

The Application of Educational Psychology in the Education and Teaching Work of College Students

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Abstract : With the development of social economy and the progress of science and technology, the constantly developing and changing environment has brought some psychological problems to students. Although college students already have very clear minds and basically formed values, they still need to carry out necessary psychological education. Therefore, the development of educational psychology in colleges and universities is very necessary. The purpose of this paper is to analyze the application of educational psychology in the education and teaching work of college students.

Keywords : Educational Psychology; Colleges and Universities; Education and Teaching Work

Teaching psychology is an applied subject that helps to help students solve and guide psychological problems, promote students' psychological healthy growth, and then achieve good teaching effects. It is an extension of pedagogy and psychology. When carrying out the work of educational psychology, teachers should pay attention to adopting diversified teaching methods, optimizing the teaching mode, and improving the important role of educational psychology in the education and teaching work of colleges and universities. The following will analyze the role, current situation and application strategies of educational psychology in higher education.

1. The role of educational psychology in the teaching work of colleges and universities

1.1 Contribute to the development of students' mental health

Educational psychology is a subject that mainly studies the psychological activities and behaviors of students in teaching. Through the study of this subject, college students can adjust their psychological and emotional changes in time and maintain a happy mood and a good state. In the current rapid development of society, college students are affected by more and more factors, and the psychological defense line is getting weaker and weaker, and they are more and more prone to suffer from mental diseases. The development of educational psychology can promote the development of students' mental health to a certain extent. Finding the methods and ways to relieve the mood can also relax the tense mood, relieve the pressure of life, study and work, improve the mental outlook, and promote the healthy growth of college students.

1.2 Help to improve the quality of teaching management

The teaching of educational psychology is an important educational link in the education work of colleges and universities, and it is very important to the development of the whole psychological education in colleges and universities. In the classroom of educational psychology, through the use of diversified teaching methods and the rational use of educational psychology, a harmonious teacher-student relationship is established, the dynamics of students' study and life are grasped, and students' current situation is paid attention to, and helps to clear and resolve students' problems. Psychological negative emotions help to improve the quality of psychological teaching and improve the effectiveness of psychological teaching management.

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1.3 Contribute to the all-round development of students

The all-round development of college students is nothing more than two aspects of physical and psychological development, and educational psychology is a part of the student's psychological category, which is helpful to promote the healthy development of students' mental health. a performance. At the same time, the all-round development of students also improves the quality of psychological teaching in colleges and universities. The two influence each other and complement each other. In a word, the development of a good educational psychology has a certain role in promoting the all-round development of students and the cause of psychological education in colleges and universities.

2. The current situation faced in the teaching work of educational psychology

2.1 Student work is difficult to complete

The difficulty of students' work is the current work problem faced by educational psychology teachers, and it is also one of the important factors affecting the education and teaching work in colleges and universities. As the psychological development of students at the university level tends to mature, their character characteristics have been basically finalized and can be clearly manifested. For example, students who are irritable, rebellious, and outgoing are not easy to obey the teacher's teaching arrangements, and have strong autonomy and other ideas; Students who are soft-hearted, introverted and quiet, but psychologically very determined. If teachers do not use a variety of teaching methods to create innovative classrooms, they will also lose the enthusiasm of these students in class. In a word, due to the different psychological characteristics of different students, it is difficult for educational psychology teachers to carry out effective student work, which hinders the development of psychological education in colleges and universities.

2.2 The traditional teaching mode of teachers

The establishment of an efficient classroom in the teaching of educational psychology in colleges and universities is mainly inseparable from the teaching methods and means of the teachers. However, in the teaching classes of some college teachers, more traditional teaching methods are still adopted, and the lectures are almost based on the content of the textbooks, and other cases and other novel materials that are different from the textbooks are not taught. This is very detrimental to creating efficient classrooms and improving students' mental health. Therefore, teachers of educational psychology in colleges and universities should abandon traditional teaching concepts and teaching routines, adopt diversified teaching methods, and carry out psychological education in a targeted manner.

