

## **Honours Programme for MA Counselling Psychology**

### **Objectives**

It is a 30 hours programme designed to promote analytical skills, writing skills, workshop taking skills, overall academic performance and to motivate students.

The Honours programme includes the following:

Teacher Assistantship	Students get an opportunity to earn while they learn. Students are selected on the basis of their academic performance and interest in teaching.
Mentoring	Mentoring Programme to help motivate the mentees to perform well academically as well as enhance their personality. It is an experience which will enrich the M.A. students and provide depth to their personality.
Module Making	Students get an experience of preparing modules which helps in acquisition of knowledge, critical thinking, analysis, report writing, and working in a group. They also develop knowledge of what constitutes Counselling and Psychotherapy
Workshops	Students conduct workshops on various topics like Bullying, Peer pressure, study Skills, Addiction which helps them in improving communication skills, gaining expert knowledge, networking with others and renewing motivation and confidence
Book Review	Book discussion & Book Review helps to inculcate the habit of reading and to learn to appreciate good literature and enhance analytical skills.
Case Presentation	Students present cases that they deal in their internship places and this helps to facilitate practical applications of theory learnt in class
Community outreach Programme	Students conduct various workshops and vocational guidance programmes in urban and rural areas which helps inculcate a sense of social awareness and responsibility.