

Reflections on Psychological Education in Private Colleges Under the Normal Situation of Epidemic Prevention and Control

Rina Su^{1,2}

1. Inner Mongolia Honder College of Arts and Sciences, Hohhot 010000, China.

2. Philippine Christian University Center for International Education, Manila 1004, Philippines.

Abstract: Mental health education is an important part of a college education. With the prevention and control of the new coronavirus, the pneumonia epidemic has become normalized, the development of online courses in college, or the closed management of offline teaching has become normalized. Students can't feel the "real" college life, and students under the epidemic are facing more serious mental health challenges than before. Private colleges bear tremendous pressure, and the management of students is strict, so students will bear more psychological pressure. Facing the current predicament, private colleges should conform to the current situation, focus on coping with the impact of the epidemic on the mental health of students, improve the mental health education level of college, insist on the combination of prevention and intervention, education and guidance, and should focus on the humanistic care of serving students, and focus on building a psychological education system to private colleges.

Keywords: Psychological Education; Mental Health; Private colleges

1. Introduction

Psychological education is a concept and practice. As a counselor of a private college, first of all, we should understand the concept of psychological education, and practice psychological education in practice. In 2018, the Ministry of Education took psychological education as an important element of moral education in the Guideline of Mental Health Education for Students in Higher Education issued. ^[1]This shows the importance that the state attaches to the mental health of students. Facing the sudden epidemic, although it is overwhelming, we still actively face it. The epidemic has been affecting us for three years, it has a certain impact on the psychological health of students, which shouldn't be underestimated.

Private colleges are currently in a period of rapid development, and the quality of talent cultivation is the lifeline for the development of private colleges. Grasping the work of psychological education is conducive to teachers understanding the psychological characteristics of students and to college cultivating ideal, capable and responsible talents. So, psychological education is an inevitable choice for the development of private colleges. It is urgent to discover the dilemma faced by psychological education in private colleges and improve the quality of psychological education work.

2. The Dilemma Facing Psychological Education in Private Colleges

2.1 Lack of Systematic Psychological Education Classroom (PEC)

PEC is the main channel of mental health education for students, which plays an important role in improving the quality of mental health education for students and preventing serious psychological crisis events on campus. ^[2]Although my college has PEC, which plays role in psychological education, it lacks a system. The PEC is only offered in the first semester of freshman year, and from sophomore to senior year is lacking. In teaching, attention is paid to the prevention and intervention of psychological phenomena in students, neglecting the development of positive psychological traits; attention is paid to the learning of psychological theoretical knowledge, while specific practical activities are neglected. My college has been conducting online courses this semester (Mar-Jul 2022), can PCE have the same effect as offline teaching? This is something

to think about.

2.2 Lack of Rigor in Psychological Prevention Work

My college conducts mental health assessments during the new student admission stage. For students who are detected to have psychological abnormalities, counselors are first required to understand the situation and provide counseling for the student's psychological condition. This is necessary, but there are doubts about the specific test results. The attitude of students towards mental health assessment can affect the test results. Some students' test results are bad, and even the data show that the student has serious psychological problems. However, after the counselor's understanding and the teacher's reflection, the student doesn't show serious psychological problems. The student is usually a positive, optimistic, and outgoing student. Although such cases are a few, they can also reflect that the results of the psychological assessment shouldn't be the only thing to look at. So, if there is a lack of rigor in the pre-assessment and assessment process, the reliability of the results is in doubt.

2.3 The Professional Level of Psychological Education Team Isn't High

In my college, all teachers have a dual role as counselors and classroom teachers. Among all the counselors, many teachers have studied psychology, but most of them only know a little bit about psychology. So they can't play their proper value. The number of truly professional psychology teachers can be said to be very few. Since the 2020 epidemic, my college has carried out two semesters of online courses, and even with offline teaching, students are in closed management. To do a good job in student psychology, my college has opened a special psychological platform, but there are few professional psychological teachers to meet the needs of students. When students with psychological problems are encountered, there is doubt whether the counselor can help students solve problems because he lacks professional knowledge.

