

1. COUNSELLING FUNDAMENTALS

- Principles and objectives of counselling
- Counselling process and stages
- Establishing therapeutic rapport
- Active listening
- Empathy and unconditional positive regard
- Open-ended and probing questions
- Reflection of feelings and content
- Clarification and summarisation
- Goal setting
- Case formulation
- Counselling documentation
- Follow-up and continuity of care
- Individual counselling
- Group counselling
- Brief and solution-focused counselling approaches
- Student-focused counselling

2. PSYCHOLOGY FUNDAMENTALS

- Basic concepts of psychology
- Human development
- Adolescent and young-adult psychology
- Personality
- Motivation
- Emotion
- Learning and cognition
- Behavioural patterns
- Stress and coping
- Adjustment
- Interpersonal relationships
- Social and academic functioning
- Psychological well-being

3. STUDENT MENTAL HEALTH

- Academic stress
- Examination anxiety
- Performance pressure
- Homesickness
- Adjustment to hostel/campus life
- Relationship concerns
- Family-related concerns
- Loneliness and social isolation
- Sleep-related concerns
- Time-management difficulties
- Procrastination
- Burnout
- Self-esteem and confidence
- Career-related stress
- Peer issues
- Digital/social-media related stress
- Emotional regulation
- Resilience and coping skills
- Preventive mental-health support

4. COMMON PSYCHOLOGICAL CONCERNS

- Anxiety symptoms
- Depressive symptoms
- Stress-related problems
- Panic symptoms
- Adjustment difficulties
- Grief and loss
- Anger and emotional dysregulation
- Low motivation
- Behavioural concerns
- Substance-use related concerns
- Eating-related concerns

- Sleep difficulties
- Trauma-related concerns
- Suicidal ideation and self-harm risk
- Psychotic symptoms and severe mental-health presentations
- Referral and escalation when concerns exceed the counsellor's scope

5. CRISIS INTERVENTION & RISK ASSESSMENT

- Psychological first response
- Crisis identification
- Suicide risk assessment
- Self-harm risk assessment
- Assessment of immediate safety
- Safety planning
- Emergency escalation
- Referral to psychiatrist/clinical psychologist/medical services when appropriate
- Handling confidentiality during imminent-risk situations
- Crisis documentation
- Post-crisis follow-up
- Campus emergency coordination

6. ASSESSMENT & CASE MANAGEMENT

- Clinical/interview-based assessment
- Mental-status observation and basic mental-status examination concepts
- Screening versus diagnosis
- Use and limitations of psychological screening tools
- Case history taking
- Psychosocial assessment
- Case formulation
- Treatment/support planning
- Progress monitoring
- Referral decisions
- Maintaining confidential case records
- Outcome and follow-up documentation

7. THERAPEUTIC APPROACHES - PREPARATION AREAS

- Person-centred therapy
- Cognitive Behaviour Therapy (CBT)
- Rational Emotive Behaviour Therapy concepts
- Behavioural techniques
- Solution-Focused Brief Therapy
- Motivational Interviewing
- Supportive counselling
- Relaxation and stress-management techniques
- Mindfulness-based approaches
- Psychoeducation
- Group interventions
- Basic family/social-system perspective

8. ETHICS & PROFESSIONAL PRACTICE

- Confidentiality
- Informed consent
- Professional boundaries
- Dual relationships
- Privacy and secure record keeping
- Limits of confidentiality
- Mandatory/emergency disclosure principles
- Non-discrimination
- Cultural sensitivity
- Respect for student autonomy
- Scope of practice
- Referral ethics
- Professional documentation
- Ethical handling of sensitive student information

9. COLLEGE / INSTITUTE COUNSELLING

- Counselling in higher-education settings

- Student support systems
- Hostel/residential student concerns
- Academic and personal counselling
- Faculty/warden coordination
- Parent communication where appropriate
- Awareness and outreach programmes
- Mental-health awareness workshops
- Stress-management sessions
- Suicide-prevention awareness
- Referral network development
- Student mental-health promotion
- Confidential counselling service design
- Campus crisis response

10. INTERVIEW PREPARATION

- Self-introduction
- Educational and professional background
- Counselling experience
- Handling a distressed student
- Handling suicidal ideation
- Managing confidentiality
- Handling a student who refuses help
- Managing repeated counselling sessions
- Referral to a specialist
- Coordination with faculty/hostel authorities
- Conducting awareness programmes
- Handling a crisis outside normal working hours
- Case-based and situational questions
- Documentation and reporting
- Professional boundaries