

WHY COUNSELLING?

Professor Adebayo Oluwole

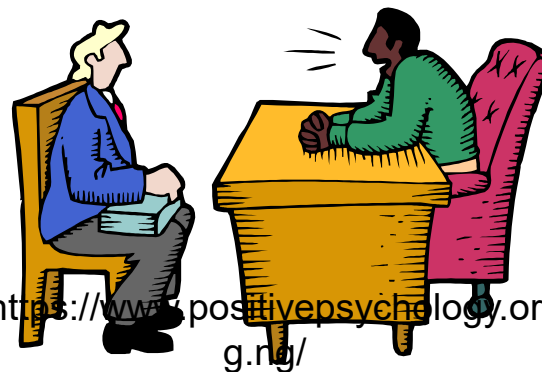
Department of Counselling and Human Development Studies

Faculty of Education

University of Ibadan

+2348034105253

daoluwoledr@gmail.com

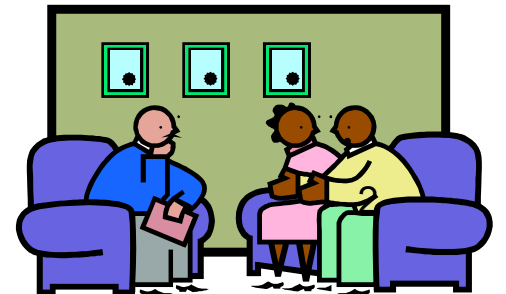


<https://www.positivepsychology.org.ng/>

Lesson Outline

1. What is counselling?
2. Purpose of counselling
3. Brief overview of counselling
4. Types of counselling
5. Learning process for counselling
6. 10 Self motivating tips for improved performance

<https://www.positivepsychology.org.ng/>



What is Counselling?

- **Counselling is:**
- The provision of assistance and guidance in resolving personal, social, or psychological problems and difficulties, especially by a professional.

Counselling is:

“The application of mental health, psychological or human development principles, through cognitive, affective, behavioural or systemic interventions, strategies that address wellness, personal growth, or career development, as well as pathology.”

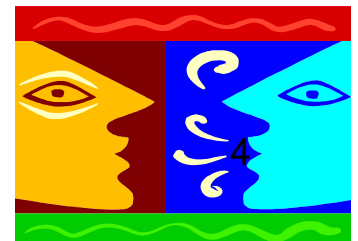
Counselling

Professional counselling is different to just talking to someone we know.

Some of the differences are:

- Supportive environment for client to reflect and explore and identify their own solutions as against advising the client what to do
- Counselling is a formal process that should conform to accepted practices...

<https://www.positivepsychology.org.ng/>



Counselling

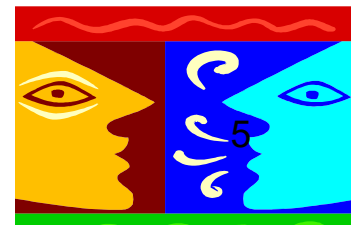
- Counsellors use a combination of techniques when working with clients.
- The most commonly used are communication including listening skills.
- These help the client to feel heard and allow the counsellor to develop a solid understanding of what is going on in the life of the client.

Types of counseling in school setting include:

- **Directive counseling, Non-directive counseling, Eclectic counseling, Reality therapy, and Systemic family therapy**

Egan, G. (2010)

<https://www.positivepsychology.org.ng/>



Brief Overview of Counselling

The counselling relationship involves:

- applying principles, methods and procedures based on professional standards and workplace policies....
- to assist clients develop understandings of personal problems, define goals and plan action....
- that reflects the clients interests, abilities, aptitudes and needs
- This can require consulting, referral and research.

The counselling process : Counselors listen without imposing their own values and beliefs

- They provide space to explore your thoughts, feelings and behaviour... it is helpful and therapeutic to have your concerns heard
- Counselors employ a variety of techniques to help you understand your feelings.

