Research of Psychological Education System for College Students of Science and Engineering

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Abstract: The construction of the psychological education system in colleges and universities has gone through a 30 year process. From scratch, from small to large, from spontaneous and individual helping behavior, it has developed into a systematic and organizational education work. It is an important part of the talent training system and moral education system in colleges and universities in China at this stage. Based on the analysis of the achievements and existing problems in the construction of the psychological education system in colleges and universities, the requirements and ideas for the education in colleges and universities in the new era are thoroughly studied and interpreted, and some suggestions are put forward for the psychological education quality of science and engineering college students from the aspects of ideas innovation, platform building, team building, etc.

Keywords: University of Science and Engineering; Student; Psychological education

Introduction

From the CPC 18th Congress, the Ministry of Education has put forward higher requirements for ideological and political education in colleges and universities. It has carried out an all-round interpretation of the "ten major" education system, encouraged colleges and universities to fully tap the education functions of scientific research, culture, curriculum, psychology, management, service, network, organization, funding and other aspects, improved the education mechanism, and effectively built the education system in colleges and universities in the new era. This is a new mission and task of mental health education in colleges and universities in the new era.

1. New Era, Challenges and Opportunities in Psychological Education System in Universities

1.1 Challenges to the quality of education

Under the background of the new era, the construction of social modernization is advancing rapidly, and new things are emerging. While people enjoy the comfort and convenience brought by advanced information technology, they face more serious problems in their studies and life, and consume more and more energy, endurance and brain power of individuals. The impact of information life, digital business and diversified culture is constantly emerging in the changing society. College students gradually feel the information impact of "all-round, multi-level and wide-ranging". The loss and uncertainty of social changes are the key factors that cause psychological problems. In the process of feeling confused, lost and anxious, values and outlook on life are prone to distortion. In the new era, college students should constantly enhance their psychological quality, ideals and beliefs to solve many problems in their studies and future life. The psychological education system in colleges and universities should not only focus on performance, but also meet the psychological needs of students at this stage, and effectively prevent and treat psychological problems. The rapid development of information technology has led to the rapid rise of many industries that rely on the Internet. Among them, short videos, online games, public opinion and information have brought great impact on the physical and mental development of contemporary college students, and also brought many challenges to the psychological education work in colleges and universities.

1.2 Opportunities from the Education

The basic task of education in our country is to cultivate morality and cultivate people. It is the top priority for colleges and universities to cultivate talents of the new era with correct thinking and mental health. We should put an end to the recurrence of various college students' criminal incidents. These negative cases have given the society some vigilance and taught a heavy lesson to the education of people in colleges and universities. We should promote the practice and innovation of school mental health education based on the college and facing the whole school, Improve the counselors' own psychological quality and professional ability of mental health education, implement the fundamental task of "establishing morality and cultivating people", and strive to cultivate college students with healthy mentality and sound personality, so as to effectively maintain the harmonious, stable and orderly development of the school.

2. Principles of psychological education in universities

2.1 The principle of connecting mental education with moral education

In the process of constructing the psychological education system in colleges and universities, we should adhere to the principle of combining mental education with moral education. "Mental education" mainly emphasizes the continuous cultivation and optimization of college students' healthy mentality. Good mentality is the basis of psychological health education. "Moral education" is mainly to infiltrate the education of ideals and beliefs, socialist core values and moral concepts. Noble morality is the advanced function of mental health education.

2.2 Principle of connecting intervention and guidance

To carry out psychological education in colleges and universities, we should adhere to the principle of education orientation and highlight the principle of value orientation. The process of educating people is also the process of helping students establish correct ideals and beliefs, visit, cultivate students' self-esteem and self-confidence, and comprehensively coordinate the development of ideological and moral quality, mental health quality and scientific and cultural quality.

2.3 Principle of universality and particularity

In combination with the analysis of the physical and mental growth characteristics of college students at this stage, although the funny society has already possessed the appearance characteristics of adults, with perfect physical development and normal behavior, students' psychological problems are also increasing, such as large emotional fluctuations, academic pressure, marriage and love pressure, as well as the original family problems, genetic factors, and so on. These factors eventually lead to special psychological problems for students.

3. Design of education system

Through organizational learning, design and planning, in the construction of the psychological education system, build a distinctive education system based on the actual learning situation of the school. Through active participation in various activities in Chongqing and the school, focus on creating quality courses in the construction of the teaching staff and the psychological education of college students, take a distinctive path, achieve customized education programs that meet the development of the school and meet the needs of students, refine the brand, and promote.

Build the personnel strength in the education department, integrate the education function of the counselor team and the student team, and realize the diffusion and extension of the education effect. Among them, the counselor team emphasizes the construction of the instructor team in the studio, combines training supervision with humanistic care, and promotes the self-development of counselors and the professional and professional development of mental health education. The student team aims to cultivate the student team in the studio, combines team counseling and consulting services, carries out various forms of offline and online mental health education consulting activities, and promotes the ability improvement and self-development of the student team.

Actively organize and establish an exchange platform for college students' psychological growth on the growth exchange platform. Through organizing and participating in a series of activities on college students' psychological health education, growth forums, etc., they can communicate with each other on psychological problems and problems encountered in their study and life and grow together. Invite the school's professional psychological workers and psychological consultants on the consulting and training platform to effectively improve the psychological quality and working ability of the studio counselors through special lectures, salons, case studies and other forms.

4. Highlights of Psychological Education System in Universities

The system will be platformized to attract more students to participate in the contributions, so that students can change

from passive receivers of publicity to active initiators of publicity. At the same time, publicity will be carried out with the help of the network platform to improve the breadth of education.

Always pay attention to youth groups, combine with current events and hot spots, excavate the most ordinary youth models from all social fields, show their true state of being positive and blooming youth power, infect peers with ordinary youth stories, transmit core values, and improve the education temperature.

In the process of educating people, we always adhere to the principle of "establishing morality and cultivating people", pass on the socialist core values, pay attention to ideological guidance, and focus on the small to see the big, which is interesting and can enlighten young students and improve the height of education.

5. The way to Constructing Psychological Education System for Engineering Students

The development of College Students'psychological educator work should be combined with the actual needs of students, face all students, and arrange education plans scientifically and rationally by studying the general psychological problems of contemporary college students. For example, when collecting and sorting out the actual and psychological needs of the contemporary students, we should be close to the students lives through questionnaires and white walls. Tree holes and other things get the students true inner thoughts, and extract the direction of psychological problem dredging from the reality of life. Psychological classes emphasize the students' emotional experience. They should actively create corresponding teaching situations to release students anxiety and pressure.

Educators must possess strong psychological quality and professional ability to effectively improve the effectiveness of education. The important factors that affect the effect of mental education are divided into the theoretical quality of Marxism and the personality charm of the mental educators themselves. To avoid the inertia and settings of the original working methods to cope with the ever-changing changes in psychological education work, excellent professional qualities and skills need to be continuously learned and trained.

6. Conclude

The universities are an important platform for talent cultivation and an important part of the sports system. The development quality of mental health education in Colleges and universities is closely related to the training of talents. Promoting the integration of "nurturing mind" and "educating morality" in higher education and improving the actual effect of education has positive practical value for the training of talents. Continuously explore and propose new era to improve the quality of psychological education in Colleges and universities, and lay a good psychological foundation for successors in the new era.

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