

LIFE IS AN ECHO

by:
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Guidance counselling is not only mere disciplining a problematic student, nor providing preventive actions. Although it had been the image of the Guidance Office to most students, even for parents and teachers, Guidance Counselling could also guide a confuse or lack of self-esteem student to better understand himself, gain confidence and do better at school.

Most high school students are in their puberty stage/adolescent years where emotional turmoil and physical changes happen which can be a big factor in developing confidence. That is when during these years, providing a better feedback can help them to surpass all the changes and emotions they may encounter, helping them to build a strong foundation of friendship and confidence in themselves. Receiving feedback can also help them make decisions especially in choosing their career wisely.

When giving feedback, one should always be objective, specific – focusing mainly on the attribute that the student needs to be improved. Once someone had the courage to approach and ask for your assistance, you must not let time or days pass by. Lend your ears and spend time to discuss a certain matter. That would also make the student put his trust on you. You must also be sincere in providing feedback, not just because it is part of your job that's why you're doing it, but let the student feel that you are genuine and have a heart in helping him address the concern and to improve himself.

Always keep in mind that the improvement and success of the student who initially seeks for your help, will reflect how good you are in giving feedback and for guiding the student. You are there to help them transform the negativities they are

currently experiencing to something more productive and would also help them boost their self-confidence, exceeding what is initially needed.

References:

<https://www.randomactsofkindness.org/kindness-quotes/305-life-is-an-echo-what>