

FEDERAL UNIVERSITY LOKOJA	
COURSE OUTLINE	
Faculty	Education
Department	Educational Foundations
Course Title	Development of Guidance and Counselling
Year of Study	1
Course Code	GCE 115
Credit Hours	2
Contact Hours	24
Mode of Delivery	Classroom Lectures
Mode of Assessment	Weight%
Continuous Assessment	40%
Final Examination	60%
Total	100%
Course Lecturer	Dr (Mrs) Haruna, Josephine Elejo
Course Description	This course is a study of psychological basis of Guidance and Counselling. It presents personality theories that have implications for Guidance and Counselling. The Course also contains test and non-test techniques including psychological tests and observation.
Course Objectives	<p>This course will enable the students to understand the following:</p> <ol style="list-style-type: none"> 1. The Concept of Psychology; 2. The Concept of Guidance and Counselling; 3. Nature and Determinants of Personality: <ol style="list-style-type: none"> A. Meaning of Personality B. Determinants of Personality; 4. Theories of Personality that have implications for Guidance and Counselling: <ol style="list-style-type: none"> A. Personality Theory B. Principles/Objectives. C. Sigmund Freud's Psychoanalytic Personality Theory D. Alfred Adler's Personality Theory E. Implications for Education 5. Psychological Test/Testing; <ol style="list-style-type: none"> a. Concepts of Test and Testing b. Purpose of Test and Testing c. Types of Psychological Test.
Learning Outcomes	<p>At the end of the course, students should be able to:</p> <ol style="list-style-type: none"> 1. Define Psychology; 2. Define Guidance and Counselling; 3. Define Personality;

	<p>4. Outline the Determinants of Personality; 5. Write Objectives of Personality Theory; 6. Describe the Implications of Sigmund Freud’s Psychoanalytic Personality Theory; 7. State five Methods of Counselling in Adler’s Theory 8. Describe Test Techniques; and 9. List five Non-Test Techniques.</p>	
Detailed Course Content	The class will meet for 2hours each week.The periods will be used for teaching, questions, answers, etc.	
Course Content Sequencing	<p>Introduction to Psychology, Guidance and Counselling. Nature and Determinant of Personality: Meaning of personality; Determinants of Personality: Genetic, Social and Cultural.</p> <p>Personality Theories: Objectives or Principles of Personality Theory. Sigmund Freud’s Psychoanalysis Theory: Meaning of Psychoanalysis; Levels of Awareness; Psychoanalytic View of Human Nature; and Counselling Techniques in Psychoanalysis. Adler’s Personality Theory: Adler’s View of Human Nature; Methods of Counselling; Implications and Limitations. Introduction to Psychological Tests: Standardized and Non-StandardizedTests.StandardizedTests–Mental Ability Test; Achievement Test; Personality Test; Aptitude Test and Interest Inventories. Introduction to Non-Test Techniques: Interview, Observation,etc.</p>	
Weeks		
	Detailed Course Outline	Allocated Time
Week 1	<p>Introduction</p> <ul style="list-style-type: none"> ▪ Psychology ,Guidance and Counselling. ▪ Nature and Determinant of Personality ▪ Meaning of Personality ▪ Determinants of Personality:Genetic,Social and Cultural. 	2 hours
Weeks 2-5	<p>Personality Theories Sigmund Freud’s Psychoanalysis Theory</p> <ul style="list-style-type: none"> ▪ Meaning of Psychoanalysis ▪ Levels of Awareness ▪ Psychoanalytic View of Human Nature <p>Counselling Techniques in Psychoanalysis</p> <ul style="list-style-type: none"> ▪ Implications of Psychoanalysis Theory ▪ Limitations of Analysis Theory <p>❖ 1st Continuous Assessment</p>	8 hours
Weeks 6-8	<p>Adler’s Personality Theory</p> <ul style="list-style-type: none"> ➤ Introduction ➤ Adler’s View of Human Nature 	6 hours

	<ul style="list-style-type: none"> ➤ Adler's Methods of Counselling ➤ Implications ➤ Limitations. 	
Weeks 9-11	Introduction to Psychological Tests: Standardized Test Non-Test Techniques Standardized Tests: <ul style="list-style-type: none"> ✓ Mental Ability Test ✓ Achievement Test ✓ Personality Test ✓ Aptitude Test ✓ Interest Inventories ❖ 2nd Continuous Assessment Non-Test Techniques <ul style="list-style-type: none"> ✓ Interview ✓ Observation ✓ Rating Scale 	6 hours
Week 12	Revision	2 hours
After Week 12	Examination	
Recommended Reading Materials <ol style="list-style-type: none"> 1. Festus, D.K.(2001). <i>Elements of Psychological Testing for Counselors and Psychologists</i>. Zaria. 2. Prech, S. (2019). <i>Guidance and Counselling including Exceptional Children</i>. Biogreen Publications Ltd. 3. Priscal, J.T. & Jennifer, C. (2016). <i>Fundamentals of Guidance and Counselling. A Handbook for College and University Instructions</i>. Independent Publishers. 		