

# Facilitating Conceptual Administration of Counseling Laboratory<sup>TM</sup> among Students of Sainik School Ambikapur of Surguja District

**Anand Kumar Tripathi**

Librarian, Sainik School Ambikapur

## **Abstract**

The purpose of the study was to examine the role of guidance and counseling in enhancing Indecisiveness in cadets in Sainik School Ambikapur in Surguja district of Chhattisgarh. The study was based on the objectives and premises of the Counseling Laboratory's processes of creation of a mechanism and ethos at schools and colleges to facilitate and outline and outline a process of decision making in schools for students and parents.

The study adopted a descriptive survey research design. Population of study was 624 cadets in Sainik School Ambikapur, few principals, a handful of School counselors and 37 teachers. Simple random sampling and stratified Random sampling was used to select 24 teachers and 262 students. The instruments used to collect data for the study were questionnaires and interview schedule. The study reliability coefficient of 0.81 was obtained. The data was analyzed using descriptive statistics such as frequencies, percentages, mean scores, summary tables, and Statistical Package for Social Science (SPSS) program. Findings indicated that during counseling sessions teacher-counselors employ dynamic interactions of a group of students approach. Further, computer facilities were inadequate in guidance and counseling. From the findings, guidance and counseling has improved discipline and academic performance. There is enough proofing that lack of guidance and counseling to students leads to indiscipline in cadets of Sainik School Ambikapur. However, there is lack of legal and policy framework, lack of trained teacher counselor and too much workload for teachers hence making it difficult for guidance and counseling to succeed in promoting student discipline. There is need to embrace dialogue in resolution of conflict. This can be enhanced through building a strong relationship between the students, counselors, teachers and administrators to an extent that they are free to speak out issueless the affect both parties.

## **1. Introduction**

Guidance and counseling are essential elements in discipline management of people in all societies even the most primitive societies grew out of the necessity of guiding individual's behavior patterns in the interest of the group. Society itself could not function without the exercise of discipline. Using guidance

and counseling to enhance discipline must be continuously being practiced if people are to work harmoniously for the achievement of common purpose. Hendrikz (1986) stresses that teachers and Sainik School Ambikapur administration have the responsibility of ensuring that students matures steadily along his own personal line. Students are priceless assets and most essential element in education.

It was absolutely necessary to direct students to exhibit acceptable attitude and behavior within and outside the Sainik School Ambikapur. The rapid expansion of student enrolment in most African countries since the attainment of political independence, coupled with inadequate resources to cope with the ever increasing demand for educational provision, had made Sainik School Ambikapur management a much more complex and difficult enterprise than a few decades ago. Discipline problems in Sainik School Ambikapur and institutions are perhaps the single greatest cause of concern for educators in the campus. Discipline in consistently identified as serious Sainik School Ambikapur problem in survey conducted and teachers believe that Sainik School Ambikapur discipline has not change greatly since its inception in 2008.

Traditionally, suspension, expulsion and mild corporal punishment were variously used to contain indiscipline. Surguja District was not left behind it had its own share of indiscipline cases. From 2008-2020 Sainik School Ambikapur had over 10 had lack of confidence in making decisioncases. A meeting was called on 20<sup>th</sup> July 2010 for all the staff by the Principal to find solution for that trend. The meeting ended with suggestion that guidance and counseling be used among other alternatives in containing indiscipline. Despite the recommendation by National Educational Policy (NEP) on the use guidance and counseling managing indiscipline cases, the utilization of counselors could not be availed in most schools till 2020.

