



educating people and cultivating morality. We can see that the tenacity dimension can effectively predict the variation of the dependent variable at the significance level of 0.05, while the strength dimension and also optimism dimension in mental toughness have no predictive effect on the dependent variable

## 2.2 The Novel Practice of the Innovation Model of Recent Mental Health Education for College Students

Some colleges and universities do not pay enough attention to mental health education, and do not understand the spirit of relevant documents on mental health education, resulting in a situation where mental health education is dispensable and then then, we will consider the modifications.

The service subjects of ideological and political education and mental health education are "students". Ideological and the political education focuses on the shaping of general students' ideology and morality, while mental health education focuses on the cultivation of students' psychological quality.

Psychological training is then organically combined under the general task of educating people. Therefore, the political education can provide the methodological guidance for the mental health education. and mental health education can also effectively complement the relevance of essential to achieve the specific analysis of specific problems with the integration of the two is necessary and essential. We should strengthen the integration of the mental health prevention and control education and also counselors' psychological education in professional course learning, effectively use the teaching characteristics and forms of other courses, carry out mental health education in multiple forms, and better integrate mental health prevention and control education into the classroom learning in life, and in work. At the same time, classroom teachers should provide positive guidance in learning, conduct teaching evaluation in a core targeted manner, treat special situations differently, and intervene in different channels and forms, such as ideological and political teachers, counselors, and classroom teachers, in light of specific situations, so as to enrich epidemic prevention and control with the mental health education process intervention form under control.

## 3. CONCLUSION AND FUTURE SCOPE

This paper studies the novel practice of the innovation model of the recent mental health education for college students. Psychology teachers are the teaching subjects of mental health education courses, and their moral education awareness and ability are directly related to the ideological and political quality and effect of the courses. This paper gives then give suggestions for the recent mental health education. In the future, we will then apply it into the real scenarios.

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