

Research on Strategies for Cultivating Practical Ability of College Students Majoring in Applied Psychology

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Abstract: The applied and practical characteristics of applied psychology major are relatively prominent, and practical ability is a necessary ability and quality for students in this major. Applied psychology researchers and workers need to be based on social reality, subject characteristics, and student needs, and have strict requirements for their own practical skills. Strengthening the cultivation of practical abilities for college students majoring in applied psychology plays an important role in their future development and career achievements. Therefore, the article analyzes the necessity of cultivating practical abilities for college students majoring in applied psychology and proposes several specific training strategies.

Keywords: Applied Psychology major; College students; Practical ability; Training strategies

With the rapid development of our society, people's pace of life is constantly accelerating, and many people have developed psychological problems to some extent as a result. With the widespread promotion of psychology in China, people have gradually realized the importance of psychology. In recent years, in order to meet the needs of social development, the education department has gradually opened up the professional setting of psychology, and many universities have opened up applied psychology. As an emerging discipline, this discipline utilizes psychological techniques, theories, and methods to intervene or change psychological behavior, improve psychological quality. It involves various aspects of personal and social life, and has strong professional practicality. It is precisely because of this that China is paying more and more attention to the cultivation of practical abilities for students majoring in applied psychology, and its position in the field of psychology is also becoming increasingly important.

1. The Necessity of Cultivating Practical Ability for College Students Majoring in Applied Psychology

1.1 Can meet the needs of social development, education reform, and market economy

The training goal of the education department for college students majoring in applied psychology is to enable them to not only master the basic knowledge and skills of psychology, but also to be competent in relevant psychological counseling and treatment, psychological education and management, technology development, and other related work in public welfare institutions, government institutions, and private enterprises in judicial, educational, medical, and other departments, enabling them to grow into senior professionals in the field of psychology. At the same time, the goal of the Applied Psychology major is to cultivate versatile and high-quality applied talents. In addition to possessing strong psychological knowledge, students should also be able to extend psychology to various fields such as economics and culture. In practical work, not only can they engage in psychology related businesses, but they can also analyze psychological problems. Therefore, emphasizing and strengthening the cultivation of practical abilities for college students in this major can meet the needs of current social development, school education reform, and market economy development.

1.2 Can provide guarantees for the employment and development of college students

Applied psychology is an emerging discipline with strong applicability. At present, many college students majoring in applied psychology find themselves lacking in professional skills after entering their job positions, resulting in many problems in the actual work process. Employers lack a clear understanding of the problems faced by college students, leading to significant deviations in their employment practices. Faced with the current high demand for the cultivation of psychology major college students from various

social classes, major universities have begun to continuously increase their training efforts and attach importance to the cultivation of students' practical abilities to ensure that students can find and be competent in professional jobs after graduation. According to relevant data, there is an increasing number of applied psychology majors offered by major universities in China, and the number of students in this major has sharply increased, making it difficult for many students to find suitable jobs after graduation. The lack of professional knowledge and operational abilities has led them to choose other positions in the fierce employment competition. Therefore, China must make timely optimizations and adjustments to the practical ability cultivation strategies of applied psychology major college students, in order to provide good guarantees for their employment and development.

1.3 Meet the quality training goals of college students in this major

In the process of cultivating practical abilities for college students majoring in applied psychology, students not only need to possess a professional psychological knowledge framework and be able to analyze human social psychology, but also have strong psychological practical operation skills. Only in this way can students provide correct guidance on people's psychological problems in future job positions. At the same time, students should also learn other skills related to psychology, such as psychological measurement, experimental skills, consultation and communication for psychological problems. Having strong practical ability is one of the important evaluation indicators for evaluating the excellence of psychological professionals. According to research on relevant data, many college students majoring in applied psychology in China have a relatively sufficient grasp of psychological knowledge, but there is still significant room for improvement in practical operability. If students lack practical opportunities during their school years, they may not be able to handle problems in a timely and effective manner, resulting in problems in the cultivation of applied psychology talents. Therefore, it is necessary for Chinese universities to strengthen the cultivation of practical abilities for students in this major, in order to meet the goal of cultivating students' professional literacy.

