**PG.GOVT COLLEGE FOR GIRLS, SECTOR-42, CHANDIGARH**

**Teaching Plan Session (2018-19)**

**Class: PG Diploma Name of the Teacher: Dr. Nayanika Singh Subject: PG Diploma in guidance & Counseling Period : I, II, III**

**Paper : IV, V , VI Room No : 326**

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| **S. No** | **Date From** | **Date Upto** | | **Topics to be covered** |
| Week 1 | Jan 16, 2019 | Jan 19, 2019 | | Concept of different abilities and their types |
| Week 2 | Jan 22, 2019 | Jan 25, 2019 | | Needs and problems of children with different abilities.  Needs and problems of adolescents. |
| Week 3 | Jan 28, 2019 | Feb 2, 2019 | | Importance of counseling of students with different abilities of counseling of parents, family and peers.  Identification of personal, social and academic problems of children (5-12 years) at elementary level |
| Week 4 | Feb, 5, 2019 | Feb 9, 2019 | | Identification of academic, social & vocational needs and problems of children (13-18 yrs) at secondary level.  Diagnosis of problem areas.  Career Visit |
| Week 5 | Feb 12, 2019 | Feb 16, 2019 | | Stress and its causes  Individual and Group counseling for children for emotional, social, behavioral and academic problems  Individual and Group counseling of adolescents for emotional, social, academic and vocational problems. |
| Week 6 | Feb 19, 2019 | Feb 23, 2019 | | Relaxation strategies, yoga and meditation therapies for children and adolescents for reducing stress and problems.  Personal management skills (e.g. Time, self-management etc.) |
| Week 7 | Feb 26, 2019 | March 2, 2019 | | Internship  Concept, importance and types of case studies.  Components and steps followed in case study.  Case conference |
| Week 8 | March 12, 2019 | Mar 16 , 2019 | | Meaning and historical development of career counseling. |
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| Week 9 | March 18, 2019 | | March 22, 2019 | Stages of career development.  Career development and human conditions.  Identifying and analyzing life career themes and career talents.  Emerging world of work career and need for career education |
| Week 10 | March 26 , 2019 | | March 30, 2019 | Super’s theory of vocational development.  Tiedman and O’hara’s theory of career development.  Ginzberg and Associates theory of occupational development. |
| Week 11 | April 2, 2019 | | April 6, 2019 | Roe’s theory of career choice.  Relationship of career theories to career planning  Changing economic conditions of society and impact of labor market. |
| Week 12 | April 9, 2019 | | April 12, 2019 | Psycho –social conditions of the individuals.  Advancement of technology and survival skills.  Problems pertaining to work, family, education and Leisure Career maturity: concept and factors |
| Week 13 | April 16, 2019 | | April 20 , 2019 | Empowering students in career decision making (strategies) |
| Week 14 | April 23, 2019 | | April 27, 2019 | Matching career talents with career decision making  Guidance for developing life goals & choices  Internship and project work |
| Week 15 | April 30, 2019 | | May 3, 2019 | Mock Viva Voce and Final Viva Voce |