

Research Paper

## The Role of Guidance and Counseling Coordinator in Promoting Effective School Learning

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### ABSTRACT

Guidance and counselling are essential for a student's future academic success. The study recognises that counselling is a transformative process that helps people learn everything they need to know both inside and outside school. Design, Methodology, Approach: Because this is an opinion paper, the study examined research techniques. Findings: The paper emphasises that counsellors must gain the students' trust in order to provide the necessary information to assist the students. Practical implications: Guidance counsellors must motivate students to attend therapy sessions to help them succeed in the future. Significance: This paper discusses the role of guidance and counselling in effective teaching and learning in schools for student's future success.

**Keywords:** *Counselling, students future success, School, Transformative process*

**G**uidance and counselling are critical in shaping a student's orientation and removing negative influences from the environment. As a result, school counsellors play an important role in shaping students' futures through counselling therapy. School

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counsellors are regarded as role models for students and are highly valued by learners. The counsellor's role is to be a friend to the student, listen to his complaints, and assist and guide him in achieving his life goals. According to Smith & Gillon (2021), an environment conducive to teaching and learning is required for overall student development. As a result, education planners prioritise educational services that promote the learning process in schools. Counselling services are one of the educational services in schools that are supposed to help in the development, assessment, and improvement of educational programmes, as well as improve teacher competence and reduce learner costs (Adu, 2022).

During their school years, students go through some difficult experiences. They are going through a difficult transition period from childhood to adulthood. Family and school are the two most important influences in a teenager's life (Adu et al., 2024). Educational institutions must assist young people in overcoming the changes and difficulties that come with adolescence, develop a sense of responsibility, and make essential choices.

Guidance and counselling are important in laying a solid foundation for life education. Although not psychiatric or medical, this service can be used by people with difficulty asking for help and guidance. School counsellors play an important role in helping students shape their futures through counselling therapy (Adu & Srivastava, 2024). Students hold school counsellors in high regard. They are expected to become friends with students, listen to their complaints, and assist them in order to help them shape a bright future through their education.

School counsellors play an important role in assisting students in overcoming difficulties during this transitional period (Adu et al., 2023). Counsellors can help students overcome emotional issues and solve problems that develop during their school days. Counsellors may additionally assist students to understand the value of learning and help them prepare for the future.

One of the counsellor's primary responsibilities is to assist the students in developing their self-confidence. Counsellors can also teach them how to manage their time effectively and assist students in understanding the value of education. Counsellors may also assist students to develop a sense of responsibility and make informed decisions about their lives. As a result, families and schools must collaborate closely with school counsellors to support student's development. School counsellors can assist students in preparing for the changes that will occur during the transition period and lay a strong basis for their future.

Furthermore, by ensuring that the student has the appropriate support to deal with the issues during the transition period, School counsellors can also assist the student in becoming a fulfilled and happy adult. Guidance and education are critical components of a student's development that ensure their future success. This concept stresses that the counsellor's role is to assist the student in overcoming challenges and developing self-confidence. Thus, the counsellor's job is to assist the student in understanding the value of learning and achieving their life goals. In this regard, guidance and counselling play an important role in the student's future practical and successful learning process, which should be accepted and implemented.

In counselling and guidance, these two terms typically have different meanings. Guidance refers to the overall development of learners, whereas counselling is frequently concerned with assisting students with problems. In other words, guidance addresses development

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and prevention, whereas counselling promotes improvement and support (Patch & Middleton, 2018; Smith & Gillon, 2021; Vasiloglou et al., 2019). Furthermore, global trends appear to be shifting away from treatment and improvement approaches to prevention and development approaches to offer guidance and counselling (Singh et al., 2020; Situmorang, 2020; Vostanis & Bell, 2020). As a result, guidance and counselling are essential therapies for school students.

In-school teaching is part of a programme designed to help students realise their full potential and prepare for adulthood. According to Vostanis & Bell (2020), guidance and counselling assist individuals in becoming more aware of themselves and how they react to their surroundings. It also assists them in finding a personal meaning for their actions and develops goals and values for future actions.

Overall, guidance and counselling have distinct meanings. Guidance centers more on students' overall development, whereas counselling focuses on assisting students in dealing with their problems. Schools must have guidance and counselling programmes to assist students reach their full potential and prepare them for adulthood. Guidance assists individuals in becoming more aware of themselves and how they react to their surroundings, as well as understanding the personal meaning of their behaviour and determining future goals and values. Meanwhile, counselling assists students in overcoming challenges and developing self-confidence. Both of these processes are critical in assisting students to succeed and become healthy and happy individuals.

