

Exploring the Barriers to Career Choice and Prevention of New-Age College Students

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Abstract: As socialism with Chinese characteristics enters a new era, economic globalization and diversified social development, the wrong career values such as altruism, hedonism and utilitarianism presented by college students have triggered anxiety, depression, psychological closure and other psychological barriers during the career selection period, which have brought dilemmas to ideological and political education. As ideological and political educators in colleges and universities, it is necessary to address the paths from the ideological and political education perspective, the psychological barriers triggered by the deviation of college students' professional values.

Keywords: Ideological and Political Education; Career Values; Career Choice; Psychological Barriers

1. The psychological problems caused by the deviation of the new era college students' career values

1.1 Anxiety caused by the lack of their own intellectual qualities

Anxiety is manifested as irritability, anxiety, restlessness, strong internal conflicts and irritability. ^[2]During the period of career selection, although most of the college students will try their best to do their homework in theoretical knowledge and professional practice to ensure their success in the process of career selection, few people know that only professional and job-seeking preparation is far from enough, and college students in the period of career selection need to have a happy mood and healthy emotions, and must get rid of anxiety. During the period of career selection, college students are prone to mood swings with the changes of employment situation, either because of the lack of rational understanding of the society outside the campus and the psychological fear of leaving school; or the lack of adequate employment preparation, or the indecisive choice of going to graduate school, going abroad or taking civil service exams or career programs, and the indecisive psychology; or because of the separation of college lovers and the parting of fellow students, or because of the difficulty of going to The conflict is strong because it is difficult to choose between going to the employment unit and returning to the hometown. As a result, tension, anxiety, nausea, vomiting, which leads to fatigue and distraction.

1.2 Depression caused by the psychology of eagerness to achieve

Depression is mainly characterized by low self-esteem, despair, distress, decreased interest, decreased intention, depressed mood, and in severe cases, decreased intention to survive.^[3]

Because of the lack of social experience, college students cannot understand that it takes decades of effort to create a perfect career. At any stage of career development, you can only get the results of your work in stages, but you cannot declare the perfect end of the whole career or no need to continue to work hard, both the employment unit and the university students must constantly maintain, repair and perfect each other. In other words, the ideal career is a huge project that requires the cooperation and interaction between the employee and the employer. In fact, there is no perfect career and employment unit in the world, no matter how carefully selected, can only select a basic suitable job, all the perfect career is the result of the joint efforts of job seekers and target units to create. This win-win and promotion is an extremely delicate and difficult and requires perseverance process, which mostly requires repeated repositioning in frustration and failure.

But in reality, many college students seeking success in the job search, do not understand these principles. Once the job search process encountered setbacks or failures, they regret that they chose the wrong major, the wrong line, rather than to study their own career values and planning for their future careers, not to ask themselves what kind of effort they have invested, how much work they have put in. Some college students are impatient and impatient, and the value of quick success makes them only want to work with high salary and hope they can achieve leapfrog development with high salary, without considering the professional development and future career planning, thinking that they will be successful if they find a high salary job, and such college students cannot have long term satisfaction. Many college students easily give up their majors and look for another development. Unfortunately, many college students failed to self-reflection, self-examination, self-awareness and learn the lessons of failure through reasonable values, some college students even failed one after another, still do not know that deviation in career values is the root cause of job search failure. In addition, college students either have higher self-reward claims, or due to tolerance, tolerance is small, or because of poor self-control, when encountered job search setbacks, very easy to appear depression.^[4]

1.3 Psychological closure due to lack of autonomy and risk awareness

The inferiority complex of college students is mainly caused by the improper self-evaluation of college students. Because of the career values, it leads to the deviation of college students' evaluation angle of career satisfaction, thus creating a gap between ideal and reality, which, together with work difficulties, life troubles and character weaknesses, easily causes internal conflicts and thus generates inferiority complex when choosing a career. The inferiority complex of college students generally comes from the economic income, social status and pressure level of the occupation. For a long time, people have various misconceptions about college students, thinking that they should be the pride of the sky. As a result, college students assume higher role expectations than other social roles. Occupational satisfaction is very much related to life satisfaction. If college students take their relatives or surrounding people as reference, their occupational income is lower than those around them or even non-college graduates, their job satisfaction will be lower, therefore, the inferiority complex of college students will follow.

Facing the wave of reform, college students who are not yet involved in the world cannot face their own shortcomings due to the lack of social experience, like frogs at the bottom of the well, and lack the correct evaluation of their own ability, and often exalt themselves and belittle others, thus generating a self-pride mentality. Most of the college students have a smooth sailing in all aspects of their studies before they go out to the society, and they think they are the darling of the times, so they gradually develop a conceited character, coupled with self-esteem allergy, and they are afraid of being looked down by colleagues, friends or family members with better work treatment, so they pretend to be noble. Some college students in the process of job hunting smooth sailing, think that the theory is solid, practice, fast, into the role of early, holding the idea that the wine is not afraid of alley deep, think they are famous universities or students of famous majors, social competitiveness, smooth employment, high pay employment is deserved, so serious pride psychology.

