

**GUIDANCE AND COUNSELLING, 2ND YEAR, COURSE-11(D), UNIT -02,
TECHNIQUES AND PROCEDURES OF GUIDANCE, BY RAJU KUMAR
(LECTURE SERIES NO.- 07)**

c) Personal history of the individual under study: The study of the individual is to be made in a similar way as done under family history.

Individual's physical health – Has the physical growth been normal as shown by height, weight measurements or by age, of walking, talking and reaching puberty? Has there been some illness or physical defects, for example, those of hearing and vision? Is the individual by appearance active, vigorous or ailing? What are the findings of the medical check-ups?

Individual's abilities – Has the individual been given tests of intelligence? What is his ability? Has his mental development been normal or has he developed certain faculties earlier than normal? Has he done well or poorly at school?

Emotional development – Is he emotionally mature or unstable? Does he show strong antagonism, jealousy or affection? Is he timid, anxious, worried, nervous or withdrawing? Is he bad-tempered or hard to control? Is he goodnatured and overconfident?

Social development – What is his position in the family? Is he the only child, a favored child or the eldest child? How does s/he get along with siblings? How does s/he get along with his classmates? Is s/he shy or retiring? Is s/he a leader, follower or isolate? Is s/he a bully who uses his/her strength or power to hurt others? Does s/he show manners which are disliked by his/her companions? Is s/he in the habit of antagonizing others?

Ideals and attitudes - Is s/he a person who believes in ideals? Has s/he sophisticated tastes? Has s/he ever been a delinquent? Has s/he ever created troubles at home, in the school and in the community?

Above stated are some of the many details which should be secured before the case is diagnosed. The data about the individual so collected should be interpreted keeping in view the total picture. Keeping in mind all the information collected about the environment the family and his/her own development, an appraisal is made of the total person. An explanation is

