Education Policy (NEP) 2020 has brought about a lot of holistic changes in education and thus it becomes more important to





clear examinations like K-TET to move forward in career with a graduation in education. She mentioned that only candidates who have cleared K-TET examination would be able to get appointed and continue their profession in schools in any sector. K-TET is the abbreviation for Kerala Teacher Eligibility Test and it is conducted to determine the eligibility of aspirants to teach in lower primary, upper primary and high school classes in the state of Kerala. K-TET exams are conducted by the Pariksha Bhavan of Kerala. It is held as per the guidelines and regulations laid down by SCERT, NCTE / Department of General Education of Government of Kerala. K-TET exams are conducted twice a year in offline mode. K-TET exam is 150 minutes. After the general introduction about K-TET examination, the resource person discussed about the various categories of the examination and also the procedure for application, fee structure, and minimum qualification for each structure. After that the resource person moved on to the session where she explained about the question paper patterns and cut off marks and other details about each K-TET exam categories. After the session on K-TET examination carried out by Dr. Hema K.J, the next session was carried out by Dr. Vinu Sreedhar, Faculty Member in Department of Physics from St. Stephens College, Uzhavoor. Dr. Vinu Sreedhar started with explaining the importance of the eligibility examinations and he mentioned that if SET or K-TET examinations are not cleared by one who is pursuing a profession in teaching cannot even apply for PSC (Public Service Commission) exams. After that he presented and explained about the pattern of K-TET and SET. He mentioned about some factors to be considered before studying for examinations. The factors included exam pattern, syllabus to be covered, subject wise marks, previous year question paper patterns and covering the difficult part of the syllabus. The resource person mentioned that considering these factors would help effective cracking of competitive examinations. He also explained about the exam rules and regulations. After the session has been completed, both the resource persons clarified the doubts raised by the students. After the question-and-answer session, feedbacks were collected from the participants via Google Forms. The entire webinar winded up at 3.45 PM.

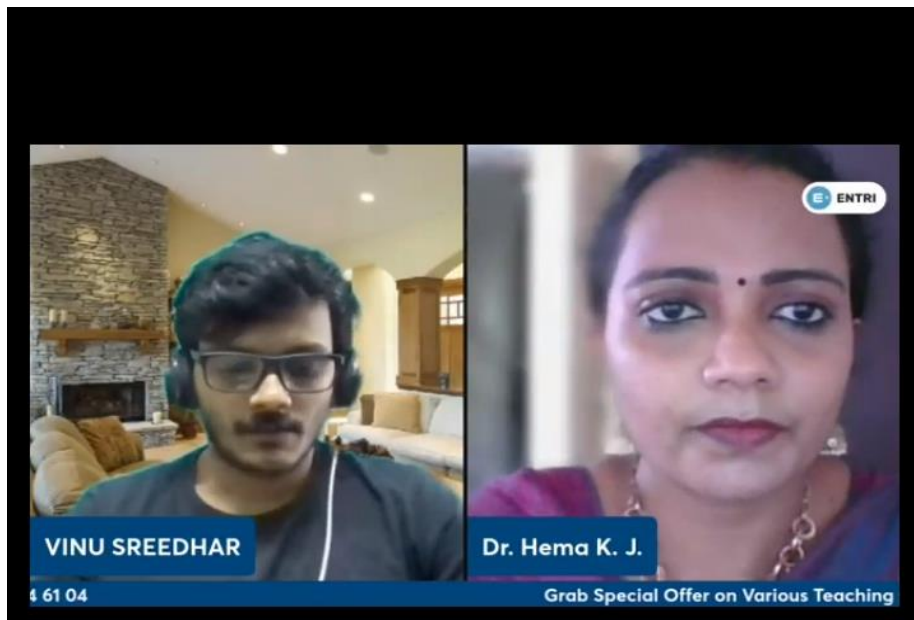
The webinar on ‘Teaching Exams- How to Effectively Crack Them’ turned out to be successful in achieving its objectives. The workshop was effective in raising the awareness of students regarding various competitive examinations and their patterns, procedures and much information about them. The entire webinar was fruitful for the students to enhance their knowledge and excel in their future teaching career. The session was very much interactive. The entire webinar was a great experience for the students.





