



Indian Mental Health & Research Centre

Skill Partner

Glocal University, Uttar Pradesh

Recognised by University Grants Commission (UGC), Established under the UP Act 2 of 2012

Post Graduate Diploma in School Counselling

PROGRAMME STRUCTURE

BATCH 2022-23

In a rapidly changing socio-economic environment, the children of today are constantly under stress. This has created a need for school counsellors at all levels of school education. Thus school counsellors have become vital members of the education team and are responsible for the mental well-being of the students. This program will build concepts of the child psychology, abnormal psychology and learning difficulties, enabling students to identify the psychological need of the school children & provide guidance. Students enrolling for this program will learn basic counselling techniques and methods of psychological testing.

PG Diploma in School Counselling thus will equip students to effectively work as a school counsellor at all levels.

ELIGIBILITY

- Bachelor's degree holder/Graduate in any discipline from a recognised University.
- Students who have appeared for final year of examination of their bachelor's degree program and are awaiting results can also apply, subject to successfully completing their bachelor's degree program / graduation within the time period.

CAREER OPPORTUNITIES

After completing this PG diploma, a candidate can work as a School Counsellor.

PROGRAM STRUCTURE

Total Credit Points : 36

SEMESTER I :

Introduction to Psychology

Developmental Psychology

Foundation of Mental Health and Adjustment

Abnormal Psychology

SEMESTER II :

Learning Difficulties

Basics of Counselling, Techniques and Practices

Psychological Testing

Project Report

Semester I

Introduction to Psychology

1. Psychology as a Science
2. The Evolution of Psychology History, Approaches, and Questions
3. Psychological Science
4. Sensing and Perceiving
5. States of Consciousness
6. Altering Consciousness with Psychoactive Drugs
7. Learning
8. Remembering and Judging
9. Intelligence and Language

Developmental Psychology

1. Introduction to Developmental Psychology
2. Growth and Development
3. Lifespan Theories
4. Stages of Development Prenatal Development
5. Infancy Through Childhood
6. Stages of Development Adolescence
7. Stages of Development Adulthood
8. Individual Differences in Learning

Foundation of Mental Health and Adjustment

1. Scientific Advances and World Progress
2. History of Mental Illness
3. Emotions and Motivations
4. Personality
5. Psychology in Our Social Lives

Abnormal Psychology

1. Understanding Abnormal Psychology

2. ADHD and Behaviour Disorders in Children
3. Anxiety and Related Disorders
4. Dissociative Disorders
5. Mood Disorders
6. Personality Disorders
7. Schizophrenia Spectrum Disorders
8. Autism: Insights from the Study of the Social Brain
9. Hunger and Eating
10. Treating Psychological Disorders

SEMESTER II

Learning Difficulties

1. Introduction to Special Education
2. Children with Mental Retardation
3. Gifted Children
4. Children with Learning Disabilities (LD)
5. Children with Behaviour Disorders
6. Children with Hearing Impairment
7. Children with Visual Impairment
8. Language Impairment
9. Children with Physical and Health Impairment
10. Handling Common Behavioural Problems in Children

Basics of Counselling, Techniques and Practices

1. Nature and Scope of Guidance and Counselling
2. Counselling
3. Vocational Guidance
4. Techniques of Guidance
5. Skills of a Counsellor
6. Communication in Counselling
7. Parental Counselling
8. Educational Guidance and Counselling
9. Counselling and the Teacher
10. Guidance and Counselling for Special Problems

11. Group Counselling and Guidance
12. Psychometric Assessment in Guidance
13. Common Developmental Problems
14. Self-Management Skills and Social Competency

Psychological Testing

1. Psychological Testing
2. Emotional Intelligence
3. Testing Emotional Intelligence and Training
4. Personality Tests
5. Intelligence and IQ testing
6. Testing Attitudes and Interests
7. Vocational Tests, Career Guidance and Counselling
8. Testing Spiritual Intelligence

Project

Students are required to submit a Project by the end of the Semester II.

Fee for Indian Students: Rs 35000/- (Complete course)

Fee for International Students: USD 550