

## P.M. SHRI KV CRPF GANDHINAGAR

Guidance refers to the process of helping individuals especially children to understand themselves, their abilities and interests and to make informed decisions about their educational, vocational and personal lives.

Guidance in psychology involves:

- \* Self Assessment and Exploration
- \* Identifying strengths, weaknesses and interest Setting goals and developing plans.
- \* Making informed decisions.
- \* Coping with challenges and difficulties.

In our school, we are providing guidance and counselling services to the students of the vidyalaya to help them in every possible way in all spheres of life.