

School Counselling in Chennai

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Background: Counselling has become an essential part of schools in metropolitan cities like Chennai. Though many schools have known its importance theoretically, the importance given to counselling seemed to be very low. Thus the aim of the study was to understand the current scenario of school counselling in Chennai city in terms of qualification and qualities of school counsellors, their approaches, common problems of school children, roles and responsibilities and challenges faced by the counsellors. **Method:** Semi-structured interview guide was prepared in consultation with experts. The researchers went to the schools and did 10 interviews. **Results:** Most of the school counsellors are post graduate in Psychology or Social Work. Most of them follow eclectic approach of counselling. Common problems of school children are adjustmental issues, issues pertaining to academics, learning disability, depression, anxiety and infatuation. Most common challenge faced by counsellor is 'dealing with teachers and parents'. Regarding roles and responsibilities, some times teachers are asked to take value education classes, co-ordinating in extra curricular and co-curricular activities in addition to counselling. They also do career guidance and arrange guest lectures related to counselling. **Conclusion:** This study underlines a need for standard practices in school counselling profession, better training to face the challenges and help the school children to help themselves.

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