



## EMBU COLLEGE GUIDANCE & COUNSELING DEPARTMENT



**EMBU COLLEGE COUNSELOR**

**Rev. Lilly Muchangi**

Guidance and Counseling service is an integral part of Embu College. Student interests and attitudes are taken into account in assessing their potential and suitability for Further Education, Training and the world of work. This process is part of the school's overall provision and helps students to achieve goals which are consistent with their ability.

Guidance and counseling specifically seeks to orient students in the most suitable direction.

It is possible to distinguish three areas of concern within the guidance counseling, namely:

- Educational

- Vocational
- Personal/Social Guidance and Counseling

The guidance and counseling process aims to help students to grow in self-knowledge and self-esteem by helping them:

1. To understand their abilities, interests and special aptitudes
2. To acquire information about educational and vocational opportunities
3. To make and carry out appropriate choices and plans to achieve satisfactory adjustments in life.

In practice, these three areas are closely linked in practice

The guidance and counseling programme is concerned with the following functions:

- An appraisal/assessment service which is designed to collect, analyse and use a variety of data for the purpose of better understanding the students. This will also assist them to understand themselves. It involves the use and interpretation of psychological and educational standardized tests and measurement.
- An information service providing facts on which to

make informed choices and decisions. understanding and self-development.

- It helps students explore their own thoughts and feelings about their present situation, about the options open to them and about the consequences of those options.
- A range of programmes and planned experiences, designed to develop the skills and knowledge that will assist the students and their choices.

## **GUIDANCE AND COUNSELING IN EMBU COLLEGE**

Guidance and Counseling is at the heart of our pastoral care in College. Our Guidance Counselor Rev. Lilly Muchangi has a caring and supportive role in the school where students can obtain advice and support about a range of issues.

Also a Counsellor at the Kenya Institute of Professional Counseling (KIPC), Rev Muchangi guides on issues ranging from relationships to study skills or family difficulties to college advice and information, the Guidance Counselor is on hand to meet with students in a confidential environment where each student is cared for and supported throughout their time in the school. Counseling helps students explore their thoughts and feelings and the choices open to them upon completion of their education at Embu College. It gives care and support to students learning to cope with the many aspects of growing up and school life and with their individual personal circumstances. Embu College offers a comprehensive guidance and counselling service to all our students. The Guidance Counselor liaises with the school Principal, Deputy Principal,



*Members of the 1<sup>st</sup> batch of Embu College Peer Counselors receive their Certificates*

Departmental Heads, Lecturers, and the Students' Council. She also has contact with parents, psychologists, employers, colleges, counsellors and representatives from all departments to ensure a comprehensive network is in place to support all students.

The role of the Guidance Counsellor falls into three areas:

1. To train Peer Counsellors in the College.
2. To offer Counseling services within the College to staff and student.
3. Social and Personal Guidance & Counseling – the Guidance Counsellor is available to meet with students to talk about any issue that may arise in their school life. The students also have talks and workshops on stress management, making friends and mental health.
4. To enlighten students and staff and staff on how to handle day to day challenges which includes:
  - a) Mental illness e.g. Stress, Depression, Suicides etc.
  - b) Relationships
  - c) Peer Pressure
  - d) Drugs and Substance Abuse
  - e) Domestic Issues (among other issues)
5. Help Students to have Self exposure, Self-Identity in terms of Opportunities, Ability, and Talents etc.
6. Help Students and staff to live a wholesome life in the presence of challenges i.e Spiritually, Physically, Emotionally and Socially

7. Counseling plays a very important role in guiding students and educating them about their interests and appropriate career choice they can have. ... It helps the student to identify their strengths, needs, chances and interests and match it to the top universities norms where they hold maximum chances of admission.

## PEER COUNSELING

How does peer counseling help students?

Peer counseling is a training program that is carried on in many communities. It is a way of training people in something that they have always been doing-trying to assist their friends when they ask for help. Often the first person one turns to with a personal difficulty is a friend who will understand

The Peer Counseling Program offers an encouraging atmosphere where students can talk openly about personal, social, and/or academic challenges and accompanying feelings. Peer counselors are not professionals. They are "peer" counselors who help students through supportive interactions.

The Student Peer Counseling training for the year 2021 commenced in May and takes place every Wednesday is being conducted from at hall 2 from 5.00 to 6:00 pm. The student Peer Counsellors are trained on a number of areas including The Role of Peer

Counselors, Stages of Counseling, Qualities of a Counselor, Counseling Skills and Techniques Self-esteem and Types of Counseling among others.

A student is most likely to first approach, share and ask a friend for help when faced with a situation. This is because they feel that a friend is closer, safer and can better understand his or her situation more than anyone else. With this in mind, the counselling section runs a supervised student peer-counseling program. Students undergo recruitment and vetting process before undergoing training as student Peer Counselors.

Peer counseling is a helping process where one-on-one intentional interaction happens between members of a group with several things in common. In this case, students form a group that share many similar issues. Student Peer Counselors are therefore effective responders to students in need. Equipping them with necessary counseling skills will not only be beneficial to them as individuals but also to many of their peers as well.

The Counseling Section has also expanded training to other student leaders namely class representatives, team captains, and clubs and association officials. This group of students interact with many students in their leadership capacity and play an important role in influencing other students. In their interaction, they come across peers who would benefit from counseling services.

They are therefore strategic partners for the counselling staff in monitoring, supporting and referring students for help. This year's first group of Peer Counselors graduated on Monday October, 25th 2021 whereby 21 Peer Counselors were issued with Certificates in Peer Counseling.



*Members of the Embu College Guidance & Counselling club in a session with members of GospelTribe youths from Germany.*

## EMBU PEER COUNSELLING EXECUTIVES ARE:

Hamdia Mohammed

No: 0758099588 - Chairlady

Tobias Omondi

No: 0743869755 - Vice Chair

Moses Thurairia

No: 0700695478

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