## **PROBLEM FORMULATION**

Despite the effort made by the ministry of education, to reinforce and strengthen policy and decision making among cadets in Sainik School Ambikapur Sainik School Ambikapur as evidence by establishment of guidance and counseling department in every Sainik School Ambikapur Sainik School Ambikapur, Indiscipline of varied nature continued in these Sainik School Ambikapur with a new dimension. There seemed to be lack of effective alternative strategy to contain student indiscipline. That could be realized from the facts that the whole country had been experiencing indecision among students and Surguja District was not exceptional to student indecision among students. Student indecision in Sainik School Ambikapur has become a matter of concern in recent years to all stakeholders. Sources from district education office (2011) indicate that for the last three years over ten Sainik School Ambikapur have had lack of confidence in making decision and caused harm to the students, teachers, and parents. Resources of unknown value destroyed and academic performance had been adversely affected. Indecisiveness in cadets recognized the use of guidance and counseling service to address the problem of time-bound decision making. In Surguja the use guidance and counseling in enhancing Indecisiveness in cadets of Sainik School Ambikapur was wanting. In considering that, the problem of study was to examine the role of guidance and counseling in enhancing Indecisiveness among cadets in Sainik School Ambikapur.

## OBJECTIVES OF THE LESSON PLAN

This paper has been guided by the following objectives:

- a) Design a lesson plan for the Counseling Laboratory Implementation in the classroom
- b) Enable Cadets to understand various subject areas using Counseling Laboratory approach
- c) Learn about subject areas of Counseling Laboratory

## GUIDANCE & COUNSELING

Guidance and counseling according to Birichi and Rukunga (2009) is a practice that had been in existence for a long time and had been passed on from one generation to another. The concept of guidance and counseling carry different but overlapping meaning. They are closely interrelated and cannot be overly separated from one another. Furthermore Mutie and Ndambuki (2002) observed that, the belief that human beings are basically self- determining creatures. That means that they had an innate desire for independence and autonomy as well as for self- destruction which implied that human beings had the ability, to control their own destiny and to be fully responsible for their action. Main goal of guidance and counseling is to help people understand themselves in order to deal with life experiences in a healthy manner, by being able to recognize the factors that cause problems and look for appropriate methods of resolving or avoiding the situations that may lead to unhealthy lifestyles. Guidance and Counseling service, Ajowi and Simatwa (2010) noted that, they are essential elements in discipline management of people in all societies.

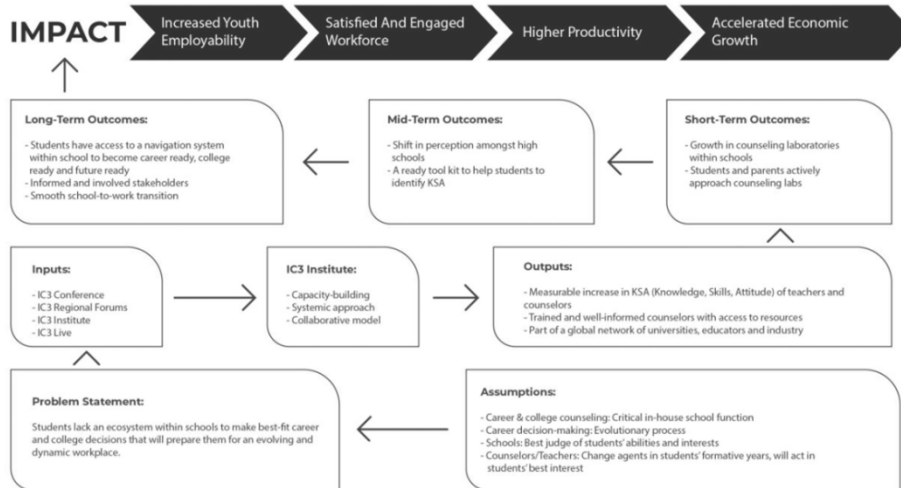
## APPROACHES USED IN GUIDANCE AND COUNSELING

Discipline in Sainik School Ambikapur includes any rational approach used by the Sainik School Ambikapur to bring about effective discipline of students. Some of the approaches included punishment of the students. The administration of punishment cannot be ruled out in the control of discipline off students for offence who broke Sainik School Ambikapur rules and regulation were enhanced in education act and code of regulation and ethics. However punishment must be reasonable and properly meted out to the student on the account of the offence committed, it should be moderate. Corporal punishment over years was so effective in promoting good behavior and installing notion of responsibility and decorum in the heads of mischievous Chianu (2007). In 13<sup>th</sup> March, 2001 corporal punishment was ban in all public/private Sainik School Ambikapur. Alternative approaches had to be used to quell the indiscipline cases in Sainik School Ambikapur Sainik School Ambikapur. A student may be suspended or expelled where he infracts a grievous Sainik School Ambikapur rule.