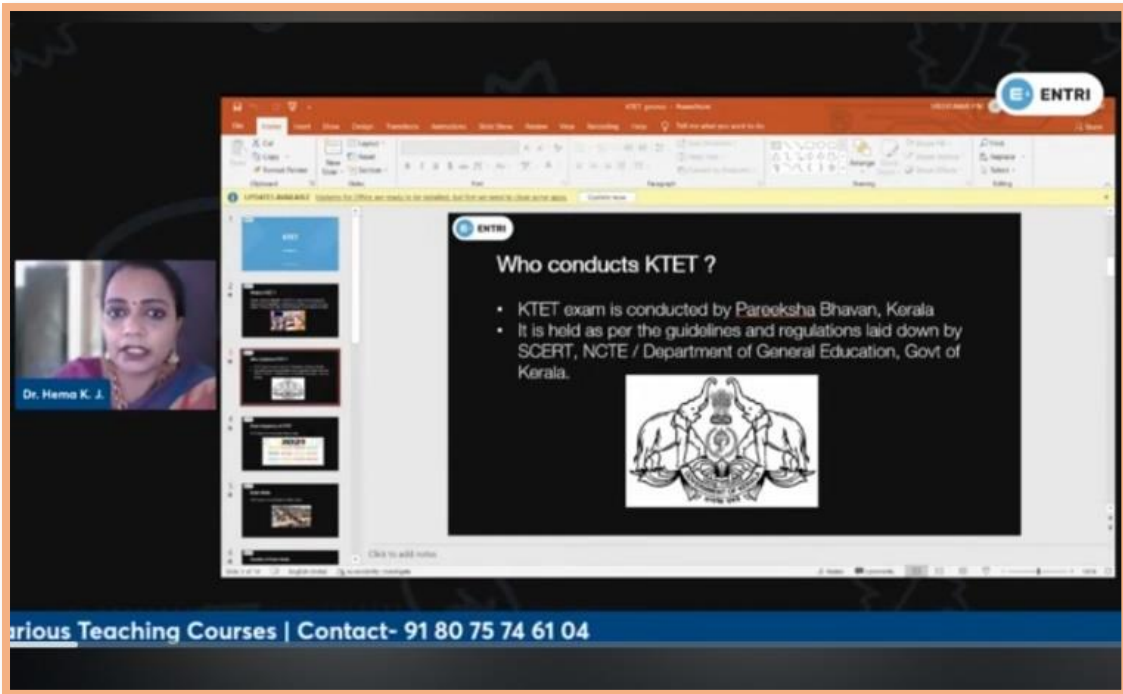
Event poster for the career guidance webinar conducted on ‘Teaching Exams - How to Effectively Crack Them’ for student teachers and teacher educands of St. Joseph College of Teacher Education for Women, Ernakulam on 5th February 2022 via Google Meet

**Career Guidance Webinar:
‘How to Effectively Crack Competitive Exams- 2022
Photo Gallery**



Resource persons for the career guidance webinar conducted on ‘Teaching Exams - How to Effectively Crack Them’ for student teachers and teacher educands of St. Joseph College of Teacher Education for Women, Ernakulam on 5th February 2022 via Google Meet.





Career Guidance Webinar:

Dr. Hema K.J, one of the resource persons carrying out session during the career guidance webinar conducted on 'Teaching Exams- How to Effectively Crack Them' for student teachers and teacher educands of St. Joseph College of Teacher Education for Women, Ernakulam on 5th February 2022 via Google Meet





‘Teaching Exams- How to Effectively Crack Them’, 2022

Programme Details

Name of the Event	Career Guidance Webinar: ‘Teaching Exams- How to Effectively Crack Them’, 2022
Date	05/02/2022
Time	1.45 PM – 3.45 PM
Duration	2 hours
Beneficiaries	Student teachers- 186, Teacher educands- 21
Platform	Google Meet, YouTube
Google Meet Link	https://meet.google.com/ugp-keso-ize
YouTube Link	https://bit.ly/3gnb73F https://youtu.be/pK_oWEeMsk

List of Participants

Students list:

Sl. No	Name	Batch
1	Aagi Tom	2020-2022 batch (B Ed. English)
2	Alina Celine Lancy	2020-2022 batch (B Ed. English)
3	Anna Susan Jacob	2020-2022 batch (B Ed. English)
4	Arunima K Shaji	2020-2022 batch (B Ed. English)
5	Arya Balachandran	2020-2022 batch (B Ed. English)
6	Arya C S	2020-2022 batch (B Ed. English)
7	Athira C S	2020-2022 batch (B Ed. English)
8	Melvin Daniel	2020-2022 batch (B Ed. English)
9	Parvathy V	2020-2022 batch (B Ed. English)
10	Rinju Jolly	2020-2022 batch (B Ed. English)





