

On the Application of Psychological Education in Higher Vocational Education Management

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Abstract: Higher vocational education is very important for the development of China's society. As a key stage in cultivating high quality and technically skilled talents for society, higher vocational education must take up its responsibility to ensure that while strengthening students' skills teaching, it also needs to continuously improve students' personal cultivation and ideological level, and to make students have a positive and healthy psychology in order to ensure that more This paper analyses the importance of psychological education for higher education. This paper analyses the importance of psychological education for higher education management and the problems of higher education management, and proposes measures for the application of psychological education from two aspects, namely the construction of teachers and the strengthening of daily education management, for reference.

Keywords: Psychological education; Higher education; Educational management management

For the growth of students in higher education institutions, psychological problems have always been a problem affecting the development of higher education. In order to be able to improve the core quality of higher education students, schools must pay more attention to the psychological problems of students and actively integrate psychological education in their daily education and management, and use a high-quality education and management team to guarantee the psychological health of students in order to provide a solid foundation for the long-term development of higher education and the cultivation of This will lay a solid foundation for the long-term development of higher education and the cultivation of high-quality talents.

1. The importance of psychological education for higher education management

Psychological education is one of the most important and easy to ignore contents in youth education, especially in the management of higher vocational education, psychological education is the most important education that should be paid attention to, after all, most of the youth in higher vocational education are students who have experienced failure in college entrance exams or students with relatively poor learning ability, so in the process of growth of many students will encounter certain psychological problems, such as rebellion, low self-esteem, mania, depression and so on. In such an environment where the pace of life is accelerating, students are under great pressure to grow up, which is the main reason why there are more psychological problems among students in higher education institutions. As a result of these problems, the educational management of many higher education institutions is seriously backward, such as many teachers do not pay attention to the psychological problems of students, and either adopt loose management or strict management in the management, which leads to the situation that students are prone to aggravate their psychological problems.

The core purpose of psychological education is to help students establish a good mental and psychological concept, and to enable them to pay attention to the importance of mental health and ensure that they can regulate themselves or seek help from teachers when they have psychological problems. In addition, psychological education is also very helpful for the improvement of higher education management. After all, the responsibility of school education management is not only to manage the students' academic life, but also to carry out scientific education and guidance on students' ideology, personal quality and psychological state, so as to ensure that students can become high-quality talents useful to society. However, at present, many higher

education institutions lack attention and importance to psychological education. Not only do education managers lack sufficient knowledge of psychological education, many schools do not even make full use of or establish psychological consultation rooms, resulting in some students being unable to find suitable solutions to their psychological problems even if they are aware of them, so improving the current situation of education management has become a problem that higher education institutions must pay more attention to. One of the issues that must be given more attention in higher education institutions.

2. Problems of integrating psychological education into higher vocational education management

2.1 Lack of quality educational management teams in schools

At present, many higher education institutions do not attach enough importance to psychological education. When establishing education and management teams, they usually focus on experienced veteran teachers or outstanding young teachers, and let these teachers take on the role of class teachers to carry out education and management. Although this approach can improve the level of education and management, the lack of standardised management in schools has resulted in each class teacher having a very different management style, and therefore the growth of students can easily be very different. Moreover, most class teachers do not have experience in psychological education and have relatively little theoretical knowledge of psychological education, so it is difficult to implement psychological education into educational management effectively.

2.2 The class teacher's education and management style is more rigid

As the person directly responsible for educational management, the classroom teacher has a very important influence on the quality of educational management. However, many classroom teachers are still using traditional management methods when carrying out educational management, and they do not pay more attention to the psychological situation of students. This approach is not only not conducive to solving the problem, but can even lead to problems with the students. Moreover, some class teachers do not care about the importance of continuous learning and do not pay enough attention to new teaching concepts and psychological education methods, and even use two extreme modes of management, such as forced management or perfunctory management, which can lead to more serious psychological problems.

3. Measures to build a high-quality higher education management team by combining psychological education

In order to more effectively organize the penetration of psychological education in higher vocational education management, it is necessary for higher vocational institutions to select and establish a high-quality education management team, to ensure that the education management team can have a certain level of psychological education, and can integrate psychological education and education management, and use a highly efficient and high-quality education management system to strengthen the management of students' life, study and psychological education. In the process of building an educational management team, schools must pay attention to the following points.

