

On the Strategy of Integrating Mental Health Education into Student Management in Higher Vocational Colleges

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Abstract: The effective integration of mental health education into the student management of higher vocational colleges can greatly improve the quality and efficiency of student management. According to the current situation of students' mental health in higher vocational colleges, this paper puts forward: improve the development of Higher Vocational Colleges and establish an excellent mental health education team; Strengthen the construction of psychological courses in Higher Vocational Colleges and innovate teaching forms; Improve the construction of psychological counseling room and configure complete facilities and equipment; Strengthen the close combination of mental health education and students' daily activities. In order to promote the healthy and long-term development of student management in higher vocational colleges.

Keywords: Mental Health Education; Higher Vocational Students; Management Work

Introduction

With the increasing emphasis on Vocational Education in China, the education of higher vocational students has entered an important period of development. The increasing employment pressure of college students, the distinct embodiment of students' personality and the complex and diverse family background make students lack the ability and consciousness to solve difficulties independently. Therefore, many students have different degrees of physical and psychological diseases. In severe cases, even some students have mental problems. This state is not only not conducive to students' physical and mental development, but also affects students' life and learning. In severe cases, it will endanger the life, health and safety of others. Therefore, college students must do a good job in the daily management of students, cultivate students to form correct values, and help students with psychological counseling. Especially the students in higher vocational colleges are facing great social pressure, relatively immature in mind and impulsive in dealing with things. In view of this situation, higher vocational colleges need to formulate corresponding mental health education countermeasures, integrate them into students' life and study, actively guide students and spend college life healthily.

1. Analysis on the current situation of mental health education in Higher Vocational Colleges

In recent years, with the rapid development of China's higher education and the support policies issued by the state, the enrollment of higher vocational colleges is expanding and the number of students is rising, which increases the difficulty of college student management to a certain extent. For colleges and universities, student management is the primary work of colleges and universities. Only students' physical and mental health can help students grow healthily and improve the quality of education and teaching.

Firstly, in recent years, due to the increase in the number of college students and the complexity of students, the mental health problems of students in higher vocational colleges are particularly prominent. Many colleges and universities also began to try to carry out a variety of mental health education and scientific research practice, and established special mental health education departments. However, in most higher vocational colleges, due to the lack of psychological teachers, The failure of rational and specific distribution of psychological related personnel leads to the failure of high-quality and effective development of mental health education activities. Secondly, some higher vocational colleges set up psychological health education courses too casually. Some psychological teachers are not professional psychological teachers or teachers without

professional training, and psychological courses often appear in front of students in the form of elective courses. Finally, the allocation of resources in many higher vocational colleges is unreasonable, which is mainly reflected in the fact that most of the psychological counseling rooms in higher vocational colleges are mere formality, and the allocation of psychological teachers and related psychological counseling equipment are seriously insufficient to meet the needs of students, resulting in great hidden dangers in the mental health of college students.

2. Specific development strategies for promoting the integration of mental health education into student management in Higher Vocational Colleges

2.1 Improve the development of Higher Vocational Colleges and establish an excellent mental health education team

In the process of this work, as the main carrier, colleges and universities should first form a cohesive force of mental health education under the guidance of relevant policies. Take the construction of mental health education teacher team as the primary task, give play to the cooperative role of college counselors, college head teachers, psychological teachers and other auxiliary forces, and gradually expand the mental health education team until all teachers in the school can actively participate in the practice of this educational activity. Secondly, we should strengthen the relevant psychological training of college teachers, improve teachers' psychological intervention and counseling skills, and make it more reasonable and scientific in dealing with students' daily management.

2.2 Strengthen the construction of psychological courses in Higher Vocational Colleges and innovate teaching forms

Mental health education is based on the law of students' physiological and psychological development, using psychological education methods to cultivate good psychological quality and promote the overall improvement of students' quality. Therefore, first of all, schools should pay attention to the mental health education curriculum, set up the corresponding management of psychological curriculum, and let students realize the importance of learning psychological curriculum. Secondly, college student management leaders and relevant staff should extend the content of mental health education to campus construction, create a unique campus culture, create a harmonious and healthy learning atmosphere for students, and enable students to spend their college life in a healthy and harmonious campus. In addition, colleges and universities should also set up diversified channels of mental health education, such as using blogs and wechat platforms to convey positive psychological knowledge to students. At the same time, students can interact with teachers and freely express their inner thoughts. In order to effectively solve students' negative emotions.

2.3 Improve the construction of psychological counseling room and configure complete facilities and equipment

First of all, the school should not only set up a special psychological counseling room, but also form a complete set of psychological counseling facilities and equipment. At the same time, it should also attach great importance to the construction of students' psychological archives, especially the psychological counseling of key students. Through the psychological evaluation results of newly enrolled freshmen, master the psychological profile of students and carry out psychological related activities. Secondly, in addition to the construction of hardware facilities, we should also pay attention to the construction of talent system, and establish a five-level linkage system of school leaders, psychological counseling teachers, counselors, head teachers and class psychological committee members, To promote the orderly development of students' mental health.

2.4 Strengthen the close combination of mental health education and students' daily activities

The scope of student management is wide and complex. In the process of implementing mental health education, we should fully combine the daily management of students, think in a transposition and put ourselves in the position of students. On the one hand, organize some psychological related activities from the three levels of school, department and class, and

conduct special training for psychological members of each class when necessary. For example, organize students to carry out psychological drama performance, singing competition, social practice and other activities, so as to express students' emotions. On the other hand, through the training and learning of counselors, head teachers and psychological committee members, active guidance and students' personal experience, students can truly understand the harm and regulation mechanism of psychological problems. Schools can also regularly invite psychological experts to give lectures to students, popularize psychological knowledge to students and enhance students' cognition of mental health education. Finally, through student cadres, student party members, student associations and other carriers, Integrate mental health education into students' daily life, and improve students' psychological defense ability and pressure resistance through some online activities and publicity videos, so as to make students live a healthy and happy college life.

To sum up, it is very necessary to infiltrate and implement mental health education in the daily management of higher vocational students. However, in the specific implementation process, we will encounter a variety of problems. At the same time, we also need to communicate with parents. We need to establish a three-level linkage mechanism among colleges and universities, parents and society. On the one hand, university managers need to improve their ability and quality from the aspects of thinking, mode, way and cognition, so as to provide space and conditions for the implementation of mental health education, and finally promote the mutual combination, mutual promotion and common development of mental health education and student management; On the other hand, the school often communicates with parents, especially for students with psychological problems, so as to understand the students' original ecological family background; Finally, the social level should strengthen the positive publicity of relevant knowledge and videos for college students, especially the care and attention for students with psychological problems and left behind children.

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