

**COUNSELLING
SKILLS FOR
TEACHERS**



LINK TO COURSE [HTTPS://COURSES.MOOKIT.CO/COURSE/CSFT](https://courses.mookit.co/course/csft)

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LICENSE FOR OER

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INTRODUCTION



MOTIVATION

- Own personal experience & observation of the student-teacher relationship at my university.
- Many teacher fraternity still struggle to practice core counselling skills and important attitudinal and behavioral components during student interaction
- Impact on overall interaction, teaching and students perception towards them.
- Creates barriers in effective teaching and learning process
- Strains the wellbeing of ...Teacher and student

GOALS



- Provide teachers with essential counselling skills to inculcate self-awareness, improve teacher-student relationship
- Equip teachers to address the academic, emotional and relationship concerns of the student well within professional boundaries



TARGET AUDIENCE

Teachers and Educators



UNESCO AND SUSTAINABLE DEVELOPMENT GOALS

Health and Well-being

Quality Education

PROJECT OUTLINE

Course Outline		(Duration 3 weeks)
Module	Topics Covered	Course Content
I	Teachers' self-Awareness, Attitudes and Values	<ul style="list-style-type: none">• Who I am..? Journey to Self-Awareness• Attitudes, Values and my relationship with students• Being unbiased and Non-Judgmental
II	Teachers as Counsellors: Necessity and Importance	<ul style="list-style-type: none">• Why a teacher should be trained as counsellor?• Importance of teacher as counsellors• Referral mechanism to handle students concerns
III	Concept of Counselling and Essential counselling skills for teachers	<ul style="list-style-type: none">• Overview to counselling• What counselling is not?• Counselling skills• Characteristics of an effective Teacher-Counsellor• Role of Teacher-Counsellor
IV	Scope of counselling for teachers	<ul style="list-style-type: none">• Areas of concern in counselling for Teacher-Counsellors
V	Ethics for teacher counsellors	<ul style="list-style-type: none">• Principles of Counselling• Ethics for teacher counsellor

Assessment and Evaluation

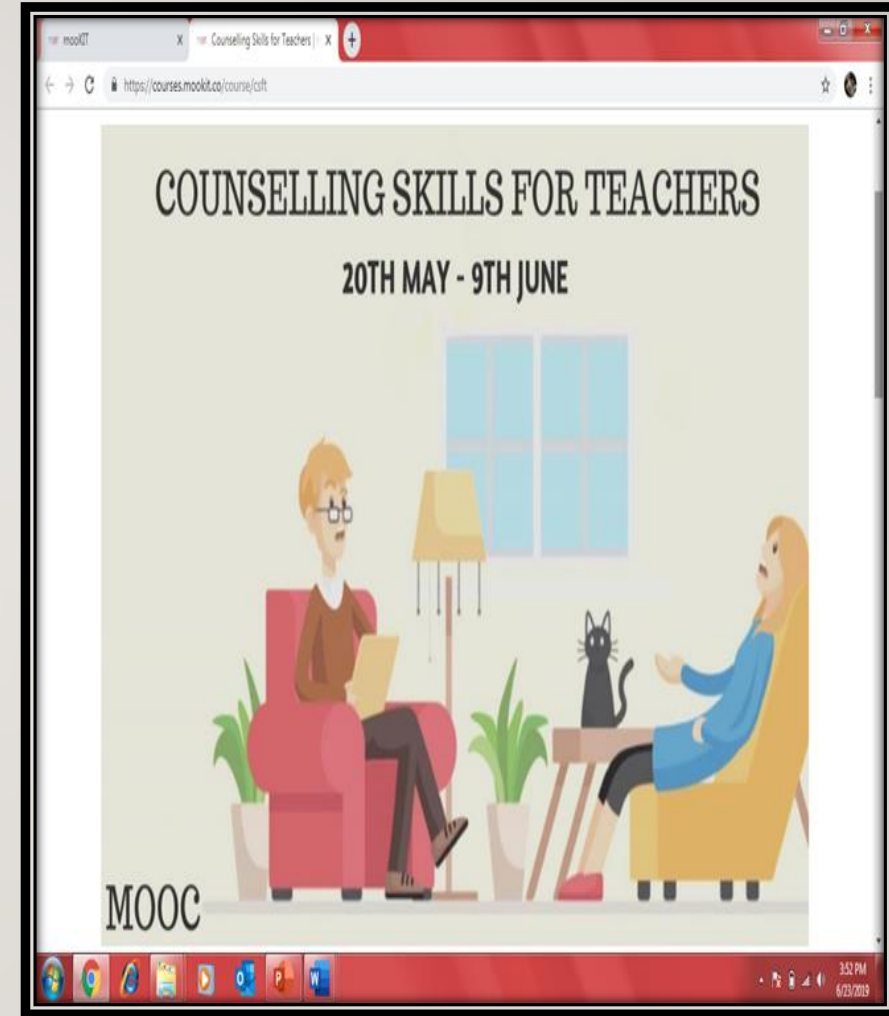
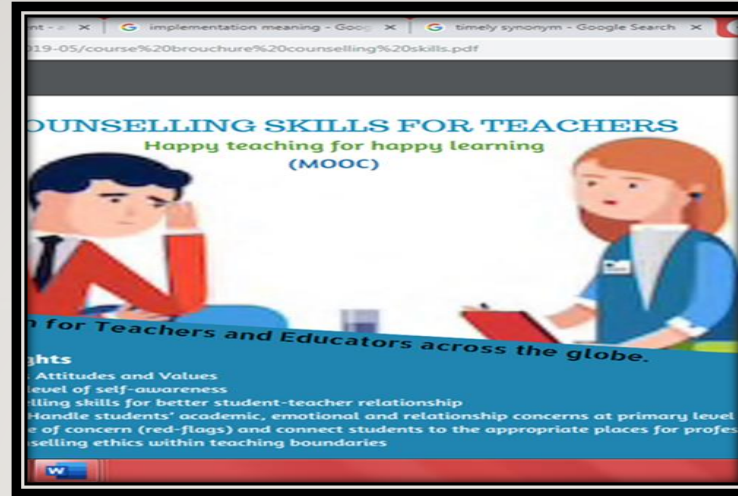
Feedback

