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The Nigerian national educational institutions include the creation of the right types of values that can help a student survive in Nigerian society. It will help new members of the society adapt quickly and use their skills to help Nigeria. However, without understanding the historical development of guidance and counselling practices – it would be impossible to implement the right goals for Nigerians. What are guidance and counselling? They are twin concepts that serve as the essential elements of every educational system. But they are not synonymous terms. Counselling is only considered as an area of guidance. Guidance, according to educational context, means to show the way, direction or path to students. Counselling can serve as a processor for guidance. It helps students to acquire more knowledge and contribute this knowledge to the society!

**Historical Development of guidance and counselling in Nigeria**

The history of guidance and counselling in Nigeria can be traced back to the 1960s. The first expansion of these two terms began in the primary and secondary schools shortly after independence. According to Adediran, the organized formula for guidance and counselling in Nigeria started at St. Theresa College in 1959. It was started by the reverend sisters who felt the need to guide secondary school leavers. They asked outsiders to consult with children about possible future professions. The Federal Ministry of Education encouraged guidance and counselling development in schools by establishing a guidance and counselling unit in 1961. It was suspended later during the civil war but re-established shortly after the civil war. It was during that time that they introduced the new system of education – 6-3-3-4. The Federal Government finally recognized the importance of guidance and counselling at the end of the 1970s. According to the third National Development Plan, the main efforts were focused on manpower needs. Therefore, to achieve this goal, it was adopted to give the sense of fulfillment to the people. It led to the creation of the Counselling Association of Nigeria. This organization was connected with the American Personnel and Guidance Association. In 1981, the Federal Government of Nigeria acknowledged the need for guidance and counselling services. Soon, these two concepts were implemented to the National Policy of Education. It provided the possibility to establish the counselling units in universities and even in the ministries of education. Difference between guidance and counselling

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When you discuss the history of guidance and counselling in Nigeria, you may wonder – what is the difference between these two terms? Guidance is focused on the listening to the problem. When the problem is stated, an expert can then provide a solution to the problem. In a counselling scenario, an expert listens to a problem, then he/she empowers another person to make a decision. There is no road map which can provide a solution. The solution is peculiar to every type of problem. Therefore, it's needed to provide counselling and guidance to get an optimal decision and solution to any problem.

**Concept of Guidance and Counselling**

Guidance concept: The principles of guidance are universal in all countries! There may only be slight modifications to serve the needs of the local guidance services. There are the eight principles:- All individuals are different;- The dignity of every person is sacred;- The social setting for individuals is a primary concern for guidance;- The basis for an individual is his/her personal perception;- The individuals act according to their perception;- All individuals have an ability to learn and to be taught;- The process of guidance starts in childhood and follows through the life;- All individuals need assistance and guidance.

**Concept of Counselling**

Counselling has a more difficult concept as the term is very controversial. In Nigeria, guidance and counselling services are relatively recent. It does not provide the standards of counselling like in the USA or Canada. Counselling should at least include two individuals. The first individual seeks help and the second – provides it.

**Guidance and Counselling in the educational institutions of Nigeria**

The process of guidance begins from the very first step of a child. A school provides additional counselling to the pupils. It's necessary to provide guidance during the period of school life. It helps create a well-rounded person, who can adapt to the difficulties of the life. For instance, the pupils will be given the abilities to adapt to the university life. University life is the next step of development for a person. Therefore, it's necessary to provide counselling services to the student. It will help him or her to find a way in life. It will also help them adapt to the principles of the Nigerian society. The guidance system continues to be of importance even after graduation. People will continue to search for solutions to their problems. Therefore, it's necessary to develop guidance and counselling in Nigeria.

**Guidance and counselling today**

For today, these two concepts are provided in most educational institutions. So, you will certainly notice the provision of guidance and counselling services in Nigeria. Admittedly, the system is not perfect. But we are optimistic that the development of counselling and guidance will continue in Nigeria. It will help to provide Nigerian citizens with satisfaction in their life and career.

