



student to become a good citizen can aid the student with counseling initiatives. A counselor has to identify a student who is showing symptoms of sadness, depression, pessimism, cynicism etc in the classroom. The waves of dejection in the student have to be identified at an initial stage because this helps the student to overcome his misconduct at a premature phase. (Pete sanders -First Steps in Counseling: A Students' Companion for Basic Introductory Courses).

A counselor has to identify the sudden change in weight loss hunger loss appetites loss of the student with the support of college welfare committee , parents associations , All the teacher should support the initiatives of the counselor in identifying the student who exhibit slow learning , decreasing levels of comprehension , dullness , inactivity , loss of interest in cultural sports events, All faculty should keep track of the students who have suddenly become silent , keep aloof from the college gatherings . They should inform the college management / Institutional head / class teacher to arrange for immediate counseling for such students.(Pete sanders -First Steps in Counseling: A

Students' Companion for Basic Introductory Courses).

Counseling should not become one sided the college management has to support the student counselor to understand the reasons behind a sudden change in student's behavior. A student who is psychologically imbalanced often exhibit signs of shame guilt & remorse. College administration should support the identifying the student who has lost focus in studies. A teacher has to be alert in his class to identify the students who is suffering from loss of concentration & loss of focus.(Pete sanders -First Steps in Counseling: A Students' Companion for Basic Introductory Courses). Often college teachers ridicule & scorn students about misconduct in open class which irritates the students' maximum. Students often give back comments of mimicry teachers. But problem students become silent some of them would be suffering from student needs counseling because the counseling will help them to come out of their depressive state of mind. A great decline in their academic performances illustrate their state of mind while they show signs of restlessness , distress , or exhibit sudden calmness , reluctance , or start avoiding friends.

Health related issues	Hostel / boarding issues
Inferiority complex	Learning / comprehension issues
Learning lacunas	Medium of learning
Parental / communication gaps	Pattern of education
Poor family background etc.	Relationship gaps
Rural urban complex	Syllabi complex

Need for a student counselor: Schools & colleges need student counselors as there are several benefits in identifying the problem-student at an initial stage.

✓ **Understand these initial issues** - A problem student always has inferiority complex while dealing with other classmates. Either he shuts himself from mixing with them or he acts as an odd man out . (Shankar das



- Counseling and Social Work Practice in India, 2010) . A counselor has to understand these initial issues in order to extend support to student hence learning the background of the student is important .
- ✓ **Make background research** - A counselor has to make background research with the psychological problems of students before advising anything . The family background , & the educational background of the problem -student has to be considered. , of the parents careers dreams his future plans etc
 - ✓ **Personal relationship building** - Collecting information about the problem student calls for building personal relationship building with the problem -student . A counselor should make himself available to the student through building a personal relationship . A counselor has to invite student to the sittings where he has to collect information about his family friends his dreams his plans his activities his habits etc. A counselor has to make the student trust him confide him & believe his words. This helps disclosing of several facts which the problem student is suffering from. with this confidence building , a counselor has to start his counseling. During this process , he has to comply with the personal feelings & thoughts of his problem- student , he has to make the problem -student reveal his problems & inner feelings slowly & gradually .(**Shankar das** -Counseling and Social Work Practice in India, 2010) .
 - ✓ **Displaying qualities of professionalism** -Initially this is a very slow & steady process but the counselor has to be patient & tolerant. The simplicity qualities of a counselor will establish credibility & trustworthiness in the student . A counselor has to display qualities of professionalism before undertaking counseling. His approaches of professional competence & extensive professional tendency through good eye contact , good listening , recognizing verbal cues , politeness , & genuine concern (Ramanath Sharma -Guidance and Counseling 2010).
 - ✓ **Need for supportive services** -College students generally undergo from problems about their career & academic performances. They need supportive services through placement & career guidance cells & capacity building programs , campus placement drives . For student suffering from health related issues colleges can set up campus health check -up camps, resident doctor facility etc.
 - ✓ **Need for participatory programs** -for student suffering from inferiority complex syndromes colleges can hold participatory programs in soft skill training , mental health training , health management training , spirituality drives , yoga , meditation sessions etc. Students suffering from any kind of complexes can be supported through counseling . This makes all college teachers to be trained in counseling. College management should fund training of teachers in counseling. All faculty should be prepared to address the problems of the student because the national progress is molded through good positive minded students.



Conclusion: This makes all college teachers to be trained in counseling. College management should fund training of teachers in counseling. All faculty should be prepared to address the problems of the student because the national's progress is molded through good positive minded students. A counselor should facilitate good relationships & become mentally prepared for supporting the students. This paper addresses the challenges faced by a counselor & addresses the issues of preparing a corps of trained counselors at all levels of education.

References

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