

# Practice and Thinking of Class Group Counseling Activities in the Class of Higher Vocational Freshmen

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**Abstract :** This article takes the problems of the students in the class as an example, analyzes the reasons, develops a class group tutoring activity plan, harvests good results, and proposes to promote the class group tutoring activity.

**Keywords :** Class Group Tutoring; Freshmen; Plan

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General Secretary Xi Jinping pointed out at the National Conference on Ideological and Political Work in Colleges and Universities: “We must persevere in promoting harmony and stability in colleges and universities, cultivate a rational and peaceful and healthy attitude, strengthen humanistic care and psychological counseling, and build colleges and universities into a model place of stability and unity.” This fully explains. “Cultivating a rational, peaceful and healthy mentality” in the class is an important factor for the harmony and stability of the campus.

Combining the advantages of the author’s position as a counselor, carry out class group counseling activities in the class he leads. Class group activities are based on the principles, methods and skills of group psychological counseling activities, with development and prevention as the main function. The purpose is to help students improve their self-awareness, obtain good interpersonal relationships, learn new behaviors, and stimulate potential.

## 1. Overview of the class

The total number of tutoring classes is 36, including 14 students who have entered the college entrance examination and 22 students who have enrolled in the shortlist. Through various questionnaire surveys, it is found that 8.33% of the students in this class are not their chosen majors; 16.67% of the students have no goals; 8.33% of the students do not experience happiness on campus and are entangled in their hearts; 61.11% of the students are after graduation Not necessarily engaged in professional work; 50% of students want to have their own space; 19.44% of students have left-behind experience; 13.89% of students are still in adolescence.

## 2. The main problems

### 2.1 Unclear learning goals and poor learning habits

Most of the freshmen go to secondary vocational schools because of poor study habits and poor academic performance. After recruiting to higher vocational schools through single recruitment, it is easy to save their previous attitude toward learning as “being a monk hitting the clock”.

### 2.2 There are many conflict points in interpersonal relationships

After investigation, it was found that there were conflicts between classmates and classmates, conflicts between dormitory and

dormitory in the same class, and conflicts between dormitories upstairs and downstairs.

### **2.3 The student's self-acceptance is not high**

Because of the poor relationship with classmates, financial difficulties, family changes, and the relationship with parents, the students' self-acceptance is not high.

### **2.4 Parents are weak in binding students**

Parents' educational philosophies are uneven, some are too protective, some are too indulgent, and some don't care about their children. As a result, parents cannot make effective suggestions when their children are faced with choices.

### **2.5 The degree of professional recognition is not high**

Affected by family members, they have doubts about their chosen major; Some students are unwilling to attend classes because they do not like the teacher's teaching methods; when classes need to be weighed against other voluntary activities, class is often a sacrifice.

## **3. The main points of class group counseling activities to solve problems**

### **3.1 Enhance self-confidence**

In the depths of people's hearts, they are most eager to be praised by others. As a counselor, you must be good at discovering the strengths of students from all aspects, and praise them in front of the whole class, affirm his strengths, lay a ladder for students to dare to take steps, and let students experience more sense of accomplishment.

### **3.2 Clear goals**

In daily management, organize students to share vacation arrangements, let students understand the importance of making plans, and reflect on the operability, measurability, and completion effects of the plan. It is recommended to form a mutual aid group with dormitory as a unit and supervise reasonably during the implementation process to jointly improve learning efficiency.

### **3.3 Treat the problem objectively and reasonably**

It is recommended that freshmen do not rush to characterize anyone and learn to delay judgment. In dealing with dormitory relations, it is required that the dormitory be used as a unit to discuss room rules and show the bottom line and boundaries of study and life.

### **3.4 Active action**

Action is the way to test whether the thinking in your mind is feasible and correct. Encourage freshmen to combine their own reality, learn to observe, learn to think, have the courage to experience, and practice the unity of thinking and understanding to promote growth. Only through practice can we discover ourselves, discover strengths, and discover weaknesses.

## **4. The core link of the class group counseling activity plan**

### **4.1 Unify thinking, let go of the past, and focus on the present**

Every freshman is asked to summarize yesterday in one sentence and look forward to the future in another sentence. The counselor will guide everyone to discuss how to connect yesterday and the future.

Significance of the activity: based on the moment, work hard every day.