## THE COUNSELING LABORATORY APPROACH

The IC3 Institute's approach to change is a systems-change approach, as opposed to individual strategy. Our one-year program focuses not on working with individual students, but instead working to change the systems: the schools (and teachers and administrators within them), higher education institutions where students go on to study, and the workplaces where they go on to pursue careers. This is a truly collaborative model that brings together high schools, postsecondary institutions, and industry to create

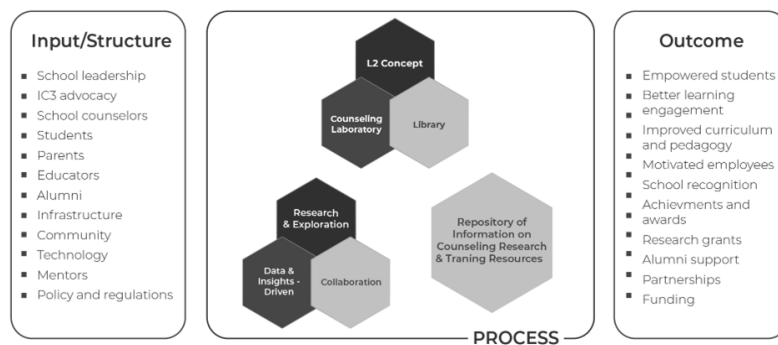
successful pathways for high school students to further their education and careers across a range of prestigious institutions from India as well as abroad.



It is a process that brings careers and colleges alive for high school students. It entails creation of a mechanism and ethos at schools that facilitates and outlines a process for decision-making in schools for students and parents. The IC3 Institute imbibes the L2 Concept, which includes the Counseling Laboratory pedagogy and a library. We emphasize the decision circle approach for our pedagogy, which comprises research-driven, data-based decision making in collaboration with stakeholders for student achievement and success.

## The L2 Concept: Counseling Laboratory and Library

The IC3 Institute imbibes the L2 Concept, which includes the Counseling Laboratory pedagogy and a library. We emphasize the decision circle approach for our pedagogy, which comprises research-driven, data-based decision making in collaboration with stakeholders for student achievement and success.



## THE LESSON PLAN – CLASSROOM TRANSACTION

**CRITICAL THINKING FRAMEWORK : STRATEGISING DECISION MAKING SKILLS, ENHANCING INTUITIVE ABILITIES AND CREATING SMART THINKERS (Teacher & Students interaction ...)**

**Identifying the starting point:** Critical Thinking streamlines your thinking process. If you are wondering why streamlining the thought process is important, consider having one set of information in the hands of several people. Depending on your competence in critical thinking and your values as well, all of those people could come up with varying arguments. This is what happens in the legal field where the basis of argument is always the constitution and common statutes, yet experts end up with varying legal standpoints. And here critical thinking ends up getting someone acquitted, fined or otherwise. Each viewpoint is based upon the same facts, although each person using critical thinking to strengthen their case will be looking at every facet of the information from their own individual viewpoint, and presenting it to support their cause. Critical thinking, as already mentioned, is meant to accomplish a higher cause. For that reason, it is useful in all spheres of life. School curriculums are improved on the basis of critical thinking; research findings are published on the same basis and so on. It is central to the development of the world knowledge economy; what this essentially means is that you need critical thinking to be able to put the available data and information to good use. Crude information, without the benefit of critical thinking, is useless and often dangerous. That is why we need people to be able to analyze available information in the right context and come up with useful application of that information. It is actually the reason political parties that have great think tanks end up doing well. Organizations that value critical thinking are able to seize wonderful market opportunities at a global level.