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**Source: Legit.ng THE NEED FOR GUIDANCE AND COUNSELING SERVICES AMONG NIGERIAN UNIVERSITY STUDENTS**

Articles on this site are extracts from literature review of research projects, Get the full Project **LITERATURE REVIEW** The literature on guidance and counselling services in schools both in Nigeria and also in the different parts of the world were reviewed in this chapter. The review is as follows: The meaning of guidance and counseling Origin and development of guidance and counseling The needs of university undergraduates Objectives of guidance and counseling services in Nigeria Summary of review of related literature. The Meaning of Guidance and Counselling There are different opinions in the definition of guidance and counselling. It has been defined clearly by different authors. The Oxford Advanced Learners Dictionary defines guidance counseling as a help or advice that is given to somebody especially by somebody older or with more experience. According to Bakare (2003) guidance and counselling is defined as number of processes having problems in any phase of life so that he can be more effective, satisfied and useful to the society in which he lives. Guidance is the process of helping an individual understand himself and his world. The word guide means to direct, watch over, know, pilot, manage etc. Guidance aims at aiding the recipient to grow in a person's independence and ability to be able to be responsible for oneself. Guidance is found in all phases of life in the home, business, industry, government social life and hospital, in fact it is present where there are people who desire help. Guidance and Counselling in Nigeria Since (2000) Nigeria has been concerned with the problem of vocational choice and decisions. As might be expected, this concern has led to research in the area and numerous theories with respect to how individuals make their career choice. Before the introduction of the western system of education, vocational guidance on the choice of a career could be given to children by a grown up member of the family or community to prepare them for future. According to Fafunwa (2003) there was vocational guidance in the traditional African society. Vocational training in traditional society which was largely run on the apprenticeship system and is a time honoured device for educating millions of African youths and adults. Usually the children are not yet trained by parents, but by relatives, masters, and craft man in particular fields or friends in order to ensure discipline and concentration. As Callaway (2004) described it, vocational education is vast apprentice training system which began as part of widen education process through which the indigenous societies of Nigeria passed on their cultural heritage from one generation to the next for example, a biro Blacksmith on the Jos Plateau inherited. Akintoye and Cole (2004) stated that guidance in Nigeria started at Saint Theresa's College, Ibadan in 2000 when the Reverend Sister running, the school found that the product of their school (the secondary school leavers) would have problems in seeking for employment and adjusting to the hard conditions in the society after leaving school. In short they saw the need for proper guidance and counselling for the products of their school. Consequently the sisters invited professionals who knew more about the emerging world of works to direct course of study for the outgoing students in their career opportunities. Nwoye (2007) indicates that Oliwajo College of Education, Ibadan was established and started by a team of professionals to assist the people in need for problem solving skills in learning. Amadi (2004) remarks that through guidance and counseling services the school will understand the needs of individual students and what can be done for individual improvement. According to Denga (2003), some of the problems found amongst university students as identified are academic problem, vocational problem and personal, social and psychological problems. Guidance and counselling services enables the students to understand that what they are doing in school today will likely determine what they will do after graduation from the university. Iwuama (2005) observed that for the students to realize these needs, lecturers and parents should be assisted. The average Nigeria parents want sound education for his/her child as a means of social mobility amongst other reasons. Invariably parents of university students need guidance in order for their children to cope with the challenges of producing children. Objectives of Guidance and Counselling in a University To help students understand themselves in terms of personal ability, interest, motivation and potentials To alter maladaptive behaviours To assist students in moving towards the direction of fulfilling their potentials or in achieving an integration. To provide students with skill, awareness and knowledge which will enable them to confront social inadequacies To help students gain insight in the origins and development of emotional difficulties leading to an increased capacity to take rational control over their feelings and actions To help students gain some insights into the world of work realities there in end the relationship of education Guidance and Counselling Services Needed by University Students The choice of university course is vast from the onset. Educational counselling is vital especially when decisions have to be made regarding enrolment of major courses. According to Olayinka (2003) guidance services frequently found in a university include the following:



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