Purpose of counselling

People seek “help” when they:

1. Are involved in complex problem situations that they are unable to manage/cope with
2. Feel they are not living as fully as they might... missed opportunities and unused potential

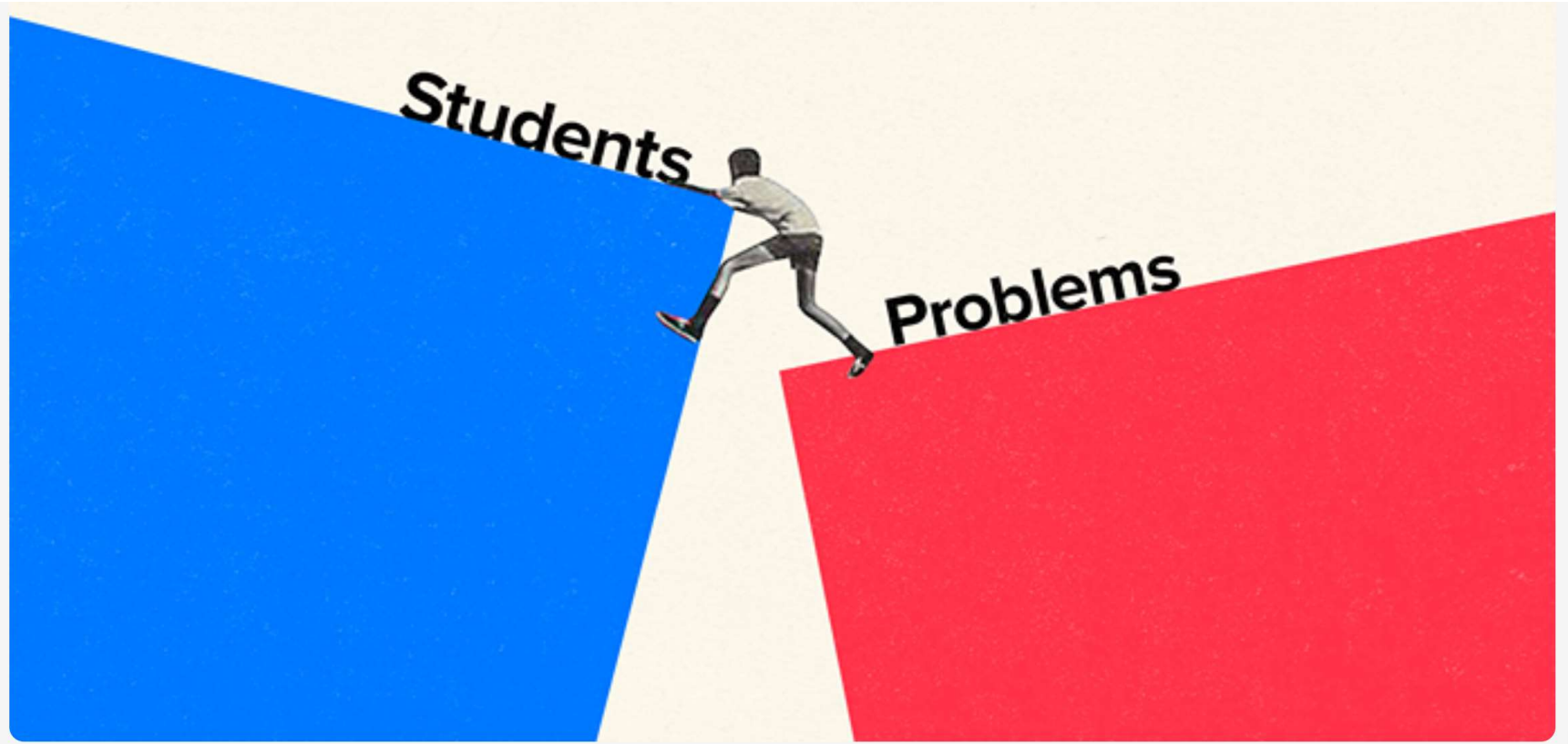
Goals – Mature/Optimal Functioning (Ideal)

