

Academic Counselling

<https://youtu.be/880GVMUggao>

Hello learners! Welcome to Indira Gandhi National Open University. In this small video, we shall discuss the definition and significance of academic counselling sessions in open and distance learning and how you can take maximum advantage of these sessions to enhance your learning.

Academic counselling is a significant component of the learner support services in an open and distance learning system. As learners in the Open and Distance Learning System you are separated from your teachers by a physical distance and academic counselling sessions give you this opportunity to interact with your teachers. Because of the diverse socio-economic backgrounds, you tend to seek moral and emotional support in addition to academic support to stay on the programme and complete it successfully. Your academic counsellors will help you identify your problems, overcome them successfully and remain motivated to pursue the programme chosen.

Academic counselling sessions are organised at the Learner Support Centres. In addition to the academic counselling sessions organised through the Face to Face mode at the Learner Support Centres, you will also have opportunities for online counselling, counselling through the teleconferencing and video-conferencing mode and telecast mode when the programmes are telecast on Gyandarshan. In these sessions, the academic counsellors or the experts do not explain you the lessons line by line from the self-learning materials. They discuss important points relating to a particular theme covered in a block (a small booklet containing 2-4 units consisting of 60-70 pages) to help you overcome the difficulties that you may face while reading the self-learning materials or pursuing the programmes. They also address the queries and issues raised by you during the counselling sessions. Since the total number of learners in counselling sessions is very less, you get the opportunity to have one to one interaction with the counsellors and discuss personal problems. Counsellors can help you deal with problems like poor grades, learning disabilities, low study skills, anxiety/stress, low self-confidence or poor self-esteem. Usually they use the conversational mode of interaction to make you comfortable in the counselling sessions so that you can confidently discuss your problems with them.

The Learner Support Centres also conduct the practical counselling sessions in respect of the programmes with practical components. Though attendance in the theory academic counselling sessions is not compulsory, 75% attendance in the practical counselling sessions is compulsory for appearance in the final practical examinations.

The schedules for academic counselling/practical counselling sessions are prepared by the Coordinator or PIC at your Study Centre well in advance. The schedules for teleconferencing sessions are decided by the Electronic Media Production Centre at IGNOU, New Delhi and schedules for video-conferencing sessions are decided by the respective schools of studies and the Regional Services Division and are informed to the Regional Centres in time. The schedules are displayed on the Notice Boards of the Learner Support Centres or uploaded on

the website of the Regional Centre(www.rcpatna.ignou.ac.in). These sessions are handled by experienced teachers from reputed institutions of higher education or experts from IGNOU headquarters. Hence we encourage you to attend these sessions and take advantage of the expertise of the teachers.

You should attend the counselling sessions because they help you:

- clarify your doubts, discuss the difficult points and prepare the assignment responses
- remain in touch with the teachers, course materials and keep pace with the academic activities in the Learner Support centres
- develop self-learning skills and successfully attempt the assignments and examinations
- identify and overcome personal problems hindering your academic progress

The academic counsellors act as your mentors and guide you at each and every stage during your stay in the programme. You should keep the following things in mind to achieve maximum advantage of the counselling sessions. You should:

- have a copy of the schedule of academic counselling sessions/practical sessions
- read the self-learning materials thoroughly before you attend the counselling session on a particular block (set of 3 to four units put in the form of a book).
- note down the important points, queries or difficulties for discussion in the counselling sessions
- use the margins on the self-learning materials for writing important points and difficulties
- carry a copy of the Student I-Card while going to the Learner Support Centres and be present in the Learner Support centre in time
- actively participate in the academic counselling sessions by asking questions, raising issues and contributing to the discussions going on in the class.
- Give feedback on the Academic Counselling Sessions to the Coordinators/PICs of the Learner Support centres
- Write to rcpatna@ignou.ac.in or rcpatnaac@gmail.com if you have any query/problem or suggestion in regard to academic counselling at your Learner Support centre
- Contact the Officer in Charge of Academic Counselling given under whom to contact on the Regional Centre website (<http://rcpatna.ignou.ac.in/Ignou-RC-Patna/userfiles/file/whom-to-contact.pdf>) if your problem remains unresolved for a longer time
- Visit the website of the Regional Centre to see the updated schedules for academic counselling/tele-conferencing/video-conferencing sessions
- read the messages received from IGNOU headquarters and Regional Centre, Patna and act accordingly

You must take advantage of the academic counselling sessions specially organised for you and make your learning experience joyful, enriching and engaging.

Wish you joyful learning during your stay in the university!