The article identifies the significant role that Guidance and Counselling has to play in the 6-3-3-4 education system embarked upon the Federal Government of Nigeria to ensure that the laudable goals of the educational planners are achieved. The paper focus on the nature of Guidance and Counseling, an analysis of Guidance and Counselling as a helping relationship, an evaluation of the National Policy on Education with reference to Guidance and Counselling and the practice of Guidance and Counselling in the new secondary system trough practice.