11	Sania Varghese	2020-2022 batch (B Ed. English)
12	Sneha Joseph	2020-2022 batch (B Ed. English)
13	Sreelekha R	2020-2022 batch (B Ed. English)
14	Abhirami Soman	2020-2022 batch (B Ed. Malayalam)
15	Aleena Roy	2020-2022 batch (B Ed. Malayalam)
16	Amitha James	2020-2022 batch (B Ed. Malayalam)
17	Anakha K S	2020-2022 batch (B Ed. Malayalam)
18	Anjana Narayanan	2020-2022 batch (B Ed. Malayalam)
19	Athira Babu	2020-2022 batch (B Ed. Malayalam)
20	Athira Raju	2020-2022 batch (B Ed. Malayalam)
21	Athira Sabu	2020-2022 batch (B Ed. Malayalam)
22	Blessy Babu	2020-2022 batch (B Ed. Malayalam)
23	Bobina Antony	2020-2022 batch (B Ed. Malayalam)
24	Catherine Varghese	2020-2022 batch (B Ed. Malayalam)
25	Mayamol Thomas	2020-2022 batch (B Ed. Malayalam)
26	Salini K B	2020-2022 batch (B Ed. Malayalam)
27	Shilpa Stanly	2020-2022 batch (B Ed. Malayalam)
28	Vismaya Mohanan	2020-2022 batch (B Ed. Malayalam)
29	Alvina Carmel	2020-2022 batch (B Ed. Mathematics)
30	Amala Sajeev	2020-2022 batch (B Ed. Mathematics)
31	Aneesha Mohan	2020-2022 batch (B Ed. Mathematics)
32	Anitta Sunny	2020-2022 batch (B Ed. Mathematics)
33	Cris Francis	2020-2022 batch (B Ed. Mathematics)
34	Elizabeth Maria Babu	2020-2022 batch (B Ed. Mathematics)
35	Fathemath Sahadiya	2020-2022 batch (B Ed. Mathematics)
36	Jisna Mary P.J	2020-2022 batch (B Ed. Mathematics)





37	Lilly Riya	2020-2022 batch (B Ed. Mathematics)
38	Meera R	2020-2022 batch (B Ed. Mathematics)
39	Megha T.M	2020-2022 batch (B Ed. Mathematics)
40	Merin Johny	2020-2022 batch (B Ed. Mathematics)
41	Nikhila Baby	2020-2022 batch (B Ed. Mathematics)
42	Soumya Murugan	2020-2022 batch (B Ed. Mathematics)
43	Sumayya H E	2020-2022 batch (B Ed. Mathematics)
44	Aneetta Joy	2020-2022 batch (B Ed. Physical Science)
45	Anju Abraham P	2020-2022 batch (B Ed. Physical Science)
46	Aparna S	2020-2022 batch (B Ed. Physical Science)
47	Arya M A	2020-2022 batch (B Ed. Physical Science)
48	Athira Anil	2020-2022 batch (B Ed. Physical Science)
49	Chandrika C R Sharma	2020-2022 batch (B Ed. Physical Science)
50	Lida Mathew	2020-2022 batch (B Ed. Physical Science)
51	Mariya Deepthy	2020-2022 batch (B Ed. Physical Science)
52	Neethu P D	2020-2022 batch (B Ed. Physical Science)
53	Reshma S Babu	2020-2022 batch (B Ed. Physical Science)
54	Stella Avirappatt	2020-2022 batch (B Ed. Physical Science)
55	Anitta Sheen Theresa	2020-2022 batch (B Ed. Natural Science)
56	Anjana Vijayan	2020-2022 batch (B Ed. Natural Science)
57	Anju A	2020-2022 batch (B Ed. Natural Science)
58	Ann Mathew	2020-2022 batch (B Ed. Natural Science)
59	Evelyn Thankachan C K	2020-2022 batch (B Ed. Natural Science)
60	Fathima Beevi A I	2020-2022 batch (B Ed. Natural Science)
61	Jinu Anna Varghese	2020-2022 batch (B Ed. Natural Science)
62	Krishna M K	2020-2022 batch (B Ed. Natural Science)





63	Krishna Murali	2020-2022 batch (B Ed. Natural Science)
64	Nandini Sagar	2020-2022 batch (B Ed. Natural Science)
65	Nausheen N	2020-2022 batch (B Ed. Natural Science)
66	Nimisha N.K	2020-2022 batch (B Ed. Natural Science)
67	Rosaliya George	2020-2022 batch (B Ed. Natural Science)
68	Shereena G	2020-2022 batch (B Ed. Natural Science)
69	Shiyara K S	2020-2022 batch (B Ed. Natural Science)
70	Sreelakshmi T A	2020-2022 batch (B Ed. Natural Science)
71	Varsha Varghese	2020-2022 batch (B Ed. Natural Science)
72	Amrutha Satheesan	2020-2022 batch (B Ed. Social Science)
73	Aneeta Anson	2020-2022 batch (B Ed. Social Science)
74	Ans Jose	2020-2022 batch (B Ed. Social Science)
75	Aparna Raveendran	2020-2022 batch (B Ed. Social Science)
76	Asha Joseph	2020-2022 batch (B Ed. Social Science)
77	Aswani K Shaji	2020-2022 batch (B Ed. Social Science)
78	Aswathi .P	2020-2022 batch (B Ed. Social Science)
79	Lakshmy K P	2020-2022 batch (B Ed. Social Science)
80	Liya Thomas	2020-2022 batch (B Ed. Social Science)
81	Meenu Anna Mathai	2020-2022 batch (B Ed. Social Science)
82	Meera Mathew	2020-2022 batch (B Ed. Social Science)
83	Milu Hasan K.H	2020-2022 batch (B Ed. Social Science)
84	Olivia Tresa A A	2020-2022 batch (B Ed. Social Science)
85	Revathy N	2020-2022 batch (B Ed. Social Science)
86	Rosmy Geo	2020-2022 batch (B Ed. Social Science)
87	Sreejitha A K	2020-2022 batch (B Ed. Social Science)
88	Tency Davis	2020-2022 batch (B Ed. Social Science)





