



Student Counselor`s Guide University of Ruhuna

By

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Forward

Student counseling is considered as one of the most important activities in our universities. Students should carefully be counseled because it is the process by which students are guided on how to deal with emotional conflicts and personal problems at the university and how to incorporate the same in their day to day life to become a successful person. Sometimes student counseling involves academic and career guidance where students are advised on which courses to do and which jobs to expect when one does a particular course. The following are some of the advantages of having a successful student counseling service in a University:

1. Students are directed to find solutions on how to deal with psychological problems which might affect their studies. Through this, the students are able to develop problem solving skills which to an extent help them deal with particular issues surrounding their lives.
2. Students are advised on how to cope with different situations facing them in their university life. For instance, on how to develop relations with their peers.
3. It helps to shape a student's behavior and inculcate discipline in students. Students who are guided and counseled in a right way tend to know what to do and how to do such things.
4. Students get to learn how to live in harmony with others within the university community. In so doing, they also learn to appreciate the people around and come to harmony with their environment.
5. It bridges the gap between the students and the university administration, since they can channel their problems through student counselors to the university administration.
6. Students get comprehensive pieces of advice on career development, courses and jobs which enable them to have an informed choice on what to do after the graduation.
7. It allows students to talk about various things which they feel uncomfortable talking about with their parents which include things like love affairs, drug abuse suicidal attempts etc.
8. It also allows the students to become better people because they are taught by the counselors about how to behave in a proper manner.

The role of the student counselors is to provide all above mentioned benefits and much more to the students. For that university student counselors also need some kind of guidance since they are not followed any professional counseling course. Therefore, the booklet titled "Student Counselor's Guide" prepared by our Senior Student Counselor, Dr. Saman Chandana Ediriweera and the Deputy Vice Chancellor Dr. Nayana Alagiyawanna will immensely benefit to improve the quality of the student counseling service of the University of Ruhuna. I take this opportunity to thank both Dr. Saman Chandana Ediriweera and Dr. Nayana Alagiyawanna for their well-timed effort.

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