According to Vostanis & Bell (2020), guidance and counselling assist people in becoming more aware of themselves and how they respond to their surroundings. This process also assists them in determining personal meaning for their behaviour and establishing and categorising goals and values for future behaviour. Situmorang (2020) defines counselling as a series of procedures designed to assist a person in overcoming their problems. Counselling focuses on the emotional aspects of learning as well as personal interactions, such as emotions, attitudes, feelings, and values. Counselling is the interaction between two or more individuals, such as a client and a trusted counsellor (Ahmad & Zadhra, 2019; Natividad, 2010; Özdemir & Bacanlı, 2020; Rivas-Martínez, 2007; Saharan & Sethi, 2009; Manalu & Sitinjak, 2022). Counselling is a learning process in which the counsellor assists individuals or groups in learning, understanding themselves and their environment, and making behavioural choices that assist them develop educationally, socially, and vocationally (Özdemir & Bacanlı, 2020). Counselling is a transformational process that teaches people everything they need to know both in and out of school. Counselling is an intimate relationship in which others assist a person in understanding, developing, and coping with their problems. This process may involve a group of two or more people.

This study aimed to determine the benefits of school counselling for students, the purpose of school, the area of work of school counsellors, the role of school counselling and counselling in schools, and students' perspectives on school counselling and counselling. This study will look at the benefits of school counselling programmes for students, school counsellors' work areas, the purpose of school, the role of school counselling, and school counsellors' perspectives on practical learning.

### **METHODS**

The study is analytic. Secondary information is gathered from various sources, including publications, journals, reports, books, and newspapers. Internet sources and websites are also

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used for research purposes. This methodology was employed to ensure that the study's data was both accurate and accountable. This secondary data collection is critical for improving understanding of the topic under study and laying the groundwork for data analysis and interpretation. The research focuses on secondary data analysis to gain information and insights into the benefits of school counselling programmes for students, guidance and counselling objectives in schools, areas of school counsellor work, perspectives on practical learning and counselling guidance, and the role of guidance and counselling in schools.

### RESULTS AND DISCUSSION

The Value of School Guidance Programme Benefits for Students. Here are some of the benefits of teaching for students at school:

1. Preparing students for the challenges of the twenty-first century through career, academic and personal/social development.
2. Linking educational programmes to future success.
3. Enable career exploration and development.
4. Improve your decision-making and problem-solving abilities.
5. Assists in learning about oneself and others.
6. Promotes personal development.
7. Promotes the development of practical interpersonal relationship skills.
8. Increasing awareness of a changing world.
9. Advocate for students.
10. Encourage and facilitate peer interaction and cooperation.
11. Promote endurance in students.
12. Ensuring equal educational opportunities.

School Guidance Counsellor Work Field. In 1981, the Cork branch of the Institute of Guidance Counsellors published a job description for the School Guidance Cooperative, outlining its responsibilities. School Guidance Counsellor (Sitinjak Charli & Hurriyati Dwi, 2022).

1. Provide students with individualised guidance, group education, and vocational guidance.
2. Help individual students overcome personal, social, and emotional challenges.
3. Assists with personal development.
4. Offer advice on learning techniques.
5. Offer advice on job applications and interviews.
6. It is possible to conduct psychological and other tests.
7. Consider referring students to other agencies.
8. Perhaps coordinating a system of pastoral care in schools.
9. Have the freedom and flexibility to plan appropriate guidance activities for the school's needs.

Continuing with this report, four primary work areas for the school counsellor are determined: group guidance, individual counselling, employment information, and psychological testing.

#### ***What is the Purpose of Guidance and Counseling in Schools?***

The goal of school guidance and counselling services is to assist students in meeting their basic physiological needs, understanding themselves and building relationships with their peers, balancing freedom of movement and control in the school setting, succeeding and providing opportunities for independence (Abdillah et al., 2010; Yuniarti & Sitinjak, 2022).

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Thus, guidance and counselling aim to emphasise and strengthen educational programmes. The School Counseling Programme's specific objectives include the following (Apambilla et al., 2024; Maree, 2021; Rahmawati et al., 2019; Szlamka et al., 2021):