- Life enhancing Outcomes... managing problems and developing personal resources for more effective living
- Learning self-help... assist clients to become better at supporting themselves
- Prevention mentality... assist clients to develop action oriented prevention mentality in their lives

Egan, G. (2010)















Types of counselling in school setting include:

- **Directive counseling, Non-directive counseling, Eclectic counseling, Reality therapy, and Systemic family therapy**



Counselling is available for various psychosocial problems

15 Most Common Student Problems

 Time Management	 Low Motivation	 Too Many Distractions
 Difficulty Focusing	 Homesickness	 Depression
 Social Problems	 Choosing a course	 Lack of resources
 Relationships	 Financial Problems	 Housing Problems
 Test Anxiety	 Technological Issues	 Lack of Sleep

How can problems at school impact on your Mental Health?

- School can be a complex and competitive environment, and the problems that you face here could have a major impact on your well-being. It is crucial that you seek for help and support to perform well in school.
- Academic and social challenges can cause stress, anxiety, and depression.
- Struggling with coursework could lead to frustration and low self-esteem.
- Social problems such as feeling left out or struggling to make friends can leave you feeling alone, disconnected, and lacking in self-confidence.
- Unaddressed mental health concerns can escalate and impact your ability to concentrate and sleep or to function in their daily life.
- These challenges can worsen the your stress and anxiety levels, which can create a cycle that is difficult to overcome.

“He who would accomplish little must sacrifice little; he who would achieve much must sacrifice much; he who would attain highly must sacrifice greatly.”

James Allen

What must you do every day to
take more action towards achieving
academic excellence?

“The road to happiness lies in two simple principles: find what it is that interests you and that you can do well, and when you find it put your whole soul into it – every bit of energy and ambition and natural ability you have.”

John D. Rockefeller III



10 Self Motivation Tips

it really works

<https://www.positivepsychology.org.ng/>

Here are 10 very effective strategies to help you get up and get moving toward actualizing your enormous, untapped potential.



<https://www.positivepsychology.org/>

1

Be willing to leave your comfort zone.

The greatest barrier to achieving your potential is your comfort zone.

Great things happen when you make friends with your discomfort zone.

2

Don't be afraid to make mistakes.

Wisdom helps us avoid making mistakes and comes from making a million of them.

3

Redefine your role models and avoid unproductive friends.



4

Use the opportunities of extracurricular activities to acquires new skills-

- *Communications*
- *Writing skills*
- *Multicultural awareness*
- *Multilingual skills*
- *Management*
- *Team work/cooperation*
- *Analytical reasoning skills*
- *Economics/business skills*
- *Computer skills, e.g. Word processing, spreadsheet*

5

Spend at least one hour a day in self-development.

Read good books or listen to inspiring mp3/mp4.

6

Train yourself to finish what you start.

So many of us become scattered as we try to accomplish a task.

Finish one task before you begin another.

7

Avoid bad habits
such as drinking
alcohol, taking
psychoactive drugs

8

Take Action – Set SMART Academic Goals

- Specific
- Measurable
- Attainable
- Relevant
- Time-Specific

A large, white, stylized number '9' is centered on a solid brown rectangular background. The number is thick and has a clean, modern font style.

Never quit when you experience a setback or frustration.

Success could be just around the corner.

10

<https://www.positivepsychology.org.ng/>

Don't indulge in self-limiting thinking.

When you are helpless, talk to a confidant such as your level coordinator, or a counsellor.

- Dean of Students
- Careers Development and Counselling Centre, Rm 23, Students Affairs Building
- Department of Counselling and Human Development

Charles Dubois once said, "We must be prepared, at any moment, to sacrifice who we are for who we are capable of becoming."

