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*Journal of Professional Counselling* (JPC): ISSN 2645-2308; eISSN: 3043-5625) is published annually by the Association of Professional Counsellors in Nigeria (APROCON). JPC maintains a leadership position as a repository for scientific information in the field of counselling, counselling psychology, applied psychology and related disciplines. The journal is in the process of being indexed and abstracted by African Journals Online (AJOL) and EBSCOHOST. The editorial/consulting team cuts across scholars from different parts of the world. The journal publishes well researched and well articulated papers/articles. Submission of an article implies that the material has not previously been published, nor is it being considered for publication elsewhere. Each article undergoes a blind peer-review process and plagiarism tests to ensure a high level of originality prior to publication.

This volume presents a collection of contemporary empirical studies that explore critical psychosocial, educational, and familial factors influencing youth development, academic success, and societal well-being in Nigeria. The research addresses a wide array of counselling-related issues, reflecting both the diversity of regional contexts and the evolving challenges facing individuals, families, and institutions.

Key themes include:

- ◆ Educational Outcomes and Mental Health: Studies highlight the effects of test anxiety, reading comprehension, self-regulated learning, and home background on students' academic performance across different Nigerian states, underscoring the need for targeted counselling interventions.
- ◆ Family Dynamics and Moral Development: Several contributions focus on the role of family counselling in shaping moral reasoning and emotional well-being, particularly in non-traditional or disrupted family structures. The implications of marital conflicts and intimate partner violence on adolescents and children are also explored.
- ◆ Youth Empowerment and Behavioural Therapy: Articles investigate behavioural challenges such as truancy and kleptomania among adolescents, demonstrating the effectiveness of interventions like Rational Emotive Behaviour Therapy (REBT) and relapse prevention strategies.
- ◆ Career Development and Economic Growth: Parental influence on career aspirations and the role of mentorship in undergraduate entrepreneurship reveal counselling's vital role in fostering socio-economic advancement.

- ◆ Conflict Resolution and National Integration: Contributions emphasize counselling's potential in mediating ethnic and social tensions, promoting peace, and supporting trauma victims such as policemen. Emotional intelligence and conflict resolution competence among trainee counsellors are also evaluated.
- ◆ Digital Literacy and E-Learning: The impact of digital behaviour, especially during the COVID-19 era, is examined, alongside the counselling needs of students navigating online learning environments.

Together, these studies underscore the indispensable role of professional counselling in fostering academic excellence, psychological resilience, family well-being, and national development. The volume offers actionable insights and data-driven recommendations for policymakers, educators, and mental health professionals committed to transforming lives through effective guidance and counselling strategies. The Editorial Team appreciates all contributing authors and peer reviewers for their efforts and time. The journal's management team is already taking giant strides to improving the quality of the Journal to meet global standards. The association maintains a functional journal website, [www.aprocon.org.ng](http://www.aprocon.org.ng) where published articles are available online, ensuring increased visibility and readership. We present for your reading and research pleasure, Volume 8, Number 1.

**Professor Mary Ogechi Esere**

*Editor-in-Chief,*

*JPC.*

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