

**ASSESSMENT ON THE EFFECTS OF GUIDANCE AND COUNSELLING IN SUBJECT
SELECTION IN SECONDARY SCHOOLS: A CASE STUDY IN CARMEL GIRLS'
SECONDARY.**

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**A RESEARCH PROJECT SUBMITTED TO THE SCHOOL OF EDUCATION IN
PARTIAL FULFILMENT FOR THE AWARD OF POST GRADUATE DIPLOMA IN
EDUCATION (SCIENCE) OF
MOUNT KENYA UNIVERSITY**

NOVEMBER 2012

ABSTRACT

The study will be carried out in Mbiuni division Machakos County. The study is aimed at finding out the effectiveness of career guidance in selection of optional subjects in secondary schools. Literature findings establishes a gap that students are not well guided when selecting optional subjects; perhaps due to much workload of career options for students as posited by Lutomia and Sikolia (2008) and Dondo (1996). Due to this, students need guidance and counselling to choose elective subjects which will determine their career.

The researcher will employ descriptive study design. The sample will comprise of thirty two respondents where thirty are form three students and two guidance and counselling teachers. The participants will be sampled using simple random sampling and purposive sampling methods. Data collection instruments will include closed -ended questionnaires.

The result obtained from this study shall be used to improve effectiveness of career guidance and subject selection in secondary schools.