### **4.2 Intramural networking, expanding the social circle, and enhancing adaptability**

Each group has the same number of male and female students. One girl represents one yuan and one boy represents five cents. Listen to the teacher's instructions and combine them to a specific position. The speed and accuracy are higher than that of the group. Look at the difference between the group members. Whether the division of labor is efficient. At the end of the activity, each group member was asked to summarize the reasons for winning and losing on the zero drawing, as well as the tactics to improve the efficiency of the activity.

Significance of the activity: Enhance communication skills and further self-exploration.

### **4.3 Know you and me, seek common ground while reserving differences**

Each student takes out a piece of A4 paper, and draws a nine-square grid on the paper, writes their name in the middle grid, and writes their hometown, favorite colors, favorite food, and advantages in the other grids in turn. Shortcomings, blood type, dislikes, favorite words, and then let the students freely move around to look at each other's role cards, sign under the grid where both people are the same, and after the event, let everyone share which part is most similar to others. Which part is the least, and who do you

have the most in common.

Significance of the activity: deepen boundary awareness and seek common ground while reserving differences.

#### **4.4 Missing relatives during the festive season and expressing wishes**

Affected by the epidemic, the Mid-Autumn Festival is not allowed to be closed and can only stay on campus. The author has prepared Mid-Autumn Festival gifts (moon cakes) for every freshman. Please talk about my family (parents) and talk about my family members (parents) with the theme of missing relatives during the festival. Their impression in my mind. All freshmen in the class are required to respect each other and not use this chat content as a handle to hurt each other in the future, and also remind freshmen to share information that they feel is safer. Asked to write a letter to parents after the event to express their feelings.

Significance of the activity: To build a communication platform between students and parents, so that students have the courage to express their inner concerns.

#### **4.5 Talk about love, treat it rationally**

Introducing a rational treatment of sexual behavior from the topic of love, requires every freshman to learn how to use condoms, and at the same time seriously explain the importance of using condoms during sex. Condoms are the most economical and convenient measure to prevent STDs.

Significance of the activity: improve the ability to love and treat sexual behaviors scientifically.

#### **4.6 Say goodbye to procrastination, I'll offer a move**

First understand that the delay is due to pressure, and then use SODAS steps to solve the pressure problem. S: Stop, stop to determine the problem; O: Choose, list all options; D: Decide, decide which option is the best; A: Plan, act; S: Self-commend self-empowerment when the problem is solved. Practice several times during the activity, so that every freshman will master the method proficiently.

Significance of the activity: Learn how to say goodbye to procrastination and make subsequent learning more efficient.

#### **4.7 Self-painting, meet the future**

Anything that can represent yourself on the painting, describe the relationship between this painting and me in 50 words. And introduce your own paintings to the group members. After all the introduction, ask the group members to add some elements to themselves to make the picture look more harmonious.

Significance of the activity: deepen the understanding of oneself and explore the unknown self.

#### **4.8 My emotions are in charge**

Emotions cannot be removed artificially, and every emotion is meaningful. Use sculptures to show how to reconcile with emotions and discover the magic of emotions.

Activity significance: self-awareness, discovery of the function of emotions and energy deep in the body.

### **5. The effect of implementation**

Regular class group tutoring activities help students break through growth difficulties, stimulate their motivation and passion for learning, and at the same time enhance class cohesion, and enhance the sense of identity and belonging of class members. The specific manifestations are: ① Have learning goals and improve professional recognition; ② Learn to treat dorm conflicts objectively and resolve conflicts on their own; ③ Set up my life in handling my studies, emotions, and my classmates. I am the master. One's own awareness of the first responsible person.

### **6. Suggestions for the promotion of class group tutoring activities in all classes of the school**

The new era breeds new youths, new youths have new characteristics, and new characteristics require new methods of education. Class group tutoring is a kind of non-teaching and non-indoctrinating education based on student activities, emphasizing experiential learning and inquiry learning, and gaining more adaptable class cognitive beliefs through group sharing and feedback. There are the following suggestions in the promotion of class group counseling activities:

(1) Listen without judgment. Respect every student in class group counseling, actively pay attention to the information expressed by each student, and refrain from rash criticism.

(2) Empathy. Think about problems from the perspective of students, worry about what the students want, think about what they think, and strive to keep their language and body language in harmony.

(3) Active support. The combination of adequate care and positive reinforcement encourages students to think positively in group counseling activities.

(4) Face it bravely. The tutor should encourage students to be brave enough to discover their own shortcomings, face them positively, not avoid them, and persevere in finding ways to reconcile themselves.

(5) Actively express. In the group interactive activities, help students sort out their ideas, guide group members to express their feelings or life experiences, and look at themselves objectively.

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