You also need to take into account that anything you come up with has no geographical limitations in this era of information technology. Luckily, critical thinking is also broad enough to embrace the manner in which you communicate your findings taking into account the suitability of the timing and the sensitivity of potential markets. It helps to improve communication. What do you do in communication? Well, you provide information. Facts...? No, not just facts – analyzed and evaluated facts. In fact, it includes data that has not just been analyzed and evaluated; it can also be organized in a logical manner to tell a story or to create a particular image.

So, really, you need to be able to think critically if you are to present your ideas in an effective way that others will be able to agree with. It encourages and improves creativity Think of the process it takes for you to be satisfied that you have evaluated an issue with critical thinking. Often, it requires the effort to analyze the information at hand within varying contexts – all in your mind – imagining how workable each of those scenarios might be and so on. And at the end of the day, you come up with your conclusion, having discarded some ideas, modified others and adopted others entirely. Doesn't that process call for a creative mind? It encourages and improves self reflection How on earth do you decide what is good for you when you have so many options at your disposal? Obviously, you want your life to be meaningful, and so you often find yourself reflecting on your values and choosing to do things that you can justify to yourself. In that sense, are you not already on the path of selfreflection? It provides a basis for scientific development Science is an area that seeks precise results based on specific facts evaluated within clearly set parameters.

To establish a credible working formula in science, for instance, you need to think critically, taking into account what your observations are and how each fact relates to others. Even when it comes to conducting experiments, as well as making your deductions, the process of critical thinking is central to all of the results that you derive from that information. In fact, scientists are fully engaged in critical thinking as they formulate various theories. They take into account not just facts but also circumstances

and all other criteria involved in conducting their experiments

**Improve Your Decision-Making Skills.** If you want to improve your decision-making skills, you're going to have to go outside of your comfort zone a little bit. Remember that when you teach your brain something new, it is stimulated and will become a well-oiled machine. I encourage you to try to improve your decision-making skills because your decisions matter. These are some unique ways that will help you improve those skills in addition to other improvements.

So you know about making decisions, but what about making better decisions? We all want to make decisions in our lives, and end having to do so. Yet we want to make the right decisions and not end up making a mistake. Well, you're going to make mistakes, but you can minimize the number of mistakes that you make by following some of these suggestions. Let's take a look at some of these methods to help you make better decisions in both your personal and work life.

Before you reach the final decision, you want to weigh your pros and cons to be sure that you're making the best decision you can. This requires a cost-benefit analysis as if you were in a business. You want to examine the outcome of every possible decision you could make, both positive and negative. This is going to help you see the opportunities and the things that you may miss when a decision is preferred over another. So how much time do you think you should spend thinking about a potential decision? In Seconds, minutes, hours, or even days? It all depends on what's at risk. In order to minimize an agonizing decision-making process, determine the significance of the decision and then set a deadline.

**Strategies to Help Improve Critical Thinking.** Would you say that critical thinking helps in progressive learning? The answer should be obvious considering what is involved in critical thinking – consolidating information, organizing it, doing in-depth analysis of that information, and finally synthesizing it. Whether you end up finding a solution to the challenge you are facing or not, the whole process of critical thinking leaves you more informed and better enlightened. Even then, people often take thinking as a process that is automatic and does not require strategizing or even paying much attention to. However, when you become that complacent your mind takes its own liberties and starts to wander. At the end of the day, you have nothing to write home about when it comes to solutions emerging from your thinking. Yet human beings normally have great potential if only they knew how to utilize it. If you want to perform better than average, you have got to take critical thinking seriously. You need to make an effort to keep learning so that you remain well informed and also master the techniques of critical thinking and be consistent in practicing them. And as your thinking habits change, you cannot help but experiencing positive change in your personal development. It is imperative that you engage in critical thinking if you are to be adept at problem solving. As such, the need to employ apt strategies cannot be overstated.