89	Akhitha Sebastian	2021-2023 batch (B Ed. Natural Science)
90	Allan Francis	2021-2023 batch (B Ed. Natural Science)
91	Angitha Ramachandran	2021-2023 batch (B Ed. Natural Science)
92	Anita Abraham	2021-2023 batch (B Ed. Natural Science)
93	Caren Grace	2021-2023 batch (B Ed. Natural Science)
94	Dilhana Hussain	2021-2023 batch (B Ed. Natural Science)
95	Jeshma Das V S	2021-2023 batch (B Ed. Natural Science)
96	Keerthana M S	2021-2023 batch (B Ed. Natural Science)
97	Meera Susan Kurian	2021-2023 batch (B Ed. Natural Science)
98	Merin Shajan	2021-2023 batch (B Ed. Natural Science)
99	Pooja Maria Jacob	2021-2023 batch (B Ed. Natural Science)
100	Ranjima V	2021-2023 batch (B Ed. Natural Science)
101	Saniya Simon	2021-2023 batch (B Ed. Natural Science)
102	Shalini P S	2021-2023 batch (B Ed. Natural Science)
103	Shimna K	2021-2023 batch (B Ed. Natural Science)
104	Theresa Thankachan	2021-2023 batch (B Ed. Natural Science)
105	Vyshnavi N Sarma	2021-2023 batch (B Ed. Natural Science)
106	Agatha Cyriac	2021-2023 batch (B Ed. Physical Science)
107	Agiya Cosmos M C	2021-2023 batch (B Ed. Physical Science)
108	Akshaya K S	2021-2023 batch (B Ed. Physical Science)
109	Alida Saiju	2021-2023 batch (B Ed. Physical Science)
110	Anila Shaju	2021-2023 batch (B Ed. Physical Science)
111	Anu P.Thomas	2021-2023 batch (B Ed. Physical Science)
112	Aparna S	2021-2023 batch (B Ed. Physical Science)
113	Fathimathuzuhra	2021-2023 batch (B Ed. Physical Science)
114	Jesna George	2021-2023 batch (B Ed. Physical Science)





115	Jismin K Antony	2021-2023 batch (B Ed. Physical Science)
116	Mariya Das	2021-2023 batch (B Ed. Physical Science)
117	Neethu J A	2021-2023 batch (B Ed. Physical Science)
118	Raveena K Ramesh	2021-2023 batch (B Ed. Physical Science)
119	Roshna Rahim	2021-2023 batch (B Ed. Physical Science)
120	Vandana S	2021-2023 batch (B Ed. Physical Science)
121	Vinny Pappachan	2021-2023 batch (B Ed. Physical Science)
122	Amala Antony	2021-2023 batch (B Ed. English)
123	Anna Roshni Varghese	2021-2023 batch (B Ed. English)
124	Deepa P S	2021-2023 batch (B Ed. English)
125	Devika Venugopal	2021-2023 batch (B Ed. English)
126	Divya Radhakrishnan	2021-2023 batch (B Ed. English)
127	F.Merline Rodrigues	2021-2023 batch (B Ed. English)
128	Gurumahima M V	2021-2023 batch (B Ed. English)
129	Harsha Theresa Thomas	2021-2023 batch (B Ed. English)
130	K A Rabia	2021-2023 batch (B Ed. English)
131	Leatitia Joshy	2021-2023 batch (B Ed. English)
132	Linet John	2021-2023 batch (B Ed. English)
133	Meera Joy (Blind)	2021-2023 batch (B Ed. English)
134	Merize Ben Alias	2021-2023 batch (B Ed. English)
135	Pratibha S	2021-2023 batch (B Ed. English)
136	Sandra Joy	2021-2023 batch (B Ed. English)
137	Santhi M S	2021-2023 batch (B Ed. English)
138	Veena C V	2021-2023 batch (B Ed. English)
139	Aleena Antony	2021-2023 batch (B Ed. Malayalam)
140	Anaswara. P S	2021-2023 batch (B Ed. Malayalam)





