

The current study was carried out to explore and assess the counselling needs of high school students in Nyamira Division, Nyamira District, Kenya. The chief aim was to classify the categories of problems that are faced by these students and the strengths or limitations designed to meet them.

The current study was designed to assess the counselling needs of high school students. The research was designed to find out the types of counselling needs high school students had and the extent the counselling services in the school managed to attend to these needs. Seven mixed secondary schools were selected using random sampling and one single sex girls school was purposively selected. 80 students were randomly selected who took part in the study. The study sample also included 8 teacher counselors and 8 head teachers in the schools studied. The researcher employed a survey descriptive research design and made use of the questionnaires, interview schedule and an observation checklist to collect data.

The findings show that indeed high school students had counselling needs that ranged from family to personal problems. It was also established that although all schools had counselling rooms and some resource materials, these were rarely utilized in most cases to meet the students' needs. The implications of these findings were examined and recommendations were made to improve the counselling services in schools.