**Strategies that you can apply to improve your critical thinking:** Making a conscious effort to focus on the challenge Much as everyone wants to solve problems, not everyone is willing to devote sufficient time to focus directly on the problem at hand. Yet when you do, you are able to address the issue in its correct perspective and evaluate it within the prevailing circumstances. It is unlikely you will ever have a panacea to all your problems even when those challenges look similar – there are always factors like timing, environment and others that call for each problem to be addressed in isolation. Learn to ask critical questions, you can surely expect to receive a helpful answer to a problem if what you asked was

general? And who will give you a serious answer if your manner of asking is casual?

It is important to learn how to tailor your questions so that you can provoke your source into responding in a way that is relevant and helpful to your situation. And even when it comes to designing questions to help you in your research, you'll need to frame them in a way that leads you to relevant sources, and fast. Learn and practice to support your ideas with verifiable evidence as well as logical thinking. Get used to analyzing an issue before coming up with deductions. At the same time you need to be serious in your reasoning and evaluation.

**Get into the habit of interpreting matters in depth;** avoiding the temptation to take information at face value. Learn the following steps:-

- a) To synthesize the many ideas that is available to you.
- b) Practice handling complex questions by breaking them down first.
- c) Practice making decisions only after evaluating them properly.
- d) Learn to generate options and evaluating them before you can pick any of them as your choice
- e) Practice being detail oriented so that you can derive meanings that are as precise as possible.
- f) Learn to apply high level thinking to help you analyze and solve real life challenges
- g) Make critical thinking a daily habit and not something you do once in a while
- h) Practice categorizing your ideas according to the value you attach to each of them
- i) Be reflective in your thinking Learn to engage only in undertakings that lead to problem solving
- j) Keep learning Practice being open to new ideas; and be ready to see things from different viewpoints
- k) Always seek improved solutions
- l) Be open to alternative solutions
- m) Practice having an open mind to ideas, techniques as well as solutions
- n) Learn to respect other people's ideas and points of view
- o) Practice checking the veracity of information, be it the one picked from books or the Internet; form observation from other people and other sources.
- p) Learn to evaluate possible repercussions before you make any move towards handling a problem
- q) Learn to collaborate with other people when it comes to problem solving
- r) Keep observing fundamental intellectual standards when handling issues of all kinds.

**Group Decision-Making Skills** This actually has to be the hardest thing when it comes to decision-making because you're not always in control of the group. But there are ways that you can help a group come to a consensus on a decision. The most important part is to remember that your voice does matter and that your opinion counts. When you're helping out the group that you're in, don't be afraid to stand up and point out what you think the group should be doing. Most will be relieved that someone else took control. Conflict Management Making a decision with a group definitely complicates the process. Multiple opinions and viewpoints seem to heighten the chance of a conflict, so be prepared for a



situation like this. It's always best to practice some conflict management by identifying the difference between a win-lose situation and a win-win situation. **Plan Ahead** When you are making a decision as a group, try to decide the details in advance so that you can avoid conflict among the group members prior to the event. This can be useful for dinner parties or movie nights. It may dampen some of the spontaneity of plans but can improve the decision-making skills of those involved and decrease the likelihood of an argument. **Take Charge** There are times where you can be submissive and get away with it, and then there are times that you just need to stand up and be assertive. If nobody is taking charge, then be the one to do so! Otherwise, you're going to waste precious time trying to decide on something when the decision could have been made and you could have been moving on. **Never Dwell on Mistakes** The best impediment to a good decision being made is constantly thinking about past mistakes and beating yourself up for them. Living with some post-decision angst and regrets are going to hurt your capability to see things through and decide on them swiftly. Make a decision to never look back once you've made that decision!