2. Strategies for Cultivating Practical Ability of College Students majoring in Applied Psychology

2.1 Strengthening the Professional Practice Literacy of the Teaching Team

In the teaching of applied psychology, strengthening teachers' professional practical literacy is the key to cultivating students' practical abilities. In current education and teaching, many psychology teachers, although possessing solid professional theoretical knowledge and conducting theoretical teaching without problems, lack practical operation and problem-solving experience. Their practical teaching is mostly superficial, and the teaching content is too empty. Students are also unable to obtain effective practical knowledge in the teaching process. In order to change this situation, major universities should regularly organize psychology professional practice teachers to enter enterprises for in-depth learning and practice, so that teachers can keep up with the pace of the times and market economy development, in order to improve the quality of psychology professional practice teaching and effectively enhance teachers' practical skills. From this, it can be seen that having a professional teaching team with strong practical abilities is of great significance for the development of psychology. Universities need to attach importance to the construction of a professional teaching team with rich practical experience, in order to carry out efficient professional teaching practice activities and comprehensively improve the practical teaching level of teachers.

2.2 Establishing an innovative classroom teaching model

At present, there are still significant limitations in the teaching of applied psychology majors, and there is a lack of education on professional application. The purely theoretical teaching carried out by teachers poses many difficulties for students' learning. The overly abstract psychological knowledge, if not combined with practice, will make it difficult for students to resonate with theoretical knowledge. This single teaching mode increases the difficulty of students' learning, and the teaching effect of teachers cannot reach the ideal state, bringing great problems to talent cultivation. In order to reduce students' learning difficulty and change the situation where psychological knowledge is too abstract, teachers need to provide concise and simplified explanations of theoretical knowledge in classroom teaching. At the same time, in the corresponding practical operation process of psychological knowledge, teachers should highlight the teaching subject status of students, guide them to perceive the development process of the situation during the learning process, and provide timely guidance for problems that arise during the practical operation process. Through various simulation methods, students' practical process should be optimized, so that they can improve their practical ability while mastering theoretical knowledge solidly. In order to apply the knowledge and skills learned to solve practical problems in future job positions.

2.3 Develop a plan for cultivating outstanding practical abilities

Teachers majoring in applied psychology should develop plans that highlight the cultivation of students' practical abilities based

on teaching laws and social needs, and plan in detail the specific requirements, methods, approaches, and fundamental objectives of the cultivation. From a practical perspective, the applied psychology major mainly includes five parts: theoretical practice, social practice, skill and skill practice, creativity, and academic completion practice. When formulating training plans, teachers should highlight teaching priorities and develop targeted practical ability training plans based on each major direction in each grade, ensuring that the developed practical system of applied psychology is both independent and interconnected. In addition, teachers should pay attention to optimizing the teaching system, appropriately increasing the teaching proportion of practical courses, setting targeted skill training courses, and ensuring that the proportion of theoretical courses and practical courses is relatively consistent.

2.4 Building a practical ability assessment and evaluation system

Currently, many applied psychology majors in China still focus on students' learning abilities and neglect the assessment of their practical abilities. Therefore, it is necessary for teachers to build a comprehensive evaluation system, so that students can recognize their shortcomings and ensure the further improvement of practical teaching quality. Teachers can adopt diversified evaluation methods and skill assessments to understand students' practical abilities, and adopt a policy of separating teaching and examination. They can organize professional talents to evaluate students, allowing them to access actual psychological counseling cases and research through practical psychological report assessments, so that they can discover problems as soon as possible and learn to analyze and solve problems in a timely manner.

Conclusion:

The cultivation of students' practical and applied abilities in the field of applied psychology is crucial for their personal and professional survival and development. Therefore, universities should pay sufficient attention to this and strengthen the cultivation of teachers' professional practical literacy. Teachers should also actively change their talent cultivation and educational concepts, keep up with the pace of education system reform, continuously optimize practical teaching models, teaching plans, and assessment and evaluation systems, in order to meet the requirements of social development and market economy for high-quality talent cultivation, and ensure that the applied psychology major has more development prospects.

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