

Analysis on the Current Situation and Teaching Strategies of Psychological Health Education for College Students

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Abstract: In recent years, there have been frequent and increasing cases of college students harming themselves and others due to psychological problems and other reasons, which has sparked the increasing attention of the Party Central Committee and education departments at all levels to the mental health education of college students. Education experts have also included mental health education in the work of moral education in colleges and universities, and their expectations for mental health education in colleges and universities are constantly increasing. Currently, students' mental health issues have attracted great attention from all sectors of society, and universities have begun to reflect on the problems existing in the process of mental health education. Based on an in-depth analysis of the current situation of mental health education for college students, this article proposes effective solutions to promote the healthy development of mental health education in colleges and universities.

Keywords: Current Situation; Teaching Strategies; Psychological Health Education

1. INTRODUCTION

Colleges and universities shoulder the heavy responsibility of cultivating talents in the new century, and the physical and mental health of college students is directly related to the rise and fall of the nation, the strength of the country, and personal success. However, in recent years, the psychological health problems of students in universities have directly affected the improvement of students' comprehensive abilities and the overall quality of college students. The author has been engaged in daily management and psychological education for college students for many years. Based on in-depth observation in daily work, the author shares his thoughts on the current situation and corresponding strategies of psychological education for college students with everyone. According to relevant surveys, there has been an imbalance in mental health education among universities in China.

Individual colleges and universities have not correctly recognized the importance of mental health education, and the curriculum arrangement emphasizes specialized courses while ignoring basic courses, resulting in few class hours for mental health education courses; Some schools have not effectively implemented their teaching hours, and there are situations where special lectures have been used instead of classroom teaching, resulting in many problems in mental health education. Although all universities have set up mental health counseling centers, there are still problems with outdated hardware equipment and insufficient office space. Traditional methods of mental health education for college students include offering general courses and lectures on mental health education for college students, popularizing mental health knowledge, establishing campus psychological counseling rooms, regularly holding psychological counseling activities, organizing students to participate in social practice activities, and conducting questionnaire surveys on college students' mental health, Establish college students' mental health files, cultivate self-education ability, etc. Of course, a good campus

atmosphere (or campus network culture construction) is also indispensable.

The most obvious effect now is to offer mental health education courses and supplement them with psychological counseling. Universities should systematically carry out mental health education and counseling and establish standardized psychological teaching courses for college students. At present, some universities only provide psychological health education for first-year students, and the teaching format is also very simple, presented in the form of large-scale lectures. This teaching method cannot effectively guide students psychologically and can only provide them with a simple disciplinary understanding of psychology. Emphasizing the training and qualification certification of mental health educators to ensure the scientificity and seriousness of mental health education work, thereby improving the quality and authority of mental health education work, is highly emphasized in foreign mental health education work. The work of mental health education in China started relatively late and is still being explored.

Most mental health educators only undergo short-term training before taking up their positions, learning while working while improving, which is in line with the current national conditions. However, at the same time, it is necessary to strengthen quality awareness, emphasize scientificity, and gradually improve the training, assessment, and qualification certification system for mental health educators. This is the symbol of the maturity of China's mental health education work. In the current era of rapid economic and social development, the demand for talents is also increasing day by day. College students will face significant pressure in their studies and employment, often feeling at a loss and disoriented, leading to varying degrees of psychological problems, which will have a certain impact on their own learning and life. According to incomplete statistics, the probability of depression among college students is gradually

increasing, and it has become the main reason for their dropout, suspension, and suicide.

2. THE PROPOSED METHODOLOGY

2.1 Current Situation of Mental Health Education for College Students

In online video courses, online teacher-student interaction also solves the problem of not being able to provide face-to-face and timely feedback. The above forms are all aimed at better serving college students and making psychological education easier. In short, the emergence of the Internet has brought people closer in time and space, provided convenience for communication, and made more and more psychological resources available online. The channels for obtaining psychological knowledge have also become more flexible and diverse.

For example, the electronic libraries of colleges and universities and websites of some psychological institutions are also open to the public, and the official account of psychology has also been developed sufficiently in recent years. Colleges and universities should establish disciplinary psychological teaching courses and provide specialized psychological health counseling to help students shake off negative and negative psychological influences. Colleges and universities also carry out optional courses in psychological education, which can cover topics that students are more interested in, such as love psychology, behavioral psychology, and interpersonal communication psychology. Students are encouraged to face learning and life with a positive and healthy attitude.