2. Take ideological and political education as the hand to solve the psychological barriers of college students' career selection due to the deviation of values

2.1 Grasp the best time point for ideological and political education, and choose the right starting point and landing point

The ideological and political education of college students in the career selection period is very complicated, and the psychology of college students' career selection is complicated, so ideological and political education can have good practical effect and attraction only by grasping the best time point and choosing the right starting point and landing point. On the one hand, we should give full play to the guiding role of theoretical teaching, truly integrate the education of socialist core values, world view, life view and love view with the education of college students' career choice, and effectively achieve the teaching plan, syllabus and training program, and ensure the implementation. From the practice of ideological and political education in

colleges and universities, the following special periods should be grasped: the early stage of career selection when entering the society, when college couples are separated from each other, when college students suffer major setbacks during the career selection period, and when they face adjustment in choosing employment majors. Targeted ideological and political education for these special periods can not only help college students in the career selection period to pass the high-risk period of psychological problems, but also help them to find the right career orientation. In addition, we should integrate various practical education means, and effectively penetrate the activities related to extracurricular practice into all aspects of ideological and political education of college students' career selection.

2.2 Strengthen education on professional values and establish a firm concept of career choice

To attach importance to the value orientation of college students, we should always take the education of professional values as the starting point and ending point of the ideological and political education of college students during the career selection period, start from respecting the human dignity of graduates, effectively safeguarding the right of college students to choose their career, popularizing the general knowledge of professional values, improving the ability of college students to regulate their own thoughts, cultivating a good concept of career selection, and reflecting the sincere care for college students in all aspects of the ideological and political education work. We will embody our sincere care for college students in all aspects of ideological and political education work.

We should insist on values education as the core to guide and shape the striving character of college students. To let them understand the significance of fulfilling the glorious mission of contemporary college students, and let them resolutely fulfill the responsibilities of the times given by the Party and the people. To make college students unify the requirements of the development of the times and the pursuit of professional ideals.

It is necessary to educate college students to effectively resist the erosion of various money-worshiping and quick-gain ideas, to ensure the purity of their professional values, and to ensure their firm belief in the great Chinese dream. The patriotism spirit of students should be vigorously promoted, so that they can closely link their personal employment choices with the future destiny of the country and contribute to the construction of a rich, strong, democratic, civilized and harmonious socialist modernized country.

2.3. Strengthen education on professional ideals and career ideals to guide rational career choices

Contemporary college students should establish a correct concept of career selection, set the position of "career", try to choose a career wisely and seek a career that meets their needs. When choosing a career, college students should pay attention to their own internal character, interests, abilities, values and hobbies, which is an important prerequisite for maintaining career autonomy and permanence, and is also the basic method of career planning. To make contemporary college students choose their employment field appropriately and set the right relationship between majors and careers. Since college students enter school, their career ideals are slowly determined and their professional ideals are gradually clarified. When encountering the industry downturn, the pressure faced by college students is obvious, and they are bound to face the dilemma of choosing their major and career. Students should be taught to handle the relationship between income and profession correctly, reasonably and appropriately, not to waste their professions for the sake of temporary high income, nor to choose employment in unsuitable fields, but to choose their careers wisely and grasp the relationship between professions and careers correctly .

2.4. Strengthen employment services and ideological guidance, shaping a good employment environment

We should adhere to the principle of "fairness, openness and impartiality" when recommending graduates, and deal with sensitive issues of widespread concern, such as party membership, transfer, merit promotion and award evaluation, in a fair manner. Enhance the transparency, seek justice through openness, and really select and recommend those graduates with good thoughts and professional achievements, so that everyone will be convinced. On the one hand, to establish a positive and healthy,

harmonious and harmonious campus environment, we should strive to purify the job-seeking environment and college students' job-seeking ideas, and carry forward the fine tradition of a brick of the revolution, where it is needed to move. On the other hand, efforts should be made to eliminate the negative influence of power and money transactions and other unscrupulous winds among college students, and to resolutely correct the undesirable hearts such as spelling and gnawing. To make college students strive to form love, dedication, integrity, friendly job search values . In this way, it is conducive to improving the confidence and sunshine mentality of college students seeking jobs, but also to effectively prevent the generation of unbalanced psychology among graduates. If these problems are not handled properly, it will frustrate the enthusiasm of graduates and cause instability. ^[10]This also requires ideological and political education workers and grassroots counselors to take the lead and consciously resist the bad culture of money worship.

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