Certification

ONLINE PLATFORM

mookit

(MOOC Management System of
IIT Kanpur)



LINKS TO PROJECT MATERIAL

- Opening note: Course on counselling skills for teachers and educators

<https://www.youtube.com/watch?v=zOM3B3smRyc&t=2s>

- Teachers self awareness module 1

<https://www.youtube.com/watch?v=S4kuYcRIekU>

- Students Views on Teacher as Counsellor Video

<https://www.youtube.com/watch?v=LaDNFnSOCKY>

- Defining Counselling Skills

<https://www.youtube.com/watch?v=qR-jDza6zqE>

- Ethics in counselling

<https://www.youtube.com/watch?v=y6M0I7TQMBk&t=1s>



LINKS TO PROJECT MATERIAL

- Revisiting the course and End note

<https://www.youtube.com/watch?v=ZzGzdoesGFs&t=9s>

- I had a black dog, his name was depression

<https://www.youtube.com/watch?v=XiCrniLQGYc>

- Demonstration of Beginning a Counselling Session

<https://www.youtube.com/watch?v=AOkVH-8zn5A&t=194s>

Feedback

https://docs.google.com/forms/d/e/1FAIpQLSfnK_GW7qmErMAMtRtiKxV-AI45W-j--DgZeZ81FLFtf4ydwg/viewform



PROJECT OUTCOME

Registered Students
66

Active Students
53

Forum Posts
18

Comments Posted
157

Course completion certificate
28

Feedback Form

Pre-Course knowledge Quiz

Who I am..?
Journey to Self-Awareness worksheet

MATERIAL DEVELOPED

Case vignettes

Videos

PPT- Counselling and process of counselling

OPEN RESOURCES USED

- NCERT-Counselling skills video
- WHO-Suicide prevention guide
- WHO-Depression video

Counseling Skills for Teachers Users Online : 2

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Case 1: I will try to gather information regarding the situation from all the possible related sources individually. Then my focus will be to resolve the matter by helping them realize their faults and developing confidence to face such situations in the future.

Case 2: I will try to make her understand that 'nothing remains forever' and 'Whatever happens, happens for the best'. We have to accept the harsh reality of life. Always try to look forward and the brighter side of any situation.

Case 3: It is very important to learn to say "NO". Even God help those who help themselves. I will try to boost confidence so that she could overcome all her fears.

Case 4: Nobody is going to respect you if you don't respect yourself. I will also try to make other students also realize that there is nothing wrong with being bisexual.

