

Research on the Path of College Counselors Carrying out Psychological Health Education for College Students

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Abstract: The stage of college students is a period of intense psychological fluctuations, facing many difficulties and challenges such as academic pressure, interpersonal relationships, and future planning. Therefore, mental health education for college students is particularly important. College counselors, as professional psychological counselors, play a crucial role in mental health education. By developing personalized psychological counseling programs and organizing diverse mental health activities, counselors can help college students solve psychological problems, enhance psychological resilience, and promote healthy growth.

Keywords: College counselors; Psychological health of college students; Educational path

Introduction

College counselors play an important role in the mental health education of college students. This study aims to explore how college counselors can carry out psychological health education pathways to meet the needs of different student groups. Through personalized psychological counseling, group psychological counseling, and various forms of mental health activities, counselors can promote the mental health growth of students. This article will analyze and explore the importance and methods of college counselors carrying out psychological health education for college students from different perspectives.

1. Analysis of the Current Situation of Psychological Health among College Students

A survey shows that college students generally suffer from psychological disorders such as anxiety, depression, interpersonal problems, and self-identity confusion. Among them, academic pressure, employment pressure, interpersonal relationships, family factors, etc. have become one of the main factors affecting the mental health of college students. In addition, the rapid development of modern technology has also brought new psychological problems such as information anxiety and social anxiety to college students, making their mental health problems more diverse and complex.

The reasons that affect the mental health of college students are multifaceted. Learning factors include excessive academic pressure, unclear learning interests, and exam anxiety. Life factors include tense interpersonal relationships, family changes, and unclear personal development plans. Social factors include insufficient social adaptability, excessive competitive pressure, and uncertain employment prospects. These factors interact with each other and can easily lead to the emergence and exacerbation of psychological problems among college students. Psychological health education in universities is an effective way to alleviate the psychological problems of college students, but it also faces a series of challenges in practice. Some universities have not yet established a sound mental health education system and lack professional guidance and guidance; The promotion channels and methods of mental health education are relatively single and cannot cover all student groups; Due to the personalization and complexity of student psychological issues, traditional psychological counseling methods may not be able to meet the needs.

2. Analysis of the Role of College Counselors in Psychological Health Education for College Students

2.1 The positioning and role of college counselors in mental health education

College counselors, as professional psychological counselors around college students, play an important role in mental health education. They bear the responsibility of guiding students to understand themselves and solve psychological problems. Through

face-to-face communication and personalized counseling with students, they help them establish a positive and healthy mentality. Counselors also play a crucial role in handling psychological crises and providing psychological counseling. In addition, counselors can popularize mental health knowledge, improve students' psychological quality, and promote the mental health growth of all students through holding lectures, training, and other methods.

2.2 The advantages of college counselors in mental health education

Counselors participate in most of the affairs and activities of students, serving as the “mouthpiece” for students, parents, school authorities, and society. They can make full use of their work to understand students' family education, social internships, or school learning situations, and effectively eliminate negative emotions generated by students in various social relationships. From an emotional perspective, at present, most counselors are outstanding graduate students who have graduated from universities. Their comprehensive qualities, psychological characteristics, and life concepts are closer to those of college students. The similarity in life experiences can make it easier for college counselors to communicate with college students and enter their hearts. In the exchange and sharing of experiences with counselors, students will feel “understood”, “supported”, and “empathetic”, and are more willing to open up and express their inner thoughts to counselors. Older counselors, on the other hand, have a more experiential advantage in mental health education, being able to provide warmth and care for the spiritual world of students from the perspective of elders, allowing them to let go of their guard and cooperate highly.

2.3 Exploring the Psychological Health Education Ability and Literacy of Counselors

As professionals engaged in mental health education, college counselors need to possess certain abilities and psychological qualities in mental health education. On the one hand, counselors should have a good foundation of psychological knowledge and professional skills, be able to accurately analyze students' psychological problems, and take effective psychological intervention measures. On the other hand, counselors need to have high emotional intelligence and communication skills, be good at listening to students' voices, understanding their inner needs, and establishing good teacher-student relationships. In addition, counselors need to keep up with the times, lifelong learning, constantly learn and improve their own mental health knowledge, constantly improve their professional ethics and psychological adaptability, in order to better serve the mental health of students.

3. Exploration of the Path for College Counselors to Carry out Psychological Health Education for College Students

3.1 Planning and Design of Mental Health Education Pathways

College counselors need to conduct comprehensive path planning and design in carrying out mental health education to meet the psychological health needs of college students. Counselors can design and provide specialized mental health courses, systematically imparting mental health knowledge, cultivating mental health skills, and helping students establish correct psychological concepts and positive psychological adjustment strategies. This type of course may include basic knowledge of mental health education, stress management skills, emotional regulation methods, etc., aimed at improving students' awareness of mental health and self-management abilities. For example, emotional expression workshops, interpersonal communication training, etc. can be organized to enable students to discover themselves, express emotions in a safe and supportive environment, and learn cooperation and support through interaction with others. In addition, collaborating with other relevant departments on campus to carry out comprehensive mental health projects is also an effective path design approach. Counselors can collaborate with psychological counseling centers, student affairs offices, etc. to jointly carry out professional psychological support projects such as psychological counseling services, psychological testing and evaluation, and provide students with more comprehensive and personalized psychological assistance. Through collaboration with other departments, counselors can integrate campus resources, provide diverse mental health services, and enable college students to receive more comprehensive care and support.

3.2 Research on Diversified Psychological Health Education Strategies

Diversified mental health education strategies are crucial for meeting the needs of different student groups. Firstly, college counselors can provide personalized psychological counseling. Personalized tutoring is the process of developing intervention plans based on the specific situation and problems of students, and providing targeted assistance and support. Through one-on-one face-to-face communication with students, counselors can help students better understand the essence of their own problems and develop solutions that are tailored to their individual situations. This personalized tutoring method can better meet the special needs of each student and provide personalized psychological support in a targeted manner.

In addition to personalized and group psychological counseling, college counselors can also adopt other forms of mental health

education strategies. For example, organizing symposiums, special lectures, and psychological academies to provide students with a platform for psychological communication and sharing. These activities can organize students to engage in discussions on mental health topics of concern, allowing them to share their experiences and insights. Such activities help to enhance understanding among students, reduce psychological loneliness, and stimulate their motivation for thinking and self-growth.

3.3 Psychological health promotion methods based on new media

With the rapid development of new media, college counselors can use new media platforms to carry out innovative ways of promoting mental health. We can establish WeChat official account, website and other platforms for mental health education to push mental health knowledge, case analysis and other content, so that students can access information and resources at any time. Counselors can design and produce interesting and vivid mental health education videos, animations, etc., which can be disseminated in classrooms, bulletin boards, social media and other channels to improve student participation and acceptance. In addition, counselors can also encourage students to participate in online discussions and questionnaire surveys on mental health topics, leveraging the interactivity of social media to expand the influence of mental health education.

Conclusion

In summary, it is of great significance for college counselors to conduct research on the path of mental health education for college students. The combination of personalized counseling, group activities, and new media promotion is the key to improving the effectiveness of mental health education. I hope that through the unremitting efforts and innovation of counselors, college students can better manage their mental health and face future challenges. At the same time, we also look forward to more research on the path of mental health education for college students in the future, making greater contributions to improving the mental health level of college students.

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