During the period of college students, they should organize their basic information and establish mental health records for them. This includes students' family situation (such as specific member structure, educational background, and economic status), school performance (such as academic performance, ideological and moral character, hobbies, social abilities, etc.), personality characteristics and existing problems (such as temperament and personality characteristics), analysis of mental health status, and so on. And timely grasp the changes of college students as they grow and develop as needed and fill in necessary information on their mental health files. As a teacher, in teaching activities, we should always pay attention to the dynamics of students' mental health, identify, and promptly handle problems, and provide correct guidance to students.

2.2 Strategies for Improving Psychological Health Education for College Students

The rapid development of the internet and people's dependence on it enable people to have more exposure to psychology, to achieve the effect of popularizing psychology. It can easily and quickly collect effective psychological data for timely feedback, and better serve the public. In addition to regular mental health education courses, various mental health education activities, such as lectures on mental health education, should also be carried out using both internal and external resources. The content of the lecture can cover campus life, outlook on life, and outlook on love. For students who are about to graduate, psychological counseling can be provided with topics such as employment, career, and marriage. Psychological counseling activities between students can also be carried out, such as class meetings and collective cultural and entertainment activities to increase students' opportunities for participation and expression,

actively promote communication between students, and express their thoughts and emotions.

Choose students with good psychological qualities and a willingness to help others as "one to one" psychological counselor and provide them with assistance and training in basic counseling knowledge, and regularly supervise their work. The reason why peers are chosen as mentors is because there is a small age gap, the same identity background, and a small defensive mentality between the mentor and the coached, making it easier to accept and communicate with each other, achieving mutual trust and mutual influence. Due to the complex factors that cause college students' mental health problems, mental health problems are diverse. Universities should strengthen the pace of mental health education construction and improve the effectiveness of work. For example, through individual and group forms of psychological counseling, conducting mental health surveys for students, conducting lectures on mental health education, organizing psychological research activities, and so on.

At the same time, with the help of online platforms, radio, blackboard newspapers, and other promotional channels within the school, as well as the way of conducting second class activities, regular activities are held to effectively implement the "weekly lectures, monthly consultations" principle, that is, a weekly special lecture is held, experts are invited to provide psychological counseling to students every month, and a monthly publication of psychology related popular science knowledge is published. Utilizing the network platform to optimize resources and save production costs (traditional textbook printing, offline publicity, etc.), college students can freely choose their own curriculum teachers online (to achieve the goal of problem solving). Meanwhile, feedback from big data can better develop psychology. Using the image and novelty of the network to enrich the methods and means of mental health education for college students.

The Internet provides a variety of options for college students' mental health education, making full use of words, pictures, sounds, and other information to better convey mental health knowledge to college students and make them more acceptable. In addition to traditional mental health teaching methods, various modern information technologies can also be used as auxiliary tools. Teachers can use internet platforms to conduct online psychological counseling and set corresponding permissions to ensure students' privacy and enable them to actively engage in psychological counseling or emotional counseling. Teachers can also push articles, videos, and excellent movies and TV dramas related to psychology to students, enabling them to enhance their ideological awareness and self-guidance abilities while engaging in daily entertainment. In recent years, with the increasing maturity and development of network technology, the network coverage of universities has become increasingly broad. Using the network to conduct mental health education for college students has become a new channel, bringing vitality to changing the traditional mental health education. Network mental health education refers to the use of advanced campus network technology as a professional educational tool and measure to cultivate college students' psychological quality, solve psychological problems, and improve their mental health level.

3. CONCLUSION

Universities should adhere to the principle of "student-centered", attach importance to mental health education, and vigorously promote knowledge of mental health education.

Colleges and universities should also establish psychological archives for each student in school, do a good job of preventing and tracking students' mental health, and promote the sustainable development of mental health education. Students' ideological and political educators should often go deep into the students, understand their confusion, solve their existing problems, and help them conduct counseling. Teachers of mental health education should fully implement the concept of establishing morality and cultivating people in their teaching, maintain an optimistic attitude among students, and help them form a sound personality. Scientifically and reasonably operating this educational method, we strive to explore new models of online mental health education in the new era, making it easier for most college students to learn, further optimizing their psychological quality, thereby improving the effectiveness and effectiveness of college mental health education work, and promoting the vigorous development of college mental health education work.

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