

Analysis on the Application of Educational Psychology in the Management of College Students¹

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Abstracts: With the rapid development of China's economy, China's education has also undergone corresponding progress and changes, and its requirements are also constantly improving, which has made higher requirements for the comprehensive quality of college students. At present, more and more work units also include psychological quality in the recruitment assessment criteria. Therefore, educational psychology is not only a subject, but also needs to be known and familiar to college students, which can also lay a foundation for the development of students' personal work in the future.

Keywords: Educational Psychology; College Education

1. Introduction

Educational psychology is an interdisciplinary subject that integrates psychology and pedagogy. In short, it is the application of psychological content in education and teaching. In this way, psychology can give full play to its advantages in education, such as the application of psychology in teaching, curriculum, moral education, etc. Therefore, if educational psychology is applied to the education and teaching management of the school, it can be combined with educational psychology and continuously improved, so that it can be effectively applied in the education and teaching management. It can not only improve the teaching level of teachers, but also subtly improve the psychological quality of students, and help students develop in the future.

2. Definition of educational psychology

At the beginning of the 20th century, the western psychologist Thorndike carried out research on the relationship between psychology and education. His Educational Psychology is the first monograph to elaborate on the relationship between education and psychology. Since then, domestic scholars have translated and introduced them, and gradually formed a set of educational psychology system with its own characteristics. In his book Educational Psychology, Thorndike made a more detailed discussion on psychology and human nature, and summarized and analyzed their specific types and application views. At present, educational psychology has a lot of room for development. Scholars from all walks of life have studied it from a simple educational category to all aspects, and it has been developing constantly in the constant practice and exploration.

3. Psychological difficulties faced by college students

3.1 Interpersonal relations

One of the most important difficulties of college students in the school is interpersonal relationship. Students from different regions and nationalities have different degrees of differences in thinking mode and psychology. Some college students have not been freed from dependence on their families. Social difficulties have led to various psychological problems for students. The interpersonal relationship has a certain relationship with the students' cognitive level, self-consciousness, and communication goals. Some students have not interacted with others before entering the university. They are in a closed state when

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it comes to making friends. Most of them show a phenomenon of indifference and fear of failure in their daily study and life; There are also some college students who pay too much attention to interpersonal relationships and interests due to the influence of today's utilitarian thinking. This will have a great impact on the mental health of students in the long run.

3.2 Insufficient psychological adjustment ability

College life is unfamiliar to students who have just entered the university campus. Students are no longer just solving difficulties in learning like high school students. They will also face tasks such as interpersonal communication and employment, but more from interpersonal, employment and other pressures, which will bring pressure to college students and make them prone to anxiety. However, at present, in colleges and universities, the research on educational psychology is only based on the theoretical level, and no relevant courses have been set up, resulting in the college students' insufficient understanding of their emotional barriers, insufficient attention to mental health knowledge, and lack of self-regulation ability. When college students' mental health problems do not get a reasonable way to vent, their mental balance will deviate, which will lead to serious adverse consequences.

4. Advantages of educational psychology in college education

4.1 Educational psychology can enable teachers to better understand the psychological problems existing in students and provide convenience for teachers to carry out education and teaching

In teaching, teachers have to face many students with different learning levels and personality characteristics every day. These students often encounter problems such as learning, morality and so on. The study of current teachers from the perspective of educational psychology can provide a theoretical basis for the difficulties and bottlenecks faced by teachers in the teaching process. At the same time, teachers can also use the knowledge of educational psychology to observe and discover students' problems. As long as problems are found, they will be solved easily. After mastering students' problems, teachers should formulate appropriate teaching plans for different students to ensure their physical and mental development.

4.2 Educational psychology provides scientific basis for teaching.

When making teaching plans, teachers can combine the learning content with the content related to educational psychology, and apply educational psychology scientifically and reasonably according to the psychological characteristics and personality characteristics of students. In this way, not only can students' mental pressure be reduced, but also can students' confusion be effectively resolved, students' self-control ability be enhanced, and the relationship between teachers and students be closer. Only in this way can we achieve the goals of education and teaching. The application of educational psychology in college education and teaching management can provide scientific theoretical basis for practical teaching.

5. Specific application measures of educational psychology

5.1 Putting students first, developing college classroom teaching

Rogers, a humanistic psychologist, believes that human potential should be brought into play through self exertion rather than through education. Based on this theory, educational scholars believe that education is to create a free and safe learning environment for students, so that students can give full play to their potential, which is the "people-oriented" education thought. It emphasizes that teachers should give full play to students' desire for knowledge and mobilize their learning potential. Heuristic teaching is more open, emphasizing the main position of students. Teachers are just teachers' guides and promoters. Rogers advocates respect for students, love for students, love for their learning, love for innovation, and promote interaction and communication between teachers and students. The classroom teaching should be as lively as possible to arouse students' curiosity. After class, we should help students to solve the problems they do not understand, so that the overall level of students can be improved.

5.2 Teachers combine educational psychology to achieve self improvement and set an example

Applying educational psychology to the management of teachers can improve teachers' quality and teaching quality. Teachers are the main guides of students' learning, which is inseparable from the quality of school education. Therefore, it is very important to attach importance to the quality of teachers' education and teaching. The quality of teachers and staff is an important factor affecting the quality of education. As the core of class teaching, teachers play an exemplary and leading role in teaching, and all activities are closely related to education. Combining educational psychology with teachers can not only improve teachers' professional skills, but also improve their overall quality. The introduction of educational psychology into the

teaching staff can, on the one hand, enhance teachers' scientific quality and promote the development of teaching work; On the other hand, it can also strengthen the teaching staff and make more people understand educational psychology. In educational psychology, teachers should not only impart knowledge, but also give play to their own personality charm, so that students can recognize their abilities, and teachers can be constantly optimized to achieve the best teaching effect.

5.3 Integrating educational psychology into students' study and life

To do a good job in students' daily study and life management, it is necessary to conduct all-round psychological guidance and behavior management for students. First of all, colleges and universities should actively use the network and other media to carry out mental health education for college students, and promote their mental health through student groups and associations. For example, we should make full use of the functions of group organizations, give play to collective efficiency, regulate students' collective behavior, and guide students to enhance their sense of teamwork. We should set up student groups to meet the needs of students. Relying on associations, we can carry out various forms of community activities, so that students have enough space for collective activities and enhance collective awareness. At the same time, we should properly use informal collective carriers, pay attention to their important position in society, and properly guide them in time to prevent the occurrence of "two extremes".

5.4 Diversification of teaching evaluation

It is generally believed that intelligence is very important, but IQ is not the only factor to measure individual psychological quality and development potential. In college education, there is a more prominent phenomenon, that is, some students are active in thought, intelligent and resourceful, but their learning attitude is perfunctory, which leads to their professional quality can not be improved; Therefore, when evaluating, teachers should not unify standards, but only evaluate students from their intelligence and performance. They should implement diversified evaluation, find out the advantages of each student, and help students' personal development.

6. Conclusion

In a word, the application of educational psychology in the teaching and management of colleges and universities conforms to the requirements of the development of the times. The cultivation of modern education and talent concept should not only have good cultural quality, but also have a good mentality and a good attitude towards life. In order to promote educational psychology to play its due role in the management of colleges and universities, we must change the current solidified educational concept and improve teachers' professional ability and educational psychological quality. In specific education and teaching, college teachers should integrate theory with practice, carry out various education and teaching work in colleges and universities with the help of the content of educational psychology, enhance the emotional communication between teachers and students, and help students to improve their negative emotions, so as to achieve the goal of giving full play to students' own potential and enable students to develop better.

References

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