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

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Abstract: This paper studies the novel practice of the innovation model of recent mental health education for college students. The content of college students' mental health education courses includes the college students' psychological characteristics, adaptation psychology, learning psychology, etc. By promoting a scientific view of health, we help students develop a positive mood, enhance the sense of meaning of life, and promote students to be united in their ideal beliefs, values and moral values. The students will be united in their ideals, values and moral values. Individualized psychological counseling for students and group psychological counseling are different in form, but the service purpose is the same, that is, to serve students' mental health.

Keywords: College Students, Mental Health Education, Novel Practice, Innovation Model

1. INTRODUCTION

Mental and behavioral health problems have always been an important research content of college students. Our country's higher education started late, but developed rapidly. Mental health problems last a long time and cover a wide range of areas. Faced with the large number of people in colleges and universities, the general characteristics of various forms of psychological problems, can not unilaterally rely on mental health education courses to solve the problem.

Therefore, it is necessary to form the mental health education prevention and also control system under the normal epidemic situation in colleges and universities, and give full play to the advantages and characteristics of each teaching curriculum. There are many ways to educate students on mental health. The key is that teachers need to find a suitable method, that is, they can then choose the appropriate method according to the specific situation and educational content, so as to ensure the effectiveness of education. Accordingly to the recent study, listed focuses of the mental education should be considered.

- (1) The Ministry of Education and units should care about the mental health prevention and also control education of college students, carry out targeted and regular prevention and control education, carry out activities such as psychological weeks and chat rooms, and take the initiative to care about students' learning and living needs.
- (2) The content of ideological and political education has a distinct contemporary nature. It focuses on enabling students to understand and learn social rules, distinguish right from wrong, good from evil, beauty from ugliness, and also pursue noble thoughts and conduct. Mental health education is then mainly to educate and guide students in their study, life, personality, career and other issues.
- (3) Counselors can work with mental health teachers to then collaborate and actively organize beneficial activities where students can interact and actively discuss with each other, so that students can develop a sense of security and fun, and their inner guard will gradually relax.

The general purpose of education is to cultivate people into comprehensive quality talents with all-round development of

morality, intelligence, body, beauty and labor. Mental health education in colleges and universities is not the exclusive work and task of psychology teachers, but should be shared by all educators. In the figure 1, we denote the Mental Health Education Focused Keywords. In the following parts, the details will be discussed.



Figure. 1 The Mental Health Education Focused Keywords (URL: https://www.cuindependent.com/2019/03/08/opinion-mental-health-education/)

2. THE PROPOSED METHODOLOGY

2.1 The Background of College Psychology

Mental health education is of great significance for college students to further maintain good interpersonal relationships, maintain personality integrity and harmony, fully understand themselves, and improve adaptability.

Affected by the epidemic, the pressure on college students in study, employment, interpersonal communication and other aspects is more prominent than before. How to effectively carry out the mental health literacy promotion projects and improve the mental health literacy level of adolescents is an important issue facing mental health workers. According to the related study, the scholars conducted a correlation analysis on the total score of the employment stress and its various dimensions and the total score of psychological toughness and its various dimensions. Psychological education is one of the "Ten Ten" education systems, and psychological education is responsible for the new requirements and new missions of the mental health education in colleges and universities in the new era. This requires colleges and universities to break the original work thinking, create a new work pattern, and use mental health education to then achieve the ultimate goal of

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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 SCOPES

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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