

# Exploring the Combination of Ideological and Political Education and Mental Health Education in Colleges and Universities

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**Abstract:** With the continuous development of social economy,it has become more and more important that the combination of ideological and political education and mental health education in colleges and universities.Students will inevitably encounter some psychological problems in the process of study and life,which is one of the important reasons for the combination of ideological and political education and mental health education in colleges and universities.Firstly,the combination of ideological and political education and mental health education in colleges and universities can help students to self-regulate,establish a correct outlook on life,values and world outlook,and better adapt to the society;Secondly,the combination of ideological and political education and mental health education can help students realize their self-worth better.Finally,the combination of ideological and political education and mental health education in colleges and universities can help students solve the problems in study and life and promote the all-round development of students.This paper analyzes this content.

**Keywords:** Ideological and political education in colleges and universities;Mental health education;Exploration of combined path

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## 1. Integrating Mental Health Education into the Ideological and Political Courses

Political course is the main course of ideological and political education for students.In the new era,in order to combine ideological and political education and mental health education in colleges and universities,it is necessary to combine the two organically,which requires the training of ideological and political teachers,so that they can understand the content of mental health education and integrate mental health education into ideological and political teaching.Through the organic combination of mental health education and ideological and political teaching,it can better help students solve the problems in study and life,so as to establish a correct outlook on life,values and world outlook.Ideological and political teachers can integrate the content of mental health education into the course explanation process,and make students understand some common psychological problems and their solutions by explaining mental health knowledge.For example,when studying the course“Introduction to Mao Zedong Thought and the Theoretical System of Socialism with Chinese Characteristics”,teachers can give students some explanations about setbacks,so that students can understand that setbacks are a situation that everyone will experience.When explaining this part of the content,teachers can explain the problems encountered by students in the learning process to help students realize that setbacks are not terrible,and to overcome setbacks,they need to carry out positive self-regulation,and finally make students better understand setbacks.

## 2. Creating a Good Classroom Atmosphere and Improving Students'Attention to Mental Health Education

The combination of ideological and political education and mental health education in colleges and universities can improve students'comprehensive quality and help students realize their self-worth better.Therefore,in the process of the combination of ideological and political education and mental health education in colleges and universities,it is necessary to create a good classroom atmosphere and improve students'attention to mental health education.Firstly,teachers need to change the traditional teaching concept and mode,establish a student-centered teaching mode,and create a relaxed,pleasant and relaxed teaching atmosphere for students in the teaching process,so as to stimulate students'learning interest in ideological and political education and mental health education

in colleges and universities. Secondly, in the process of combining ideological and political education and mental health education in colleges and universities, teachers can organize various forms of rich and colorful activities to improve students' attention to mental health education. Through these activities, students can better understand themselves and better understand the significance of the combination of ideological and political education and mental health education.

### **3. Providing Psychological Health Education in Employment Guidance for College Students**

In the employment guidance for college students, mental health education should be carried out in various forms, so that students can realize their own value, achieve psychological balance, and make them clearer about their life direction. In the employment guidance for college students, mental health education is the key and difficult point. Firstly, some successful people can be invited to give career guidance to college students, so that they can better understand their career planning and life planning. Secondly, students can be organized to participate in some activities such as career simulation competitions, so that students can test their knowledge and skills in practice. Through these activities, students can not only learn their own strengths and weaknesses, but also learn how to better improve themselves. Finally, some professional teachers can be invited to conduct mental health education and training for college students. In the process of training, teachers should focus on introducing the importance of mental health education to students, and at the same time tell students how to regulate their emotions and psychological states in the process of employment. In this way, it can help students better understand the realization of self-worth.

It is an important task to carry out mental health education in the employment guidance for college students, which needs the joint efforts of schools, teachers and students. Schools can set up some special mental health education centers; Teachers should make use of every opportunity to carry on mental health education to students; Students should also learn to correctly understand their own psychological conditions and regulate their emotions. Only the three cooperate with each other can better promote the healthy growth of college students.

### **4. Enriching the Content of College Students' Mental Health Education and Giving Full Play to the Role of Ideological and Political Education**

In the process of carrying out mental health education for college students, we should not only pay attention to students' mental health, but also pay attention to students' ideology and politics, guide students to establish a correct outlook on life, values and world outlook, help students correctly understand the world and understand themselves, and help students establish lofty ideals. Therefore, the content of mental health education in colleges and universities should be rich and varied to give full play to the role of ideological and political education. When carrying out the mental health education for college students, we should first pay attention to the ideological and political education for college students, and use ideological and political courses to help college students understand the fundamental policy and relevant policies and regulations. Secondly, it is necessary to carry out a variety of mental health education activities, such as organizing college students to conduct group activities, social practice activities, etc., and help students understand the social development trend, understand the social situation, understand the national conditions, policies and regulations in the activities. Finally, we should give full play to the advantages of ideological and political education and mental health education, and organically combine the two. For example, those learning activities about "Youth Study" and other related content on the ideological and political classes in colleges and universities can make college students understand national events, current affairs, hot spots, economic situation and so on; Organizing college students to visit and study in the Red Revolution base can enable them understand the historical and cultural knowledge and revolutionary spirit. These activities enrich the content and form of college students' mental health education. For example, in the ideological and political classes of colleges and universities, students are organized to carry out the theme class meetings with the theme of "My youth dream" and Learning activities related to "Youth Study" and other related content. When carrying out mental health education activities, we can give full play to the role of ideological and political education and organically combine the two. For example, by carrying out "mental health knowledge lectures", "mental health knowledge competitions" and other related content learning activities, we can help students understand mental health knowledge and correctly understand themselves.

### **5. Improving the Comprehensive Quality of Teachers and Enhancing Their Professional Ability**

Teachers play a vital role in the combination of ideological and political education and mental health education in colleges and universities. Their comprehensive quality and professional ability directly affect the effect and quality of education. Therefore, to

improve the comprehensive quality of teachers and enhance their professional ability is the key to promote the combination of ideological and political education and mental health education in colleges and universities.

Firstly, teachers need to have a solid professional theoretical knowledge. Ideological and political education and mental health education are both the field of specialization, and teachers need to deeply understand their theoretical system in order to better teach students. Therefore, teachers need to continue to study and research to improve their professional quality. At the same time, teachers also need to understand the relevant psychological and pedagogical knowledge in order to better understand and solve the problems of students in ideological politics and mental health. Secondly, teachers need to have good educational skills. Teachers not only need to be able to clearly convey knowledge, but also need to be able to effectively guide students, stimulate their learning interest and motivation. Therefore, teachers need to have good teaching design, teaching organization and teaching evaluation skills. At the same time, teachers also need to have good communication and coordination skills in order to better communicate and cooperate with students, parents and communities. Finally, teachers need to be capable of continuous learning and reflection. Education is a constantly changing and evolving field, and teachers need to constantly learn and reflect in order to adapt to changes and developments in education.

## 6. Conclusion

In general, the combination of ideological and political education and mental health education in colleges and universities is a task of far-reaching significance. Integrating mental health education into ideological and political courses cannot only improve students' ideological and political quality, but also help students establish a correct world outlook, outlook on life and values. Creating a good classroom atmosphere and increasing students' attention to mental health education can better integrate mental health education into their daily lives. In the employment guidance for college students, providing psychological health education can help them better cope with employment pressure and realize their self-worth. Enriching the content of health education for college students and giving full play to the role of ideological and political education can make mental health education more targeted and effective. Improving teachers' comprehensive quality and enhancing their professional ability can provide more powerful support for mental health education.

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