

# **Mannaniya College of Arts & Science**

## **Certificate Course in Peer Counselling - 2019-20**

### **Joint venture of IQAC & Department of Psychology**

This is a fifty hour certificate course aimed to build some students for supporting their peer group. The course is offered by Dept of Psychology in association with IQAC. Nine students successfully completed the course.

Peer counseling is a helping process that involves one-on-one interaction or interaction between members of a group, who have several things in common. In an academic setting, it usually refers to students helping their fellow students. It is a way of relating, responding and helping people, aimed at exploring thoughts, feelings, issues and concerns, with the hope of reaching a clear understanding and make informed decisions.

As an adolescent or a young adult, it is easier to talk about your issues with someone who is of your age or has a mindset similar to yours, rather than an adult. This makes peer counseling very effective, as it helps the adolescent comfortable to take that first step in addressing their problem.

#### **How does peer counseling help students?**

As a student, you may have several stressors stressors in their lives. These may include, but not be limited to, academic stress, pressure to choose your careers, peer pressure, relationship problems, body image issues, substance abuse and addiction. It may not be possible for everyone to approach a professional counselor with ease, due to various reasons including unavailability, and the stigma associated with asking for help.

#### **Course duration**

50 Hours (which include theoretical and practical input. After completing the course participants have to lead at least one skill development for the peer group or for the students of other educational institutions

#### **Course Outline**

This course provides basic understanding about Peer Counselling and Mentoring

#### **Course Outcome**

Peer counselors are trained in communication, listening skills, assertiveness, ethics of peer counseling, issues of confidentiality and breach of it, boundaries regarding helping others, and basic counseling skills. A peer counselor is also trained on when to refer the person to a professional counselor. Though they receive training, they are not certified counselors. For campuses with a counselor, a peer counselor becomes a bridge between the counselor and student. In the absence of a school/college counselor, peer counselors help their fellow students understand their emotional and behavioral disturbances and work on solutions. In some cases, they also refer them to a professional counselor in their area. Peer counselors also conduct awareness campaigns in their respective schools/colleges on mental health issues, address stigma and discrimination, myths about mental illnesses and so on.

### **Learning & Assessment Mode**

Theory in online Mode and practical sessions about counselling and mentoring in offline mode

### **Course Resources and Activities**

Video Tutorials, Quiz, Assignments, PPT, Study material in PDF format, Group Discussion, Role play, mock counselling sessions, theme based skill development workshops

**Course Coordinator & Instructor** : Dr Dilshad Bin Ashraf, Asst Professor, Dept of Psychology

**Student Co-ordinator:** Juvairia K K , BSc Chemistry student , Mannaniya College

## **Syllabus of the course**

### **Module 1 – Life Skills 10 Hours**

10 core life skills- Self-awareness -Empathy - Critical thinking - Creative thinking – Decision making - Problem Solving - Effective communication- Interpersonal relationship – Coping with stress - Coping with emotion

**Module 2 Self- awareness and Interpersonal relationship** 10 Hours

Exploring the self- “Who am I?’ - SWOT Analysis - Creative writing- Effective communication –verbal and non -verbal – Interpersonal relationship –Factors affecting relationship- Techniques for improving interpersonal skills

**Module 3 Basics of Counselling** 10 Hours

Counselling, counselling skills, peer counselling, positive and negative peer influence, Attributes of an effective counsellor

**Module 4 Expanding boundaries** 10 Hours

Concept of 4 factor model of TCI - Dynamic balancing and expansion of boundaries - Concept of imaginings and caterpillar cells

**Module 5 Social Transformation** 10 Hours

Social transformation through personal transformation A will to change , a decision to grow - Social metamorphosis through empowerment of imaginings - social action and psychosocial empowerment

**List of students successfully completed the course**

S.No	Name	Class
1	Mohammed Sha	III BA Islamic History
2	Aswathy B S	I BSc Chemistry

3	Rinza Mol	I BSc Chemistry
4	Jagfar Khan	III BA Islamic History
5	Mohammed Salih	I BSc Chemistry
6	Riswana Parveen	I BSc Chemistry
7	Abhimanyu	I BSc Chemistry
8	Juvairia K K	I BSc Chemistry
9	Irshana	I BSc Chemistry