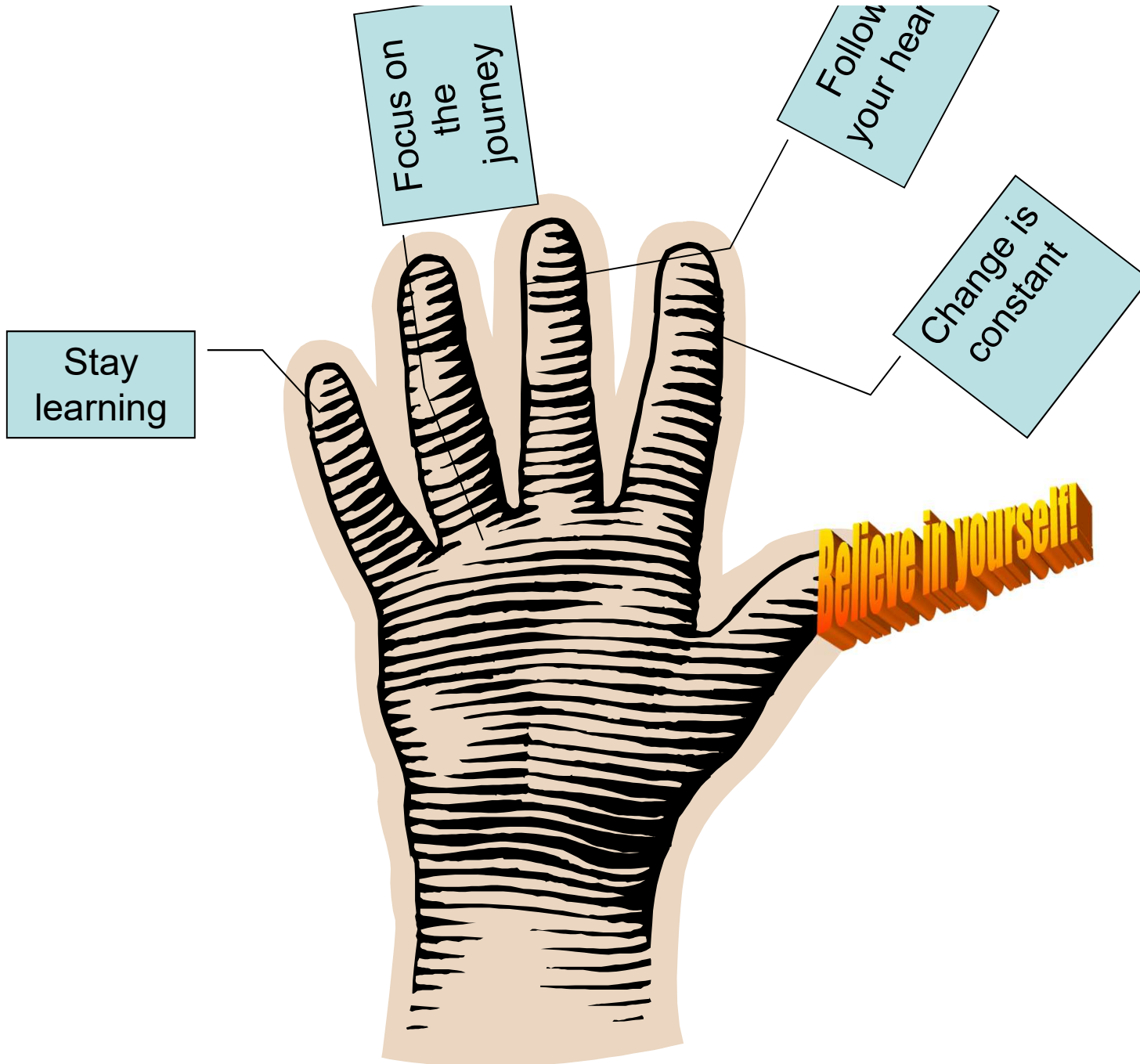
Ask Yourself

Which group people do you want to belong?

- Those who MAKE THINGS HAPPEN.
- Those who WATCH THINGS HAPPEN.
- Those who WONDER “WHAT HAPPENED!?”



The High Five



END



THANK YOU

<https://www.positivepsychology.org.ng/>

This material and other viable materials for self-improvement are available at <https://www.positivepsychology.org.ng/>