2.3 The task of psychological teaching is heavy

The reason why the teaching work of educational psychology is faced with the current situation of heavy teaching tasks is that the psychological problems of college students are emerging one after another. Although college students do not have the pressure of the college entrance examination, they are also faced with anxiety and confusion in employment. If teachers do not pay attention to alleviating students' anxiety, pressure and confusion caused by something, it may cause more psychological confusion for students, and even seriously affect students. The study and life of college students. These tasks are the obligations and responsibilities of teachers of educational psychology, reduce the occurrence of students' mental diseases, and promote students' mental health education. Secondly, they also bring heavy teaching tasks and major teaching tasks to teachers, which lead to the progress of psychological education in colleges and universities. slow.

3. The strategy of educational psychology in the teaching work of colleges and universities

3.1 Strengthen the publicity of psychological education

The topic of psychological safety is not unfamiliar to colleges and universities, but few students have really paid attention to this topic. Although many colleges and universities have offered the course of mental health education for college students when they first entered the school, teachers also encourage students to find teachers if they have any questions. Consultation, but very few students really go to the teacher because of psychological problems. In this regard, the publicity of psychological education should also be strengthened in the teaching of educational psychology courses, so as to increase students' attention and attention to psychological topics.

For example, when dealing with psychological problems caused by the Internet, schools can make full use of campus online resources and set up a legal column on the campus website to publicize the negative impact and harm caused by students' excessive Internet access. In order to strengthen campus mental health education, schools can strengthen moral education and psychological construction of students, actively set up psychological counselors, train professional psychological counseling teachers, strengthen

guidance for students, take relevant measures, actively control, and purify students' minds.

3.2 Infiltrate emotional teaching and actively encourage students

Creating a good image of teachers and infiltrating care education and emotional education in the teaching process of educational psychology are also conducive to the smooth development of psychological education in college education. Emotional teaching is a kind of teaching concept that is widely used at present. It is widely used in primary, middle and high schools. It is also a feasible method to carry out emotional teaching in educational psychology in colleges and universities.

For example, in classroom teaching, teachers should pay attention to the output of emotions, try to show an affinity and easy-to-approach side in teaching, reduce the output of negative emotions, and at the same time pay attention to the emotional changes of students, grasp the classroom atmosphere, and strive to create a relaxed atmosphere. Pleasant learning atmosphere. Secondly, teachers should also focus on encouraging students, guiding students to face up to their own psychological changes, and maintain a good attitude. Through the use of encouraging and positive language, we care for the mental health of each student and care for the psychological problems of each student, so that the students can become confident, self-motivated, positive and optimistic students.

3.3 Enrich classroom forms and create a relaxed atmosphere

Psychological problems are everywhere. In educational psychology classrooms, many students are afraid of being asked questions and are afraid to interact with each other. As a result, the atmosphere in the classroom is always tense and tense. Students cannot learn easily, and teachers cannot effectively carry out psychological teaching. Education career. Therefore, teachers should create a relaxed classroom atmosphere, enrich classroom forms, show their amiable side, and shorten the distance with students.

For example, teachers can hold a small psychological forum in the classroom to popularize common mental health education knowledge to students, and combine relevant cases to reveal common psychological problems of students in the network environment. For another example, each class regularly holds class meetings every week to relieve students' learning pressure and improve students' enthusiasm, and minimize the occurrence of reduced learning initiative due to excessive Internet access. It is also possible to hold themed activities such as "stay away from Internet cafes, start with me" and "civilized campus", conduct speeches or sign oaths, etc., and actively guide middle school students to surf the Internet in a civilized manner, reduce the behavioral habits of going to Internet cafes, and reduce the way of psychological problems. Through various forms of activities, students can establish correct three views, strengthen psychological safety awareness, and cultivate students' healthy personality and independent mind.

4. Conclusion

To sum up, educational psychology in colleges and universities is an important part of education and teaching work. Strengthening the mental health education of college students is a problem that the society, schools and parents cannot ignore. This also requires the joint attention and efforts of the whole society, attaching importance to the practice of psychology education and strengthening the education of students' mental health, guiding and channeling students' psychological changes, etc., to improve this situation. It is hoped that there will be more effective methods and strategies to solve this problem in the future.

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