- a) Fulfilling students' potential: The school provides all students with various classes and extracurricular activities. Helping students understand and develop their potential is an important educational task. The teacher's role is to assist students in directing their energies toward the numerous learning opportunities available. Each student needs assistance in planning a long period of study and extracurricular activities.
- b) Assisting a student with developmental issues: Even students who have chosen a course that is appropriate for them may encounter difficulties. A teacher may have to devote one-fifth to one-third of his time to a needy student, which is detrimental to the entire class because the teacher meets their needs without interruption. Counsellors help these students solve their problems, allowing the teacher to use their time better.
- c) Offer technical support to teachers: In-service teacher training institutions typically have limited experience with technical aspects of teaching. As a result, most schools require assistance with orientation and counselling activities as part of their educational programmes. Professional teachers, in particular, can assist teachers in selecting, administering, and interpreting tests. Selection and application of cumulative records, anecdotes, and other types; assistance and advice on counselling techniques that teachers can apply to guide their students; and leadership in the coaching and executing professional development for teachers in advisory roles.
- d) Role in collaborative adaptation of students and schools: Counselling is responsible for building and maintaining cooperative relationships between students and schools. Teachers and supervisors must be aware of students' needs. Students must also adjust to their new surroundings at school. As a result, you should consider donating to the school. Students' most important contribution is to use school resources wisely and work hard to achieve their goals. Making suggestions for enhancing programmes, conducting educational research, encouraging student adjustment through counselling, and encouraging healthy school-home relationships all help to facilitate mutual adjustment between students and schools.
- e) Developing Communication and Interpersonal Skills: Communication and interpersonal skills are essential for student success in school and beyond. Guidance and counselling assist students in developing these abilities through communication skills exercises, discussion groups, and individual guidance. Counsellors can also assist students in understanding the behaviours and actions of others, increasing empathy, and developing positive interpersonal relationships.
- f) Enhance Problem-Solving and Decision-Making Skills: Guidance and counselling help students enhance their problem-solving and decision-making abilities. Counsellors can assist students in understanding problems, understanding alternative solutions, and making informed and wise decisions.
- g) Promoting Self-Development: Guidance and counselling are also essential for students' self-development. Counsellors assist students in understanding themselves, achieving their life goals, and dealing with personal issues. Guidance and counselling can also assist students in gaining self-confidence, increasing their sense of responsibility, and encouraging them to keep learning and growing.

In general, school guidance and counselling aim to help students achieve academic and personal success while preparing them to face current and future challenges. As a result,

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school counsellors play an important role in assisting students to reach their full potential and resolve any issues that may arise.

### *What is the Role of Guidance and Counseling in Schools?*

Guidance and counselling programmes are critical in helping individuals and communities develop and realise their full potential. Makinde (1984) defines school guidance and counselling as efforts to promote the best possible student development. According to McFadden et al. (2019) and Kathawa & Arora (2020), this programme aims to develop students' cognitive skills, build a balanced personality, and shape individuals spiritually, intellectually, socially and morally.

Guidance and counselling programmes assist students in aligning their interests, talents and values to reach their full potential. Self-awareness aids in developing realistic life goals and plans. According to Foon et al. (2020), guidance and counselling programmes provide students with information about the courses available and the qualifications required for each. This information assists students in developing a realistic self-concept that aligns with their academic abilities.

Most high school students are adolescents. According to Hays (2020), young people are currently experiencing alienation, which is characterised by emptiness, distrust, pessimism, fear, egoism, power and unclear norms. They emphasise the importance of guidance and counselling during adolescence to help students understand their developmental stages and adjust to school life. Guidance and counselling programmes also assist students in selecting and pursuing achievable professions. Akçabozan-Kayabol et al. (2021) state that the world is highly complex and dynamic, making career choices difficult. He explained that human changes, changing times, and technological advancements necessitate the role of guidance and counselling programmes in encouraging the development and realisation of human potential for the benefit of individuals and society. Pordelan & Hosseinian (2022) indicate that school counsellors are concerned with promoting optimal student development and enriching individuals who make up society.

## **CONCLUSION**

The ultimate role of guidance and counselling programmes in schools is to assist students in reaching their full potential, individually and for society's benefit. The programme assists students in understanding their abilities and interests, making appropriate choices for subjects and careers, and overcoming problems and difficulties that may arise during adolescence.

However, while guidance and counselling programmes play important roles in schools, much more research is needed to improve and enhance these programmes. Some of the things that need to be researched include how the programme can offer more effective assistance to students from less favourable settings, how to ensure that the programme can give appropriate and relevant assistance to adolescent students, and how to ensure that this programme can help students in making the right and realistic career choices.

To solve these issues, more research needs to be conducted to learn more about how guidance and counselling programmes can be improved and tailored to students' needs. This could involve improving the programme to support students from underprivileged backgrounds better, ensuring appropriate and relevant assistance for adolescent students, and guiding students towards realistic career choices. We can ensure that students in schools

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reach their full potential and make the best decisions for their future by conducting additional research and improving guidance and counselling programmes. This will contribute to the improvement of society and give future generations a better chance of thriving and achieving success.

Nevertheless, more research is needed to determine the effectiveness of guidance and counselling programmes. Researchers can assess the programme's implementation and impact on student development. The study may also be focussed on addressing issues faced by students from underprivileged backgrounds, such as social and economic inequalities, and how to assist them in making sound future decisions.

Research can be carried out to compare the effectiveness of guidance and counselling programmes in various schools and how resources, policies, and school settings influence programme effectiveness. This will assist in determining what can be done to enhance the guidance and counselling programme and ensure that students receive the assistance they need. Mental, emotional, physical, and social well-being. For individuals, communities, and society as a whole, achieving well-being is fundamental to living a fulfilling life.

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The author(s) declared no conflict of interest.

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