



GABORONE REGIONAL CAMPUS

Counselling Awareness Outreach

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WHAT IS COUNSELLING?

- Counselling is a process in which a practitioner with knowledge and skills is involved in a formal relationship of assisting a client transit through situational difficulty (Corey, 2005; Egan, 2002).

WHAT IS COUNSELLING?

- Processes and activities aimed at individual development.
- It addresses the intellectual, emotional, social and psychological needs of individuals

COUNSELLING IN THE CONTEXT OF ODL

Four key tasks are normally envisaged when this term is used:

- Guiding learners on their course choices
- Assisting learners in developing study skills and habits
- Helping learners devise strategies to cope with the multiple demands of study, work and personal/family life
- Counseling learners with personal problems (Freeman, 2004).

WHY COUNSELLING

- Increasing adversities in our societies
- Various life challenges can have adverse negative effects on the learner's life, growth and overall development.
- Some learners are not equipped to deal with many of the life challenges or experiences, and this can be overwhelming and at times traumatic.

WHY COUNSELLING

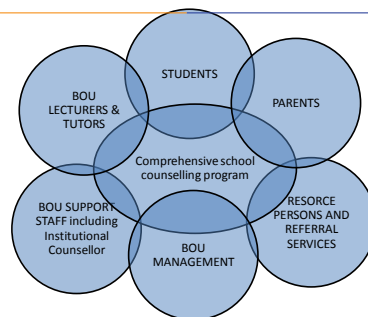
- Any education/ training system should respond to the equity and development challenges that are crucial to the improvement of the quality of life of all people.

WHATS OUR VISION?

- To help every student to acquire the necessary skills (academic, career & personal/social) to help them reach their outmost potential and successfully transit through ODL and life in general, to become productive citizens.

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COMPREHENSIVE COUNSELLING PROGRAM



Adopted from Wango, 2014).

SPECIFIC CHALLENGES TO ODL

- Inability to manage time effectively
- Inability to cope with family or work commitments
- Personal problems not related to studies
- Inclination to give up and drop out of course
- Feeling alone and isolated
- No opportunities to learn from each other
- Limited access to textbooks or library resources
- Not knowing who to contact about different problems

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LEARNER SUPPORT

Learner support activities at BOU can be grouped into the following categories:

- Administrative support
- Academic advice and counselling
- Tutorial support
- Peer-to-peer interaction
- Access to resources and technologies.

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COUNSELLING SERVICES PROVIDED

- **Individual counselling**
- **Group counselling**
- **Group guidance**
- **Consultation**
- **Coordination**

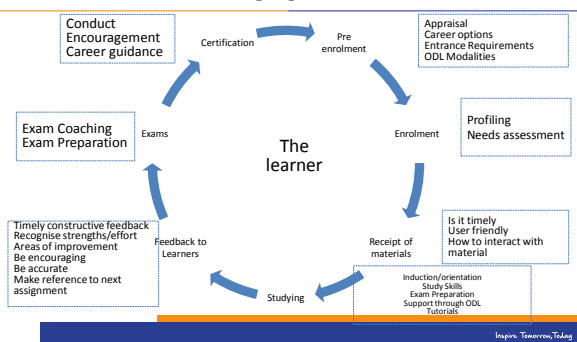
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GUIDANCE Vs COUNSELLING

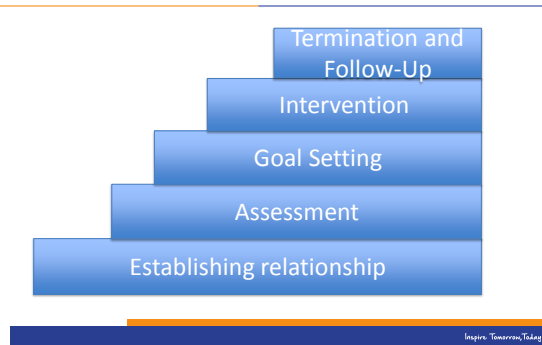
GUIDANCE	COUNSELLING
Prevention of problems	Address problems
Occurs in a normal setting	Specific setting required
Face-to-Face encounter not essential	Face-to Face encounter is essential
For individuals/groups	Personalised
Decision making and learning occurs at intellectual level	Decision making and learning occurs at emotional level
Special training a necessity	Training and skill are a necessity

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OUR SERVICES AROUND THE STUDY CYCLE



STAGES OF COUNSELING RELATIONSHIP



Planned Critical Annual Counselling Centre Activities

- Needs Assessment
 - Individual Learner Profiling
 - Motivational talks
 - Learner empowerment presentations
- At the bottom of the slide, it says 'Inspire. Tomorrow. Today.'

Word of Encouragement

- ODL can be a challenge when compared to conventional studies.
 - Be patient with yourself
 - Dedicate some time to study
- At the bottom of the slide, it says 'Inspire. Tomorrow. Today.'

Word of Encouragement

The following study skills are of critical importance in ODL :

- Planning
 - Active involvement
 - Self-assessment
- At the bottom of the slide, it says 'Inspire. Tomorrow. Today.'

Conclusion

- Procrastination is a "form of self-regulation failure characterized by the irrational delay of tasks despite potentially negative consequences."
 - So do away with it today, as it digs the grave in which your opportunities are buried.
- At the bottom of the slide, it says 'Inspire. Tomorrow. Today.'

Centre Operation Hours

Monday-Friday : 0730 - 1245hrs

: 1345 - 1630 hrs

Weekends : Closed

For bookings you can email:

counsellor-grc@staff.bou.ac.bw or call: 3646148

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THE END

Thank you!

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