



ST. PETER'S COLLEGE GARAKU

Scheme of work for:

Term: 3rd , **Session:** 2019/2020, **Class:** JSS1, **Subject:** Guidance And Counseling

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WEEKS	TOPICS	CONTENTS	ACTIVITIES
1	Personal! Environmental Hygiene	To inculcate the habit of cleanliness in the students	Expound the importance of cleanliness of the body and the environment.
2	Extra-curricular Activities	To help the students realize the importance of sports, games and membership of clubs and societies in the school.	Group counseling on the activities of clubs and societies, different types of sporting activities and selection of hobbies
3	Security Issues	a. To explain what security is b. Examples of security matters.	Give them tips on the security of themselves against fire outbreak, accident, kidnapping, properties, etc.
4-5	Adolescent Sexuality: HIV/AIDS and STOs	a. To create in students awareness of the various developmental changes. b. To enlighten them about various sexually transmitted diseases. c. To assist the students in structuring their attitudes towards sex according to societal norms.	a. Educate students on sexually transmitted diseases, e. g. gonorrhea, syphilis, HIV/AIDS. b. Enlighten them about abnormal sexual habits, e. g. homosexuality, lesbianism, rape, incest, etc c. Educate the students about the side effects of adolescent sexuality, e. g. unwanted pregnancy, abortion, premature death, childlessness, school drop-out, etc. d. Invite the school nurse to give talk on developmental changes and things that can cause sexual harassment from the opposite sex, e. g. indecent dressing, early dating, and watching pornographic films/pictures.
6-7	Educational Information: Preparing for Examination.	To enlighten students on study habits	Organize group discussion with students and guide them on how to do revision of previous work, study with past questions, personal study,

			group discussion, time management, etc
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8-9	Behavior in Early Adolescence	a. To help students modify their anti-social behavior. To promote socially	Give group counseling on bad behavioural traits that are prevalent during adolescent
10-11	Preparing for Holidays	a. To teach them what holiday is b. To teach them how to spend the holidays	Give a talk on various activities that can be engaged in during the holidays. Give a talk on various activities that can be engaged in during
12	Examination and Filling of Record Folder.	To update students' records	Calculate the cumulative scores for each subject and record in the folders

Reference Textbook

Guidance and Counseling for Primary, Junior & Senior Secondary Schools