

# Analysis of the Ideological and Political Courses in Colleges and Universities to Help College Students Establish Healthy Personality

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**Abstract:** Modern society values personality to a great extent. Therefore, how to cultivate a healthy personality for college students has become the focus of general concern in society. A healthy personality is of great significance to the development of college students who are the future builder of a socialist modern society. This article is an analysis of relevant concepts of college students' healthy personality to explore the interrelationship between Ideological and Political Courses in colleges and students' healthy personalities, focusing on the exploration of effective ways to cultivate healthy personalities of college students with the help of Ideological and Political Courses in order to prepare high-quality talents to contribute to the construction and development of an innovative country.

**Keywords:** College Ideological and Political Courses; College Students; Healthy Personality; Construction Approach

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In recent years, with the development of globalization and information sharing, the frequent occurrence of security incidents on university campuses at home and abroad has caught people's eyes. The term "healthy personality" of college students has been on the cusp of attention. As the important stage in the development of young people's personality, colleges and universities must realize the importance of cultivating the healthy personality of college students and set it as an important goal in the education system to ensure the healthy development of college students because this is an intangible wealth that supports students to actively and healthily participate in their work and life in the future. However, within the increasingly complex social environment, the personality training on campus is not sufficient enough. Many schools not only ignore the necessity of personality training but also have no idea about establishing a healthy personality for students. This article provides the teaching focus and connotation of Ideological and Political Courses in higher vocational schools to prove that it is feasible to help college students establish a healthy personality with the help of Ideological and Political Courses in colleges and universities.

## 1. The connotation of healthy personality for college students

Personality refers to a person's characteristics, temperament, and abilities, which is a unified representation of the person at the ideological level, moral cognition, and behavioral attitude. For contemporary college students, establishing a healthy personality can help ensure that they can adapt to a variety of environments and establish a healthy psychological cognition and rightful code of conduct that conforms to the public morals and their inner psychological pursuit. A healthy personality can help them to take the initiative to adjust their mental and psychological state in a reasonable way, to make the most positive choices when there are conflicts between the inner self needs and the external environmental interests so that to positively participate in the social and

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economic development and become the builder of the socialism cause. However, with the enrichment of information technology and network resources, college students are facing more and more temptations. If they do not own a healthy personality, college students are likely to lose themselves and fail to make contributions to society. A healthy personality, on the other hand, helps college students build a rightful personality and play a positive role to hand in social development.

## **2. The relationship between college ideological and political courses and the healthy personality of students**

The above mentioned the connotation and importance of a healthy personality for college students. The cultivation of a healthy personality for students at the university stage has made certain progress. Among various education approaches, the Ideological and Political Course has unique advantages because it is related to the healthy personality of college students closely.

### **2.1 To cultivate a healthy personality for students is the focus of ideological and political courses in colleges and universities**

First, the Ideological and Political Course is an important part of college education and teaching activities. It's a basic course for all majors in colleges and universities, and each major requires students to earn certain ideological and political credits. The ideological and political classroom has thus become an important platform for the cultivation of a healthy personality to provide resources, teaching content, and an academic atmosphere for students to develop a healthy personality. Second, the basic objective of college Ideological and Political Course is to foster personality that the educational function of the course in colleges and universities can be interpreted as to cultivate people with high moral integrity.

### **2.2 The foster of healthy personality for college students promotes the innovation and development of ideological and political classrooms**

Obviously, if college students have a healthy personality, they can better help complete the teaching content of the Ideological and Political Courses. Students must be able to improve their ideological and political qualities in the classroom, to have correct aesthetic sentiments, and to form a positive attitude towards life. College students with a healthy personality can handle contradictory relations and interest disputes in life and study. For example, college students with a healthy personality can accurately grasp the thoughts of the 19th National Congress report, understand and practice the socialist core values, and carry out ideological and political education activities.

## **3. Approaches for college ideological and political courses to help students establish healthy personality**

### **3.1 Enrich the personality of college students with the help of classroom teaching**

The cultivation of healthy personalities is a long-term mission, which runs through the entire learning stage of the university, including every code of conduct and thought development of students. Therefore, in the Ideological and Political class, it is necessary to clearly realize the task of establishing a healthy personality, adopting a persevering attitude, and completing the cultivation of healthy personalities subtly through the classroom activities. First, the Ideological and Political Course enriches the ideological and moral character of college students, which are also important components of the ideological and political teaching in colleges and universities. It is advisable to introduce simple and easy-to-understand examples of ideological and moral deeds to guide students to form good moral qualities, for example, some cases in life that violate social codes, spitting, not offering seats to the elders, running red lights and other negative behaviors. Through critical analysis of these behaviors, good moral qualities can form in students' minds. Second, the class can foster the creative spirit of college students. The Employment and Entrepreneurship course is an important content of the Ideological and Political Course system as well. In the actual teaching, teachers should guide students to participate in practical teaching activities to nurture their innovative and entrepreneurial spirit, encourage students to actively explore, and solve problems. This process can encourage students to be not afraid of difficulties and activate their thoughts to solve problems in life and work so that they will not be easily defeated by difficulties and form a healthy personality little by little.

### 3.2 Creating an academic atmosphere in the classroom that leads to healthy personality for students

First, high-quality teachers are indispensable for the ideological and political class that a teaching faculty with sound personality can play a critical role in the cultivation of students' personality. Therefore, it is recommended to introduce professional teaching teams to the college Ideological and Political Course to help students foster healthy personalities. Second, the ideological and political class usually adopts large classes. Therefore, for classroom teaching, teachers can organize ideological and political activities through group cooperation and activities, which can also help create good relationships among teachers and students. A harmonious and friendly learning atmosphere provides students opportunities to enhance their adaptability and form a positive attitude towards life. Third, it is necessary to introduce a variety of teaching methods to ensure the cultivation of students' self-awareness in classroom teaching. For example, in the ideological and political classroom teaching, teachers can utilize the MOOC platform to organize bilateral activities of teaching. Students should give full play to their initiative to learn ideological and political theories. This process help students to know their strengths, weaknesses, and personalities, and to exercise their ability in practice. The formation of a sense of independence and cooperation is an important part of healthy personalities.

## 4. Conclusion

To sum up, under the background of value diversification, college ideological and political education activities can help students form positive world outlook, philosophy of life, and values. The ideological and political teaching content and results are transformed into guiding ideology, standards of conduct, and support for students to improve themselves. According to dialectical thinking, it can be said that the ideological and political teaching activities in colleges and universities have a close relationship with the healthy personality of students. Therefore, it is feasible and necessary to use the Ideological and Political Course to foster a healthy personality of college students. From the current activities of ideological and political classes in colleges and universities, it can be concluded that the cultivation of students' aesthetic sentiment and positive life attitude can be integrated into teaching content to help students have a more comprehensive understanding of themselves. Secondly, it is necessary to use the ideological and political classroom as a platform, combined with the help of teachers' professional psychological knowledge, to create a good classroom atmosphere and cultivate good learning habits, etc., so that unconsciously students will recognize dynamically and have healthy personality.

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