3.1 Strengthen the classroom teacher appointment and security system

As a direct participant in the management of higher education, the class teacher has a very important responsibility. Not only does the class teacher have to do his or her job well, but he or she also needs to keep an eye on the students, deal with their conflicts and guide their lives so that they can study and live safely and healthily in school. In order to improve the level of education and management in schools and to better integrate psychological education into education and management, schools must pay attention to the appointment and selection of classroom teachers to ensure that teachers with experience, responsibility, learning ability, faith and good character are appointed to take on the responsibility of classroom teachers, and use the competition system to improve the motivation of classroom teachers, so that they can take the initiative to They should also be motivated to take part in the reform of teaching and learning management. In addition, schools need to strengthen the security system for classroom teachers and improve their welfare benefits so that they can work diligently and dedicatedly to improving education management and psychological education without having to worry about their future.

3.2 Strengthen the training of classroom teachers

In order to effectively integrate psychological education into educational management, higher education institutions must first strengthen the training of classroom teachers to ensure that they can actively learn advanced educational management con-

cepts and have sufficient theoretical knowledge of psychological education in order to ensure that psychological education can effectively drive the reform of educational management. For this reason, schools need to organise regular training activities for classroom teachers and employ professional psychologists and psycho-educators to train classroom teachers, so as to ensure that classroom teachers can maintain a continuous learning and research mindset and can use scientific methods to integrate psycho-education into classroom management.

4. The use of psychological education to strengthen the measures of higher education management

After the establishment of a high-quality, highly qualified education and management team, it is difficult to integrate psychological education and education and management effectively. As the class teacher is responsible for education and management, the class teacher should be the core of the infiltration process, and other teachers should be involved in the infiltration process to ensure that students can really get help from psychological education.

4.1 Classroom teachers must be fully committed to educational management

The class teacher, as the manager responsible for both classroom management and educational management, must take responsibility for educational management reform and must develop a strong educational commitment to ensure that he or she is genuinely involved in educational management reform. In the process of psychological education permeating educational management, the class teacher must, firstly, fully understand the characteristics and potential conflicts of each student in the class, and educate and channel them in a reasonable way in order to create a harmonious classroom environment; secondly, he or she must establish a The class teacher should fully base on the power of the students to manage the class on their own initiative, and clarify the division of responsibilities within the class, and under the guidance of the class teacher can unite to build a good class affairs, and can also strengthen class cohesion through campus activities, skills competitions, etc. , to establish a good psychological growth environment for students.

4.2 Use new educational concepts to develop psychological education

When conducting psychological education, classroom teachers must choose appropriate methods to launch education and avoid using methods such as lecturing, indoctrination and criticism to get students to improve their thoughts and behaviour. Classroom teachers need to learn new-age educational concepts and methods to ensure that they can really use psychological education to solve students' psychological and ideological problems. Firstly, class teachers need to change their traditional teacher-student status. Not only should class teachers pay more attention to and care for their students, they should also treat them as equals and be a second parent to them, but they also need to be friends with them and be able to understand their students' inner thoughts and preferences so as to inspire their trust in them, thus paving the way for psychological education. For example, using new media teaching to carry out psychological education, using conversation to carry out psychological guidance, using class activities to improve class cohesion, etc. are all important ways to help students improve their psychological quality, repair psychological trauma and resolve psychological conflicts; finally, class teachers also need to integrate psychological education and moral education, so that while helping students solve their psychological problems, they can also improve their This is very helpful for the future growth of students.

4.3 Psycho-education by example

After all, the behaviour of the classroom teacher is the best teacher for the students, so the classroom teacher should also be able to integrate psychological education into the educational management by regulating their own behaviour. For example, classroom teachers can share their emotions and mindset in the teaching and classroom management process, or ask students to help them solve problems in their work, so that students can find help from the classroom teacher when they have psychological problems, which is very helpful in helping students to receive psychological education.

5. Conclusion

All in all, psychological education is particularly important in higher education management, as it can not only help students to solve their problems in learning and life, but also improve their ideological quality. Therefore, higher vocational schools must actively permeate psychological education in education management. While establishing a high-quality education management team, they also need to adopt methods suitable for students' psychology to integrate psychological education into daily education management, so as to ensure that the education management level of higher vocational education can truly meet the growth and development needs of students.

References

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