Case 5: I will try to figure out the cause of such behaviour. Then counselling of both, the student and his family with suggestion of rehabilitation center for him.

aradhana khare 22/5/2019 12:01 No Likes Like

Case 1: First I will meet amit and ask him about the incident and the probable reason for beating him. side by side I will gather

Analytics | Counseling skills for : x

https://courses.mookit.co/manage/csft/analytics

Counseling skills for teachers

MANAGE ANALYTICS MY ACCOUNT BACK TO PORTAL

Analytics

Click Here to open in a new Window

mooKIT Analytics

for the Course CSFT

- Registration
- Interaction
- Evaluation
- Learners Activity
- Server Stats

Summary Statistics Timeline Forums Network

66 Registered Students	53 Active Students	19 Active Students in last 7 days
18 Forum Posts	157 Comments Posted	

Daily Student Engagement

PARTICIPANTS' FEEDBACK

- Everyone rated the course as very useful for teachers
- Everyone responded yes to “whether you will do advance course” with us
- More cases and practicing opportunities are mentioned as improvement needed
- Online platform must be more user friendly

The image displays two screenshots of a Google Forms survey interface. The top screenshot shows the 'RESPONSES' tab for a question titled 'What did you like most about the course'. It lists 21 responses, including: 'The examples and cases given were very relevant and reliable', 'The course focused on important aspects on counselling, which are extremely required, in short time.', 'I liked forums', 'The Forum created was an open platform for all to share their views & realizations. The progress tracker in profile was another good thing. The overall course was very interesting & educative. It was a pleasant experience to grow through this course. It is worth recommending to others.', 'I liked the topic of the course, its usefulness and also assessment given', 'The content, interactions, activities and overall course delivery with effective audio-visual aids.', 'The content and discussion.', 'theory plus practical approach', 'video materials', 'Course Design is very useful and easy to learn and equip', and 'activities and quizzes'. The bottom screenshot shows the 'RESPONSES' tab for a question titled 'Your suggestion for improvement'. It lists 21 responses, including: 'No', 'More short cases to make every topic like being empathetic, positive regard, para phasing, reflecting can be added.', 'Through video or short case.', 'To make point more clear to teachers coming from non psychological background', 'More videos of actual counselling sessions are required.', 'More theoretical and video for counselling sessions required', 'The duration of the course can be more.', 'More skill videos', 'Nil. The course was well structured', 'More discussions on cases could help us. It will help us if the cases with techniques to deal with them are given for examples', 'Engaging participants more for forum discussion', and 'Engage more participants for Forum Discussion'.

IMPORTANT PROJECT COMPONENTS

DESIGN

Amalgamation of theory with skill practice

Able to fulfill the objectives in the set duration

Maximum benefit to the learner

Easy access to open learning resources

Brochure designing



IMPLEMENTATION

Releasing course material as per timeline

Well-timed course announcements

responding

Developing material and identifying online open resources

Implementing feedback within time

Fulfillment of certification criteria



DEPLOYMENT

Identifying area

Recognising audience

Expert guidance

Blue print project

Review

Exploring and selecting platform

Advertising course

Project operationalization

Participants feedback and certification

Project report

PROCESS OF OER PROJECT DEVELOPMENT



Challenges

- Finding online platform & unrestricted online material
- Synthesizing theory with skill practice
- Video recordings and editing
- Certification logo and endorsing org/institute/association
- Brochure designing
- Converting course to online mode (I have always taught through contact class mode)
- Financial
- Managing time

Overcoming the challenges

- links and information shared by hub coordinators
- Consistent guidance of Mentor
- For designing and video recording my students and family
- Discussing with other mentees
- Utilising available local resources

STARTING POINT:

Skype meeting with Hub coordinator and Mentor. followed by exploration of online resources and mentor guidance

- **Lessons learned**

1. How to develop and run an online course
2. Became acquainted with the Online teaching aids
3. Online project development and compilation
4. Working with multidisciplinary experts
5. Video recording and editing
6. Participants interest and participation needs efforts

- **Differently in Future**

1. More professional in course operationalization
2. Improved quality of material to be shared with participants
3. Improved video recordings
4. Better time management
5. Course certification clarity



OE4BW



Best platform to demonopolize information sharing for creating educated society



Mentor (Dr. Nisha Singh)



Project was impossible without her consistent, expert and right direction



Hub Coordinators (Prof. Vasudha Kamat and Dr. Jayashree Shinde)



Very methodological, resourceful and guided appropriately

PILLARS OF THE PROJECT SUCCESS

PLANS AND SUGGESTIONS FOR THE FUTURE

1. Designing advance course in the same area
2. Advocating for making such course essential for teachers for student-teacher well-being
3. Coming up with more user friendly online teaching-learning methods
4. Publicizing and offering online mode to the most disadvantaged section to open learning opportunities for them
5. Create awareness in my institute regarding open repositories
6. Contributing to the UNESCO-SUSTAINABLE DEVELOPMENT GOALS at my best
7. Definitely participating next year in OE4BW project