141	Ance Baby	2021-2023 batch (B Ed. Malayalam)
142	Divya Rajan	2021-2023 batch (B Ed. Malayalam)
143	Jayalakshmi Jayakumar	2021-2023 batch (B Ed. Malayalam)
144	Jobitha Joy	2021-2023 batch (B Ed. Malayalam)
145	Liya Baby	2021-2023 batch (B Ed. Malayalam)
146	Mary Amala R	2021-2023 batch (B Ed. Malayalam)
147	Nitha Alfred	2021-2023 batch (B Ed. Malayalam)
148	Pranaya P M	2021-2023 batch (B Ed. Malayalam)
149	Anisha T	2021-2023 batch (B Ed. Malayalam)
150	Riya Sabu	2021-2023 batch (B Ed. Malayalam)
151	Shilpa K	2021-2023 batch (B Ed. Malayalam)
152	Sneha M M	2021-2023 batch (B Ed. Malayalam)
153	Sreelakshmi K A	2021-2023 batch (B Ed. Malayalam)
154	Akshaya Shaju	2021-2023 batch (B Ed. Mathematics)
155	Anuja J Nair	2021-2023 batch (B Ed. Mathematics)
156	Arya K Surendran	2021-2023 batch (B Ed. Mathematics)
157	Aswathi B A	2021-2023 batch (B Ed. Mathematics)
158	Freeda K F	2021-2023 batch (B Ed. Mathematics)
159	Jinu Joseph	2021-2023 batch (B Ed. Mathematics)
160	Jomol Babu	2021-2023 batch (B Ed. Mathematics)
161	Lekshmipriya T S	2021-2023 batch (B Ed. Mathematics)
162	Mariya Jessneela	2021-2023 batch (B Ed. Mathematics)
163	Melissa Xavier	2021-2023 batch (B Ed. Mathematics)
164	Parvathy M	2021-2023 batch (B Ed. Mathematics)
165	Reshma Francis	2021-2023 batch (B Ed. Mathematics)
166	Rose Maria John	2021-2023 batch (B Ed. Mathematics)





167	Rosy Roy	2021-2023 batch (B Ed. Mathematics)
168	Sona Paul	2021-2023 batch (B Ed. Mathematics)
169	Sreeja Sreenivasan	2021-2023 batch (B Ed. Mathematics)
170	Akshitha Bhaskaran	2021-2023 batch (B Ed. Social Science)
171	Anagha T	2021-2023 batch (B Ed. Social Science)
172	Ancy Abraham	2021-2023 batch (B Ed. Social Science)
173	Anjaly A C	2021-2023 batch (B Ed. Social Science)
174	Anupama Sreedhar	2021-2023 batch (B Ed. Social Science)
175	Celene Paul	2021-2023 batch (B Ed. Social Science)
176	Divyamol P D	2021-2023 batch (B Ed. Social Science)
177	Dona K Jose	2021-2023 batch (B Ed. Social Science)
178	Krishnapriya K	2021-2023 batch (B Ed. Social Science)
179	Mary Rinu K F	2021-2023 batch (B Ed. Social Science)
180	Mereena Joy	2021-2023 batch (B Ed. Social Science)
181	Minu Joy	2021-2023 batch (B Ed. Social Science)
182	Regina Teena Dcosta	2021-2023 batch (B Ed. Social Science)
183	Riya Davis	2021-2023 batch (B Ed. Social Science)
184	Rose Mary Paul	2021-2023 batch (B Ed. Social Science)
185	Thasni M B	2021-2023 batch (B Ed. Social Science)
186	Varsha K V	2021-2023 batch (B Ed. Social Science)
187	Akhisha Antony K.A	2021-2023 batch (M Ed)
188	Bilby Thomas	2021-2023 batch (M Ed)
189	Bivya Sukumar	2021-2023 batch (M Ed)
190	Deepa Dinesan	2021-2023 batch (M Ed)
191	Elsa Susan Kurian	2021-2023 batch (M Ed)
192	Krishna T.D	2021-2023 batch (M Ed)





193	Merin J Kaniyarakam	2021-2023 batch (M Ed)
194	Rinta V.S	2021-2023 batch (M Ed)
195	Sajidha Meerasa B.M	2021-2023 batch (M Ed)
196	Saniya Kurian	2021-2023 batch (M Ed)
197	Stephy Mendez	2021-2023 batch (M Ed)
198	Anju Babu	2020-2022 batch (M Ed)
199	Anju P Asokan	2020-2022 batch (M Ed)
200	Rosemol Jose	2020-2022 batch (M Ed)
201	Gimarose Mathew	2020-2022 batch (M Ed)
202	Shinu Sabu	2020-2022 batch (M Ed)
203	Sini Varghese	2020-2022 batch (M Ed)
204	Greeshma T	2020-2022 batch (M Ed)
205	Naseeha Nazeer	2020-2022 batch (M Ed)
206	Saleema M	2020-2022 batch (M Ed)
207	Lini John	2020-2022 batch (M Ed)





ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

Kovilvattom Road, Ernakulam, Kochi, Pin – 682035, Kerala
(Affiliated to Mahatma Gandhi University, Kottayam)

1. CAREER AND PERSONAL COUNSELING EVENTS REPORTS (2020-21)

EVENT: 1

TRAINING ON TEACHER AS GUIDE AND COUNSELLOR

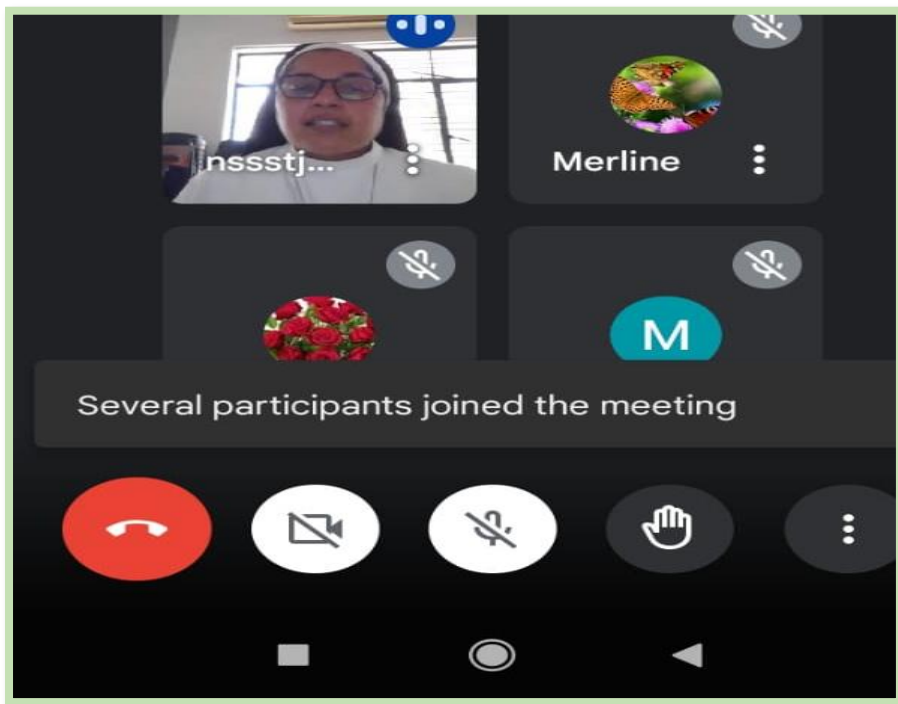
Name of the Event	Training on Teacher as Guide and Counsellor
Objectives	<ol style="list-style-type: none">1) To understand the need and significance of counselling and guidance since it is the need of the time2) To provide practical work on peer group counseling3) Understanding the Role A teacher acting as a guide assumes the responsibility of leading students on their academic journey
Details of Event Coordinators	St. Joseph College of Teacher Education for Women, Ernakulam
Resource person	Dr. Soya Mathew
Dates	03/03/2021 - 30/03/2021
Beneficiaries	Student Teachers (Total No.98) (2019-21 B.Ed. Batch)
Event Venue	Google meet

The role of a teacher extends beyond imparting knowledge and facilitating learning. In addition to being an educator, teachers are increasingly being recognized as guides and counsellors for their students. The future teachers are given orientation and training in guidance and counselling as the part of their training programme. Every fourth semester they study about the need and significance of counselling and guidance since it is the need of the time. The content matter includes the concept on guidance and counselling, types of guidance and counselling, how to conduct a guidance bureau in the schools, and organize a career talk and conference. The qualities and skills needed for a councilor also highlighted. The students





are provided with a practical work on peer group counselling. It is always helpful for the future teachers, because counseling is very essential for the school students of present time. The teacher trainees are made aware of the different problems of adolescents of today and also given information about how to handle these problems as a teacher. The skills and qualities of a councilor is very important for a teacher to promote the mental health of the students as well as to enhance the learning experience. The participants gave the feed back that it is essential and helpful for them to handle the problems and issues arise within the classrooms, when they encounter the real classroom situations. To overcome the personal problems and build up mental health, the provision for counselling is also provided to the student teachers by the mentors of them. This helps the students' teachers to become more aware of them and get equipped for their teaching profession with more confidence.



