

**Adriana Băban (ed.), Consiliere educațională. Ghid metodologic pentru orele de dirigenție și consiliere (Educational counseling. Guidelines for pupils` guidance class), 1<sup>st</sup> edition, Imprimeria “Ardealul”, Cluj-Napoca, 2001, 287 p.**

**Book Review**

Given the fact that students spend much of their time at school, it would be important to provide a safe environment for optimal learning and development. In this context, the teacher's activity has a significant impact on the pupils. Studies on educational effectiveness show that only a few things are important. Among these is the experience of the teacher, which represents the result of ongoing shaping of the teacher. In the professional training of every teacher pedagogy must have an important place because one of the main factors of learning in school is motivation, where in addition to inherent motivation, extrinsic motivational vectors appear under the relationship of pupils with their teacher in the classroom. In this context, knowing the student, accompanying him or her in the process of formation and personal development requires a good training of the teacher in terms of educational counseling abilities.

Supporting this idea, the book *Educational counseling. Guidelines for pupils` guidance class*, coordinated by Adriana Băban, is an instrument that approaches comprehensively all important issues of the discipline *Counseling and Guidance*. The book was published for the first time in 2001 and printed again in 2009 and it represents a starting point for knowing pupils, for relating positively with them. The information contained in the book can be used by teachers during the classes or by young school psychologists during counseling.

The book is divided into 16 chapters and it's focused on the idea of prevention and development of students' personality. It contains many topics of interest for teachers, like: knowing pupils – elements of developmental psychology, child and adolescent personality, self-knowledge and personal development; communication with students in classroom – communication and conflict, solving the problems; the classroom management, the career guidance, strategies of learning, the stress and the stress control, stimulating creativity and creative behavior etc. The examples of activities and worksheets given in the book can be useful in structuring interpersonal relationships within the group of pupils and in the structuring of some programs to optimize these relationships. The structuring of the group of pupils and the studying of the processes occurring at this level make an important aspect in the prevention of school maladjustment and in the optimization of scholar performances obtained by the pupils.