

# Practice and Summary of Skills Competition in Higher Vocational Colleges

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**Abstract:** To realize the integration of higher vocational skills competition and the world Traditional Chinese Medicine Beauty Competition, so that the vocational skills competition leads the professional construction and curriculum system reform of higher vocational colleges. To carry out international academic exchanges and promote the construction of teaching materials in our college has made outstanding achievements. Participate in skills competition to improve students' learning ability. Promote the construction of practical teaching and training bases inside and outside the school.

**Keywords:** Vocational colleges; Skills competition; Effectiveness; International exchange and cooperation

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By studying the students' participation in various national, provincial and school competitions in the past five years, we can carry out international exchanges and cooperation and sum up experience. At the same time, through the practice of skills competition, the whole practical skills training strategy system of the school can be perfected, so that the practical skills training can be carried out with goals, steps and systems, and the students can be shaped into high-quality and high-skill talents to guide the practical skills training of higher vocational students.

## 1. Practice of Medical Cosmetology Skills Competition

"General education has college entrance examination, vocational education has competition",<sup>[1]</sup> The result of the skills competition has gradually become an important symbol of the effectiveness of a vocational school. After years of practice summary, from 2018 to 2022, the skills competitions conducted by the three majors of our department are as follows:

(1) School-level skills competition. The major of medical cosmetology technology holds school-level skill contest "Cosmetology Skill Contest" every year, 15 times in 5 years. The major of rehabilitation treatment technology holds school-level skill contest "Acupuncture Rehabilitation Skill Contest" and other 10 times in 5 years. The Chinese medicine major holds the school-level skill contest "Chinese Medicine Skill Contest" every year, and prepares for participating in the provincial "Chinese Medicine Skill Contest" in the spring of the next year.

(2) Provincial skills competition. Students majoring in Chinese medicine have won awards in the Chinese Medicine Skills Competition of higher vocational colleges in Shaanxi Province. In 2022, students majoring in Rehabilitation technology participated in the second A-PKU "Campus Cup" National Vocational Skills Competition for Children's Rehabilitation education for the first time and won the national third prize.

(3) Industry skills competition. Students majoring in medical cosmetology technology, participated in three consecutive Shaanxi Province Cosmetology Professional skills competition and obtained excellent results. In 2019, the first China Beauty Industry Vocational Skills Competition won the first prize of two projects.

## 2. Results of Medical beauty technology professional skills competition

After many years of active exploration and holding various skills competitions, the harvest of “promoting education through competition” in our medical cosmetology technology major is summarized as follows.

## **2.1 Carry out international exchanges and cooperation in accordance with the technical standards of Worldskills Competition**

The technical documents and assessment standards of Worldskills Competition are introduced into the classroom, and continuous exploration is made in the development of teaching and professional courses, the teaching reform of practical training courses, and the construction of practical teaching environment.

Based on the World TCM Beauty Competition, the school has carried out international academic exchanges and international exchanges and cooperation, and has signed cooperation agreements with Daegu Future University, Wonkwang GITAL University, Qimiyung Culture University, Daegu Korean Medical University, etc., sending more than 110 students to each other to study abroad every year. In recent years, the College has exchanged visits and academic exchanges with universities in the United States, Japan, New Zealand, Canada, Taiwan, Hong Kong and other countries and regions.

The college has hosted five World Congresses and academic forums on TCM Cosmetology, promoted the standardization construction and standardized development of the industry, and led the development of international standards for TCM cosmetology higher vocational education.

## **2.2 Influence of skills competition on teaching reform of our college**

The school participates in and holds vocational skills competitions. To promote the standardization of practical teaching, the regulations of skills competition are closer to the market, so as to promote the reform of teaching mode, and even serve as a guide for the reform of teaching resources. Combined with the requirements of the provincial competition and the scoring rules, Since 2019, our hospital has been the chief editor and editor of the “13th Five-Year Plan” series of teaching materials for medical cosmetology technology published by Fudan University, including “Cosmetology Application Anatomy”, “Cosmetology Instrument Application”, “Cosmetology and Body Technology”, “Cosmetology Industry Enterprise Cognition”, “Cosmetology Etiquette” and “TCM Cosmetology Technology”.

