

Research on the Path of Integrating College Students' Mental Health Education into Ideological and Political Education in Colleges and Universities

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Abstract: Ideological and political education is the key content of teaching activities in colleges and universities, which is not only related to the growth and development of students, but also related to social development and progress. Therefore, in daily teaching activities, we should give full play to the ideological and political advantages, and actively cultivate students' ideological and political literacy, so as to improve the overall ideological and political consciousness, and improve the political and cultural status of students and schools. In this process, it is worth noting that the cultivation of students' ideological and political education personalized development goals, reasonable integration into the content of college students' mental health education, to promote college students to have a strong will, at the same time, promote the promotion of students' ideology, so as to promote the level of ideological and political education, efficiency.

Keywords: Ideological and political education in colleges and universities; Mental health education of college students; Integration path

Introduction:

The content of mental health education should be integrated into ideological and political education. When conducting ideological and political education for students, a unique and personalized way should be used to promote students' understanding of the content of ideological and political education and the importance of mental health. At the same time, the negative content of mental health should be used as "negative teaching materials" to provide warning education to students, guide them to understand the negative content and its harm, consciously "seek advantages and avoid disadvantages", and gradually improve the cognitive level, enhance the consciousness and ability of distinguishing right from wrong, and improve the height and width of students' political thought as a whole. Ideological and political education, which integrates mental health education, needs to reflect more socialist core values in basic teaching, and carry out targeted teaching according to the development characteristics and differences of different students, so as to improve the core literacy of each student and make them have a fuller understanding of the society, so that they can give full play to their ideological advantages and better adapt to the society in their future life and work.

1. Respect the Subject and Carry out Individualized Ideological Education

Adhere to the "people-oriented", actively change the teaching concept, and then promote students to understand the ideological and political content, promote students' ideological consciousness. No matter what stage of teachers, should be clear: students are the main body of teaching, teachers are the guide of education and teaching^[1]. Therefore, in the daily teaching activities, especially in the process of ideological and political education, students should prevail, through the mastery of students' learning situation, combined with the needs of social development, to carry out effective teaching promotion.

Ideological and political education also needs to be linked with the reality of life, thinking comes from life, higher than life. Especially in the contemporary network content "rampant" situation, college students' mental health and network environment has a great relationship. Therefore, in specific teaching activities, teachers can combine some social phenomena in real life to show students the deep meaning of ideological and political content, so that students can use life practice to improve their understanding

of ideological and political content, and be able to effectively apply it in life practice to promote personal life and work philosophy.

Such as organizing webcast classes, online knowledge answering activities, etc., to respect students' dominant position and deepen their understanding of socialist core values in the promotion of students' self-worth. Actively use the power of "network associations" to issue "recruitment orders" on the campus network, with students' active interests and hobbies, to stimulate their enthusiasm for learning Internet technology and with their own understanding of Internet technology, to promote more professional knowledge and active learning ideas, guide more people to actively learn, and help the smooth implementation of Internet-related education and publicity work.

Or, organize and carry out social welfare activities, experience the process of "serving the people", and then deeply understand the fundamental purpose of the red gene, and experience the spirit of hard work in the activities. For example, organize and carry out activities such as "Nursing Home Service Day", "Send warmth to the disabled" and "Cleaner Day" to promote students' understanding of the concept of "service", and further deepen their understanding of the socialist cause and core values, and increase At the same time of identity, promote the formation of independent consciousness and educate students.

2. Red Ideology and Politics, Introducing Revolution to Raise Positive Education

Ideological and political education needs to combine theory with practice, deepen theoretical education in practice, and give full play to the role of teaching. The integration of red gene into ideological and political education activities can effectively make up for the deficiencies in ideological and political education, further enrich the content of education, and enhance students' recognition of red classic culture.

For example, the education process is integrated into the study of the cultural ideas embodied in the red base (old revolutionary base areas, history museums, martyrs cemetery, revolutionary memorial hall, etc.), and can learn more about the content of red stories under the influence of culture. Help students jump out of the small circle of individual growth, focus on a more open perspective, think about the relationship between individual development and group, nation and national development, and form a positive and healthy psychology [2]. Increase the vitality of ideological and political education, and carry out ideological education and consciousness promotion education in a way that is more in line with the thinking habits of contemporary college students.

