The secondary school level is a paramount preparatory ground of the human resource in the various professional areas that are crucial in the development of the nation. It is at this level that, the relevant knowledge, skills and attitudes that make responsible adults are instilled. However, learners face various challenges emanating from family background, adolescent related problems, socio-economic and political problems. If not checked, sometimes these challenges lead to disastrous consequences including destruction of property, loss of learning time and in extreme cases loss of life. The study was set to establish the effectiveness of guidance and counselling in maintaining discipline in public secondary schools in Kaiti Division in Makueni County. Both qualitative and quantitative research methods were utilized. By combination of both purposive and random sampling methods, 336 respondents formed the study sample derived from 8 public secondary schools which have functional guidance and counselling departments. From each of these schools, the deputy principal, the head of guidance and counselling department and 40 students were selected. Information was gathered by use of questionnaires and interviews. Analysis of data involved quantitative analysis: use of percentages, frequencies, pie charts and bar graphs while qualitative data were analyzed and organized thematically according to the study objectives. From the study, a major finding is that guidance and counselling has played a major role in the decline of strikes and other indiscipline issues that arise. The study also revealed that most guidance and counselling teachers are committed to their work and that these teachers usually create extra time during weekends to counsel students. It is hoped the findings of the study will benefit the education sector; the school administrators, the school disciplinary committees, guidance and counselling departments, the teaching staff and the Ministry of Education policy-makers on how to effectively utilize guidance and counselling services to maintain discipline in secondary school in Kenya.