Resource Person: Dr. Soya Mathew





ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

Kovilvattom Road, Ernakulam, Kochi, Pin – 682035, Kerala
(Affiliated to Mahatma Gandhi University, Kottayam)

1. CAREER AND PERSONAL COUNSELING EVENTS REPORTS (2019-20)

EVENT: 1

TRAINING ON TEACHER AS GUIDE AND COUNSELLOR

Name of the Event	Training on Teacher as Guide and Counsellor
Objectives	<ol style="list-style-type: none">1) To understand the need and significance of counselling and guidance since it is the need of the time2) To provide practical work on peer group counseling3) Understanding the Role A teacher acting as a guide assumes the responsibility of leading students on their academic journey
Details of Event Coordinators	St. Joseph College of Teacher Education for Women, Ernakulam
Resource person	Dr. Soya Mathew
Dates	11/03/2020 - 31/03/2020
Beneficiaries	Student Teachers (Total No.98) (2018-20 B.Ed. Batch)

The role of a teacher extends beyond imparting knowledge and facilitating learning. In addition to being an educator, teachers are increasingly being recognized as guides and counsellors for their students. The future teachers are given orientation and training in guidance and counselling as the part of their training programme. Every fourth semester they study about the need and significance of counselling and guidance since it is the need of the time. The content matter includes the concept on guidance and counseling, types of guidance and counselling, how to conduct a guidance bureau in the schools, and organize a career talk and conference. The qualities and skills needed for a councilor also highlighted. The students are provided with a practical work on peer group counselling. It is always helpful for the future teachers, because counseling is very essential for the school students of present time. The teacher trainees are made aware of the different problems of adolescents of today and also given information about how to handle these problems as a teacher. The skills and qualities of a councilor is very important for a teacher to promote the mental health of the students as well as to enhance the learning experience. The participants gave the feed back





that it is essential and helpful for them to handle the problems and issues arise within the classrooms, when they encounter the real classroom situations. To overcome the personal problems and build up mental health, the provision for counselling is also provided to the student teachers by the mentors of them. This helps the students' teachers to become more aware of them and get equipped for their teaching profession with more confidence.

The screenshot displays a Zoom meeting interface. At the top, a large mind map titled 'Learning Styles' is shown. The central node is 'Learning Styles', which branches into 'Physical', 'Verbal', 'Aural', and 'Visual'. 'Physical' includes 'Touching', 'Hands', 'Body', and 'Solitary'. 'Verbal' includes 'Speech', 'Words', and 'Verbal'. 'Aural' includes 'Music', 'Sound', and 'Aural'. 'Visual' includes 'Images', 'Pictures', 'Colours', and 'Visual'. Other related terms include 'Self-study', 'Groups', 'Workings', 'Social', 'Reasoning', 'Logical', 'Logic', 'Style', and 'Feeling'. Below the mind map, the text 'nssstjoseph is presenting' is visible. The bottom of the screenshot shows a grid of participant thumbnails. The first row includes 'nss...', 'Sre...', and 'arc...'. The second row includes 'You', 'tree...', and 'K 74 others'.





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EVENT: 2

WORKSHOP ON GUIDANCE AND COUNSELLING (2019-2020)

Name of the Event	Workshop on Guidance and Counselling (2019-2020)
Objectives	<ol style="list-style-type: none">1) To understand clear vision approximately career guidance2) To emphasize the idea that the instructor is a steerable worker and career master.3) To develop technical skills.
Details of Event Coordinators	St. Joseph College of Teacher Education for Women, Ernakulam
Resource persons	Dr. Bindhu Joseph & Soya Mathew Assistant professors of St. Joseph College of Teacher Education for Women, Ernakulam
Dates	31/08/2019- 19/01/2020
Beneficiaries	Student Teachers (Total No.33) (2018-20 B.Ed. Batch)
Event Venue	St. Joseph College of Teacher Education for Women, Ernakulam

The College provides the opportunity for students to opt for guidance and counselling training programme. After the end of the course, the teacher candidate will be able to get acquainted with the nature of guidance and counselling, develop the ability to organize guidance and counselling programs in the schools, understand the process of guidance and counselling, develop the skills and qualities of a guide and counsellor, develop skills needed for that.

The course was delivered to students through various methods such as lecture-discussion, case studies of guidance and counselling, use of video clips and teaching texts, projects, use of stories based on research and documentation, observations, interviews, recording of observations and experiences, panel or group discussion on psychosocial topics, individual projects, library use, laboratory and ICT-based learning, and psychological testing.





The resource persons were Dr. Bindhu Joseph & Soya Mathew, Assistant professors of St. Joseph college of Teacher Education for women, Ernakulam

The content of the program includes the meaning, need and importance of guidance and counselling in schools, objectives of guidance and counselling at different levels, e.g., primary, middle school and higher secondary schools, organization of counselling in schools - educational, personal, professional and career counselling. Participants get a clear picture about individual and group counselling. The program emphasizes the understanding that the teacher as a guide and career coach. It also provides a clear overview of career guidance which includes information - components and sources, job analysis, career organization - career Corner, career conversation, career conference, career newsletter, the role of parents in making career decisions, etc.: The student learns about the process and types of guidance and counselling.