One of the most basic contents of the red gene is the fighting spirit of "not afraid of hardship and death". Therefore, in the ideological and political education activities, the integration of red gene education can effectively cultivate students' spiritual quality of hard struggle, so that they can face the pressure of work and life with a more positive attitude. The revolutionary ancestors won the final victory by virtue of their strong and unyielding spiritual will. Contemporary college students also need to have such spiritual qualities to effectively deal with the difficulties in work and life, and constantly motivate themselves, break through themselves, and finally achieve themselves in the process of finding solutions.

Such as with the help of campus culture construction, into the red gene. Specifically, it can be carried out by organizing and carrying out keynote speech competitions, with the theme of red culture, encouraging students to independently design the organization form of activities and innovate the form of competition. Or combine with major national festivals and large-scale activities, such as the founding day, national day, military parade, etc., to organize and carry out red campus cultural activities, so as to remember the history and promote the inheritance and development of red culture. For example, holding solicitation competitions, interviewing revolutionaries of the older generation, and watching red classic film and television works, etc., to create a red cultural atmosphere on campus as a whole, form a cultural edification situation, cultivate students' national awareness, family and country feelings, and firmly establish the "Chinese nation community consciousness", Promote the improvement of its thinking quality, deepen the development of thought and behavior, and improve the level of mental health.

3. Evaluation Guidance, Cultivate the Consciousness of Self-reflection

Effective teaching evaluation can encourage students to form a sense of self-reflection while learning ideological and political content. One is to reflect on whether they have met the requirements of ideological and political education, and the other is to reflect on whether their learning and understanding of ideological and political content is accurate, In place, whether to practice ideological and political content after learning [3]. In the case of two-way reflection, students can continue to improve the depth and height of their thoughts, and consciously reflect on whether their thoughts and behaviors are "healthy", and whether or what measures should be taken to help them out of the predicament. On the basis of horizontal and vertical development of thought, we can effectively change the behavior of learning and professional development, and improve the individual's professional practice and innovation ability.

For example, in teaching activities, the Internet is used to create an integrated model of online and offline teaching evaluation. In the process of assigning learning tasks for students, the Internet is used to provide students with convenient conditions for completing

tasks. At the same time, the network memory function is used to effectively “record” the process and specific content of students’ completion of ideological and political education course tasks, so as to facilitate teachers’ viewing and evaluation. In particular, the evaluation content can be fed back to the students at the first time after the teacher’s evaluation, so that the students can understand and adjust in time, and effectively improve the quality of homework completion. Teachers can also properly contact students’ learning performance when evaluating, link it with the corresponding ideological and political content, and guide students to reflect on their own behavior. Taking accounting teaching as an example, when teachers link students’ performance in accounting practice with “scientific development concept” and “rigorous scholarship”, and even with “sense of social responsibility”, they will give students professional ethics and professional ethics. With the education and guidance, students’ future efforts and social practice goals will be more clear. However, it is worth noting that in the actual guidance process, it is necessary to fully consider the acceptance of students and whether they can accept it sincerely, to minimize the resistance of students, to consider the sentences of evaluation feedback, and to respect students., Give reasonable guidance.

Conclusion:

To sum up, ideological and political education has an important impact on the growth of students, and the integration of mental health education content also has a positive role in promoting the development of college students. Through the mental health education of college students, students can fully understand the ideological and political connotation. In the future life and work, they can deeply integrate the ideological content of the party and government into the development, creation and cultivation thoughts, and guide themselves to move forward. For students who are about to walk out of campus and enter society, this is not only an ideological baptism, but also a guide for life opportunities. In the process of continuously strengthening ideological and political education and mental health education, it can make students better understand and understand China The connotation of the development of the socialist cause, in the future work, give full play to creative talents, and provide effective assistance for self-development and social progress.

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