

INDIRA GANDHI NATIONAL OPEN UNIVERSITY

Maidan Garhi, New Delhi-110 068

School of Education

B. Ed Second Year

(2026-27)

BESE 132 GUIDANCE AND COUNSELLING

Answer the following in 500 words each.

1. What is peer counselling? Discuss the functions of peer counsellors.
2. Explain the different skills of counselling.
3. Describe the various sources of stress in the life of your learners. How will you help them develop cognitive and behavioural strategies to cope with stress?