

COMMUNICATION AND UNDERSTANDING

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Why is communication important on the aspect of giving guidance and counseling?

From education standpoint, through the years of working in school, communication with the student is where the knowledge begins, data from forms are just supplement for better understanding. When knowledge functions, it leads to understanding. Every child has their own personality and set of characteristics, which all guidance counselors are aware. Even so, understanding an individual is still and will always be challenging.

The most crucial component of preserving sense of peace and order in any workplace is communication. Miscommunication within an organization almost always results in confusion and problems that, if not addressed, can make it impossible to achieve one's organizational goals.

On guidance and counseling, for instance is a counselor's level of understanding and patience in assessing and solving the client's various concerns and issues. Given that the pandemic caused numerous issues, particularly for students, it had an impact on their social lives, which are very important to them. These issues affected people's mental health as well as their physical health. The role of a guidance counselor is to support students in coping with and adjusting to the new normal through a variety of guidance services, such as by giving them access to information about how to manage and take care of their physical and mental health. In a similar manner, counseling or telecounseling allows students to express their feelings and thoughts, which may lighten their stress.

Thus, it is crucial for counselors to establish rapport with their clients which will set the stage for trust and establish a good communication.

It is not enough to simply hear; one must also listen and comprehend. That is what people are seeking. To be understood for them to understand. Communicating is not always about exchanging ideas; it is also about listening and grasping the message.

We might believe that simply talking and listening to clients and other people is sufficient to demonstrate our understanding of them. The ability to empathize with them, however, is what is lacking sometimes. The capacity to imagine yourself in another person's situation to comprehend it to recognize where they are coming from. Not all who hears, listen. But all that listens, hears.

To answer the question on the importance of communication and understanding to guidance and counseling, one must be able to sympathize, which is essential during sessions, to what one is going through and from that the counselor may plan to how to better help the client in the issues that arises. It is not enough that you listen, one must act to ensure that the one talking is being understood and making it a lot easier for them to sustain and cope from their stressors.

References:

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