The program helps future teachers to understand the basics of guidance and counselling according to various psychological concepts of Behavioural, Psychoanalytic, Humanistic Schools, Gestalt therapy and Transactional analysis. The program helps students understand the stages of guidance and counselling, the need for different stages, make connections, make an action plan, etc. This programme provides a clear overview of the skills and attributes of a councillor and a guide. This will help them to be an effective teacher in the future.

In this course, future teachers will gather detailed information about common behaviour problems in children and youth. They will be familiar with tools and techniques for gathering information about individuals, and the role of the teacher in dealing with behaviour problems. The program also included practical work in organizing the school counselling office and its activities, identifying youth behaviour problems, causes and corrective measures, and conducting peer counselling.





Resource Person: Dr. Bindu Joseph





ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

Kovilvattom Road, Ernakulam, Kochi, Pin – 682035, Kerala
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1. CAREER AND PERSONAL COUNSELING EVENTS REPORTS (2018-19)

EVENT: 1

Training on Teacher as Guide and Counsellor

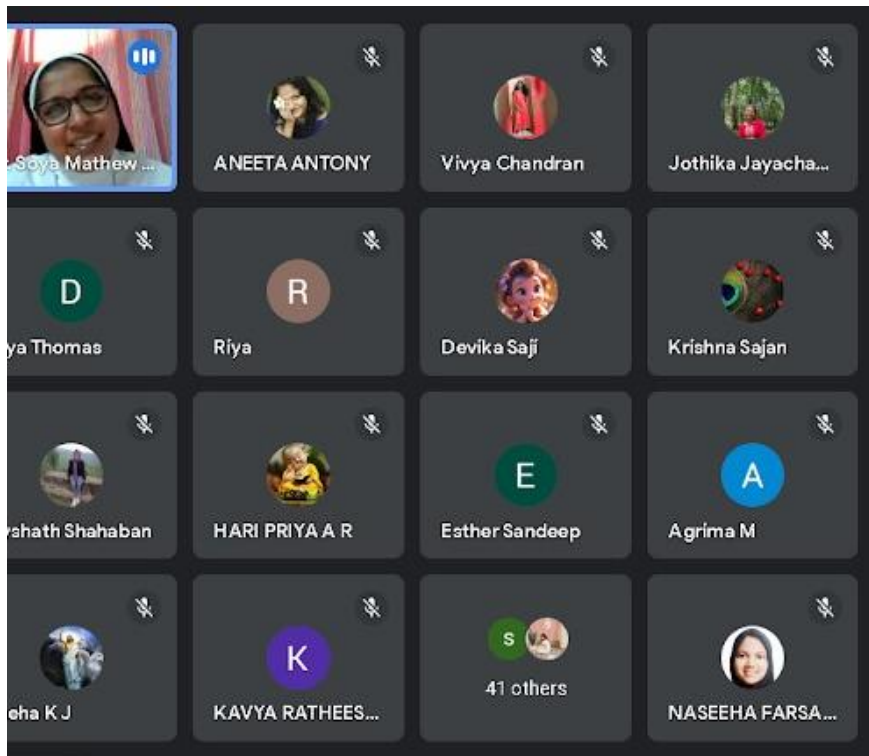
Name of the Event	Training on Teacher as Guide and Counsellor
Objectives	<ol style="list-style-type: none">1) To understand the need and significance of counselling and guidance since it is the need of the time2) To provide a practical work on peer group counselling3) Understanding the Role, A teacher acting as a guide assumes the responsibility of leading students on their academic journey
Details of Event Coordinators	St. Joseph College of Teacher Education for Women, Ernakulam
Resource person	Soya Mathew, Assistant professor
Dates	03/03/2019 to 27/03/2019
Beneficiaries	Student Teachers (Total No.98) (2017-19 B.Ed. Batch)

The role of a teacher extends beyond imparting knowledge and facilitating learning. In addition to being an educator, teachers are increasingly being recognized as guides and counsellors for their students. The future teachers are given orientation and training in guidance and counselling as the part of their training programme. Every fourth semester they study about the need and significance of counselling and guidance since it is the need of the time. The content matter includes the concept on guidance and counselling, types of guidance and counselling, how to conduct a guidance bureau in the schools, and organize a career talk and conference. The qualities and skills needed for a councilor also highlighted. The students are provided with a practical work on peer group counselling. It is always helpful for the future teachers, because counseling is very essential for the school students of present time. The teacher trainees are made aware of the different problems of adolescents of today and also given information about how to handle these problems as a teacher. The skills and





qualities of a counselor is very important for a teacher to promote the mental health of the students as well as to enhance the learning experience. The participants gave the feedback that it is essential and helpful for them to handle the problems and issues arise within the classrooms, when they encounter the real classroom situations. To overcome the personal problems and build up mental health, the provision for counselling is also provided to the student teachers by the mentors of them. This helps the students' teachers to become more aware of them and get equipped for their teaching profession with more confidence.



Resource Person: Soya Mathew

