

## **HOW DO YOU MEET YOUR COUNSELLOR?**

- Drop in/personal visit
- Teacher referral
- Parent referral
- Administration referral
- Phone : 0172-2676011

### **Where and When?**

Psychology Resource Centre  
SCERT, Sector 32, UT Chandigarh

### **SCERT Timings**

9:00 a.m. to 5:00 p.m.

### **Testing Days**

Thursday and Friday

### **Counselling Days**

Monday To Friday

### **Fee**

No charges

# Psychology Resource Centre (PRC)

*“Put an End to the Search...”*



राज्य शैक्षिक अनुसंधान और प्रशिक्षण परिषद्  
STATE COUNCIL OF EDUCATIONAL RESEARCH AND TRAINING

SECTOR 32, UT CHANDIGARH



0172-2676011 (O)

<http://siechd.nic.in>

## ***About Psychology Resource Centre (PRC)***

Being committed to the development of its young learners and envisaging to reach out to the heights of academic and human elevation, SCERT, UT Chandigarh in its endeavour to help the student and their parents established a Department of Psychology Resource Centre -PRC (earlier known as Guidance Resource Centre) in the year 1986. The purpose of this centre is to promote the growth of the individual in self direction through psychological testing and counseling.

### ***OUR GOALS***

- Promote and enhance all students through academic (educational), career (vocational) and personal (Social) Development.
- Design activities that are proactive and preventative in focus.
- Provide individual and small groups counseling to students and families.
- Ensure that the learner acquires the knowledge, skills and attitudes essential to become a productive member of a society.

### ***OUR OBJECTIVES***

#### **Academic Development**

Students will acquire the attitudes, knowledge and skills contributing towards effective learning in school.

#### **Career Development**

Students will acquire the skills to investigate the world of work in relation to knowledge of self, and make informed career decisions.

#### **Personal/ Social Development**

Students will acquire the attitudes, knowledge and interpersonal skills to help them understand respect self and others.

## ***OUR SERVICES***

### **Counselling**

Counselling helps the individual in the self-discovery process. It makes him/her aware of his/her interest, right career choice and strengths and weaknesses associated with it.

- ***Career Counselling***

The process of career counselling offers insight, guidance and support to help the individual in understanding and managing varied career issues.

- ***Behavioural Counselling***

Enhancing self confidence, Interpersonal relation and Self-esteem.  
Assistance for stress and anxiety management, social skills training, examination anxiety etc.

- ***Educational Counselling***

Provides improvement in study habits, concentration, motivation and learning skills.

### **Psychological Testing**

It is a procedure used to measure a factor or assess some abilities like academic achievement, aptitude, adjustment, interest, personality and so on.

### **Individual Student Planning**

- Goal-setting
- Academic planning
- Career planning
- Transition planning

### **Responsive Services**

- Individual and small group counselling
- Individual/family/school crisis
- Peer facilitation/mediation
- Referrals