Based on international exchanges with foreign universities such as Daegu Mirae University in South Korea, and for international students majoring in medical cosmetology technology, our institute has translated Chinese-English textbooks “TCM Cosmetology” and “500 Questions on TCM Cosmetology” and integrated professional English into daily teaching. [2]

## **2.3 Skills competition can improve students’ learning ability and enhance their self-confidence**

The independent learning ability of students in higher vocational schools is not enough, and many students are not enthusiastic about theoretical learning, but are more interested in hands-on courses. The platform of vocational skills competition can demonstrate and stimulate students’ learning motivation. Participate in the skills competition, from the beginning of the player registration, training, assessment, school screening, municipal competition, provincial competition, layer by layer selection, and finally select the best students to participate in the national competition. This process not only improves the skills continuously, but also improves the professional theoretical knowledge. In this process, students’ self-confidence, endurance and independent learning ability have been exercised and gained growth.

## **2.4 Skills competition promotes the construction of training bases inside and outside the school**

Skills competition emphasizes the ability to operate skills, effectively promote colleges and universities to strengthen the establishment of medical cosmetology training room, in recent years, the school has accumulated a medical cosmetology training center, including Chinese herbal cosmetics laboratory, ultrasonic cosmetology training room, shape simulation training room and other 28 practical training rooms. At the same time, we will add experimental equipment, expand laboratories and improve campus experiment hardware according to the needs of skill competition and industry development every year.

To promote learning by competition, the need of skill competition, the school adds a second classroom, so that students can make full use of the training room for operational practice. The school continues to increase cooperation with various beauty institutions and enterprises to strengthen the construction of internship bases. Through the above measures, the medical cosmetology major provides favorable conditions for students to comprehensively improve their medical aesthetic operation skills.

Based on the skills competition, our school adheres to the school-running philosophy of “University and enterprise parallel, science and technology and wealth win-win”. The implementation of school-enterprise cooperation, international exchange education model, school-enterprise cooperation, and joint participation in the training process of talents, with two different educational environments and resources of schools and enterprises, through the organic combination of classroom teaching and vocational skills competition, to

cultivate high-quality technical and technical talents suitable for the needs of enterprises to meet the needs of vocational positions and meet the requirements of production, construction, service and management.

### **3. Thoughts on the professional skills competition of medical cosmetology technology**

After years of practice, guided by vocational skills competition, the development of the college has played a positive role, and the development of things is dynamic and spiraling. Vocational skills competition how to better develop, there are a few thoughts.

#### **3.1 Declaration of events**

The application of the competition must be based on domestic and foreign market research and market-oriented industry demand. The assessment content and evaluation criteria of the competition should be based on the operation of the market. However, the content of some professional competitions is too market-oriented and disconnected from teaching. Competition for the sake of competition, some schools have achieved excellent results in the skills competition, but the integration of skills competition projects with daily teaching is not high. As a result, if the effect of skill competition is not connected with daily teaching and curriculum setting, it cannot achieve the purpose of promoting learning and teaching through competition.

How to solve this problem, the competition declaration work should be completed jointly by teachers of the college and enterprise personnel, the application of competition items to do a good job of market research, enterprise personnel understand technology, have rich operational experience, college teachers are good at text organization and editing, enterprise personnel and teaching teachers understand the profession, and jointly complete the competition declaration.

#### **3.2 Foreign exchanges and cooperation in running schools**

The green and healthy beauty concept of TCM beauty has become the consensus of the world, and the internationalization of TCM beauty education can have greater prospects for development. Through the study of international cooperation channels, it is conducive to improving the international cooperation level of medical cosmetology technology major. Under the development tide of international exchanges and integration, advanced concepts and methods in foreign cosmetology are constantly absorbed to be used in vocational skills competitions, enriching and improving medical cosmetology technology education, and truly realizing the globalization of TCM cosmetology. So that the level of the skills competition has a greater surpass. <sup>[3]</sup>

#### **3.3 Coordination of normal teaching and skills competition training**

With the increasing popularity of vocational skills competitions, colleges and universities attach great importance to the organization and results of skills competitions. Some vocational schools are in a state of preparation all year round. After the competitors determined to participate, some of them left the original class and entered the all-weather intensive training. Guidance teachers also need to accompany and guide, in addition to their normal teaching tasks, work overtime during the week and weekends to guide students.

In the long run, skills competition can promote vocational education to deepen teaching reform, promote beauty international exchanges, strengthen school-enterprise cooperation, and the result of vocational skills competition is also a test of the quality of vocational education. Only through continuous practice, summing up experience, encountering problems and solving problems can we promote the healthy growth of vocational skills competition and truly become a powerful starting point for vocational education.

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Wenjing Dong, born in 1982, female, Han nationality, Xi 'an, Shaanxi Province, bachelor, teacher, lecturer, research direction: Vocational education