2.4 Lack of Innovation in the Form of Psychological Education Work

With the development of new media and epidemics, education methods and tools are changing, and online teaching is becoming the norm. The development of short video apps and the promotion of online platforms have changed the thoughts, psychology, and behaviors of students who are the aborigines of the network, which brings new challenges and faces new dilemmas to the psychological education work in colleges. ^[3]

Psychological education in my college mainly focuses on classroom education, counselor talks, and the mental health hotline. Although mental health-related content is also released on the college's WeChat public platform from time to time, we need to think about how much attention it has received and whether it has played its role. The content of the WeChat subscription accounts on mental health education is far from satisfying the needs of the new generation of students, and the number of students who can read the text seriously is even smaller. Thus, psychological education work should be innovative to attract more students' attention and play the proper educational effect.

3. The Improvement Path of Psychological Education in Private Colleges

3.1 Building the Systematic and Scientific Psychological Education Classroom

The PEC is the main channel of mental health education for students, and the educational role of the PEC should be given full play. First of all, in terms of curriculum, the PEC should be open to students of different grades. Freshmen are unfamiliar with their surroundings, classmates, and teachers. Sophomores and juniors will face difficulties in academics and emotions. Seniors will encounter difficulties in employment and further education. It means that PEC should be carried out comprehensively and made compulsory for college students, and PEC on different topics can be held regularly for different grades.

Second, the teaching content should keep up with the development of the times, introduce advanced psychological research into the classroom, guide students to establish positive psychological traits, and enhance their psychological immunity. Teachers should choose appropriate content to carry out based on the impact of the epidemic on students' mental

health to help them cope positively with the current situation.

Finally, the teaching method should change from the traditional lecture method of the past. Psychological education is a professional and targeted work with its unique ethics and norms, and compared with the traditional teaching method, psychological education attaches more importance to students' experiences and feelings, emphasizes the play of students' subjective initiative, and guides students to accept consciously and actively.^[4]In the PEC, more important is the experience and feelings of students. In my department, there is a sand tray course, which helps to enhance students' experiences and feelings.

3.2 Carry Out Comprehensive and Rigorous Psychological Prevention Work

College should improve psychological assessment methods and optimize the screening of psychological assessment scales. To improve the accuracy of the test results, the precautions to be taken during the test should be emphasized to students before the test so that they will take them seriously, otherwise inaccurate test results will occur. Formal testing should be conducted in the student's PEC so that teachers can respond to students if they have questions. The results of such a test would be more accurate and scientific.

3.3 Building A Professional and Stable Psychological Education Team

From the perspective of my college's management model, as counselors, we have responsibility for psychological education. The college should strengthen the training of counselors, enhance their professional knowledge, and give full play to their initiative. Build a professional psychological education team with front-line professional psychology teachers as the backbone, part-time psychology teachers as a supplement, and counselor teams as the main body.^[5]College needs professional psychological teachers as the backbone teachers of psychological education, they can play an important role in the PEC, psychology counseling services, college psychological survey, and other activities. Professional counselors can understand students' psychological dynamics in their daily life and study, and timely detection is conducive to guidance and prevention.

3.4 Create New Forms of Psychological Education Work

As the times and the epidemic situation develop, building a psychological education network platform is the primary choice at present. By giving full play to the public platform of WeChat, we can get closer to students through the online platform. This semester, counselors and students can't communicate face-to-face, but counselors and students can share a happy event in the WeChat group every day to help students form an optimistic mindset and be a person who "shines when you are given a little sunshine".

College can push mental health content through the WeChat public platform, preferably with the corresponding audio, even if students don't have the patience to read the text, they can open the audio to listen. College can send out psychological skits and conduct psychological knowledge competitions to increase student participation. Content related to psychological knowledge is best pushed in the form of videos, as text-based content has a low attention span. The content can be extended to platforms such as Tik Tok and Xiaohongshu, to push mental health resources on different online platforms, create a new window for psychological education in college, and improve the effectiveness of psychological education.

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