

Moisten the Thing Silent, Solves the Student Psychological Question from the Minute Place

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Abstract: With the development of social economy and culture, more and more attention has been paid to the mental health of college students. The establishment of a comprehensive early warning and intervention mechanism, timely intervention, can effectively reduce the psychological problems of college students. As an innovative form of higher education system, it is an inevitable choice to make good use of the natural advantages of college in student service and education, in the College, the counselor and the head teacher give full play to their personal charm and professional ability to carry out student management, change the rules into guidance, change the orders into communication, and use both emotion and reason, so as to realize the humanistic education work and highlight the spirit of students as masters, to construct a new educational model between counselors and students.

Keywords: Mental health; College Students; College system; Intervention

1. Case overview

Student Song Mou, Male, Freshman. After the student reported on the day he entered school, he was accompanied by his parents to find the head teacher to apply for leave on the grounds of physical discomfort. After the head teacher inquired about the situation, the parents of the student provided the hospital certificate that the student's leg bone was injured and he needed rest and recuperation, a one-month sick leave was granted by multiple signatures. During the sick leave, the student took the initiative to call the head teacher to tell the real reason for leave, because the student suffered from sudden major depression, physical condition is very bad, accompanied by vomiting and vertigo symptoms, so leave to go back to treatment. Through the phone and the students themselves to understand more details, found that the students actively cooperate with the treatment, there is a sense of active communication, communication to encourage students to maintain a positive attitude, brave face, teachers and students are looking forward to his return to school. Subsequently, the head teacher also contacted the parents of the students, told the family must pay more attention to the students at home, and strengthen contact with the school, when their condition improved, return to school to resume learning.

2. Case Study

2.1 Pressure from the family of origin

The parents work away from home all year round, because they don't live with their parents for a long time, so they have less time to communicate with their parents. In addition, the biological parents are engaged in high-altitude work, and the risk Coefficient is higher, in order to avoid parents' worry, the students will not actively seek help from their parents when they encounter problems and difficulties. It is difficult for students to digest the accumulation of negative emotions for a long time. The student's Daily Hobby was fighting, and he had received professional training and participated in fighting competitions. However, his results were not ideal. His family hoped that he could concentrate on studying cultural knowledge and not waste time on fighting. Therefore, the student had an argument with his parents, continuous events, so that students into confusion, psychological aspects have been a greater blow.

2.2 Emotionally frustrated

The student was introverted and emotionally rich. He was a person who valued feelings very much. He had dated a girlfriend near the time of the college entrance examination. When no one complained about the pressure, the girlfriend became the student's spiritual and spiritual pillar. However, after the college entrance examination ended, the woman broke up suddenly and started seeing

other boys. This let the student suffer a great blow, but never mentioned, a person in the heart.

2.3 Confused about future plans

The student wavered between going to college and continuing to receive professional combat training. His parents wanted him to go to college, but the student thought that his grades were not good and wanted to continue pursuing his fighting dream. However, he did not get good grades at the moment, unable to get the support of parents, psychological and emotional extreme entanglement.

2.4 Personal psychological inferiority complex

The student has not learned well from an early age, has been in a state of low self-esteem for a long time, and is still afraid of the classroom and the teachers after going to school, and is unwilling to communicate with the students, especially in college life, which requires a large number of activities, etc. , there are second class and other requirements, so students in the process of growing self-abasement, eventually lead to weariness.

3. How to deal with the process

3.1 Find the crux and guide correctly

Students have less social experience and occasionally take inappropriate actions when they encounter certain problems. For example: Hasty Action, can not solve the problem correctly, can not be brave to face the problem and so on. At this point, counselors and class teachers do not rush to make judgments, but patience to find out the cause of the problem and events, the course, the result, to find the crux, the correct guidance. For example: Counselors in the identification of problems, you can use “Close”, “Chat”, “Empathy”, “Quiet listening” and other methods to understand the situation. After communicating with a certain song, I found that he was a very sensible child who was very good at putting himself in others’ shoes. At the same time, he was more sensitive and vulnerable in his heart, and he was easily nervous. Considering this basic situation, first of all, we should use the college’s spiritual relay station as a place for heart-to-heart talks to create a comfortable and relaxed atmosphere for students to chat. Second, we should use relevant psychological knowledge and share the experience of living and growing as “Experienced people”, help students to solve the knot, after several communication and exchange, but also made the student’s trust, he is willing to share with me, active communication. Initial results were achieved.

3.2 The Family School Union, attentively accompanies

In the development of some students, when they have negative emotions, the work of counselors and head teachers should be to communicate with the students' friends and family members, find out the reasons for the negative psychological emotions of the problem students, mobilize their classmates and friends to encourage and drive them to actively participate in campus activities, transmit positive energy to them, and also persuade their families to encourage their children and give them the courage to help them out of difficulties. In the process of solving and handling song's case, parents insisted on contacting students by phone or video every week to care about their status and let students feel the love from their parents. Secondly, his classmates, roommates and monitor played an important role in encouraging and driving the student to participate in various activities organized by the College and the college. Counselors paid attention to students' learning status when they were in the college. When the college was on duty, they would go into the student dormitory, Understand the students' living conditions.

Conclusion:

According to the above processing plan, the head teacher exchanges with the student, and carries on some instruction to the student. Through the guidance of the head teacher and counselor, the friendly help of students, and their own cooperation, has been a good effect. First, he improved his mental condition, such as anxiety, depression and other problems have been better improved; second, he strengthened the exchange with the students, with the Class Committee and students get along well; third, clear goals, reasonable arrangements of time, four, he began to determine the goal, there is a clear direction of efforts, learning to formulate short-term and long-term planning, and try to plan your life.

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