

Out of Difficult Situations, the Sun Blossoms--The Application and Practice of the New Model of "5C" Education in Helping Students with Multiple Difficulties

Meng Li

Wenzhou Medical University ,School of Nursing ,Wenzhou, 325035, China

Abstract: After using the "5C" education model to help and guide the student, the student's economic pressure, psychological pressure and physical problems were relieved, and the student became more sunny, confident and active. The new model of "5C" education enriches the content of education work, optimizes the path of education work, improves the effectiveness of education work, and provides ideas for exploring the education work for students with multiple difficulties.

Keywords: Model of "5C"; Higher education; Exploring

1. Case Background

Wu Min (pseudonym), female, 158cm tall, is a nursing student in our school in the year 2018. Her father is physically disabled, her mother is working, and her younger brother is in elementary school. Her father was conned of 50,000 yuan by giving a guarantee to a stranger and had a large amount of external debt from opening a farm, and her family was living on low income and her mother was doing odd jobs, so her family was in special financial difficulties. She had suicidal thoughts in middle school and high school due to relationship breakdown, and was diagnosed with depression in high school, and was found to have premature heartbeat in a sophomore medical examination. After enrolling in college, the student was sensitive to interpersonal relationships and did not have a clear plan for the future. financial difficulties, psychological sensitivity, physical discomfort and interpersonal tensions led to low self-esteem and negative emotions, making it difficult for the student to adapt to college life.

After using the "5C" education model to help and guide the student, the student's economic pressure, psychological pressure and physical problems were relieved, and the student became more sunny, confident and active, and won the national scholarship, Zhejiang Government Scholarship, the first-class school scholarship, the third best student and other honors during her school years, and successfully went on to higher education, as the provincial excellent representative of the graduates giving out a speech at the graduation ceremony.

2. The nature of the problem

The student's family financial difficulties, psychological sensitivity and fragility, physical discomfort, academic disinterest and weak interpersonal relationships lead the student to be immersed in negative emotions, less focus on the maintenance of interpersonal relationships, and have no goals and plans for college life. Therefore, the support intended for this student should focus on helping her to relieve economic pressure, relieve psychological distress, improve physical quality, enhance comprehensive ability and strengthen career planning, so as to promote the overall development of this student and in turn she becomes an ambitious, knowledgeable and productive youth in the new era.

2.1 The construction of the new model of "5C" education

The construction of the new model of "5C" nurturing is based on the concept of "Great Civic Education", guided by Xi Jinping's thought of socialism with Chinese characteristics in the new era, insisting on nurturing people for the Party and the country, and promoting the "three-dimensional" comprehensive development of students' quality and ability in all aspects. The "three-dimensional"

comprehensive development of all aspects of college students' abilities. In the process of helping students with multiple difficulties, we insist on "building moral character" as the center, and explore a new model of "5C" education that conforms to the law of ideological and political education, the law of students' growth and the integration of all elements of the education process, in which The "5Cs" are Care, Coordinate, Confidence, Capacity and Career.

3. Practice and effectiveness of the new model based on "5C" education

3.1 Multi-dimensional "help", care and concern to increase the aura

The counselor is the guide for the healthy growth of college students, and caring for students can make the ideological education work full of humanistic care, so as to establish a harmonious teacher-student relationship, which is conducive to the healthy development of students.^[1] Young college students should have fire in their hearts, light in their eyes and strength in their feet, and they should be energetic and agile to maintain the youthful undertones of vigorous development and upward mobility.^[2]

The student's family was heavily in debt, and the anti-depressant and arrhythmia medication she was taking every month was a significant expense, so the student was under great financial and psychological pressure. The counselor regularly talked with the student, took the student to the hospital to see a psychologist, gave the student books related to positive psychology, encouraged the student to apply for national grants and social grants, and told the college leaders about the student's difficult economic situation, and obtained subsidies for the student's medical treatment, which solved the student's difficulties in daily life.

3.2 Combined efforts to "gather energy", active coordination and strong vitality

Counselors are in the first line of student work, responsible for the education, management and service of students, so they should establish a sense of coordination, establish a good communication and coordination mechanism, and coordinate the relationship between students and their families, schools and society. Good physical quality is the most basic quality in the comprehensive quality of college students, and a healthy body is the basic prerequisite for college students to serve the society and serve the motherland. Therefore, college students should pay attention to their physical health and be a college student full of vitality.^[3] The student called the counselor during her internship and said that she had been having palpitations and chest tightness and dizziness recently, which had affected her normal internship. The counselor immediately took the student to the hospital, and the examination results showed that the student has premature ventricular contractions and an enlarged heart, and the doctor recommended surgery. However, due to the family's financial difficulties, the parents were initially hesitant to let their child undergo surgery. The counselor communicated with the student's parents and suggested that they take the child to the hospital for a review. After the parents took the child to the hospital, they decided to raise money for the child to prepare for the surgery.

They explained the process of reimbursement of medical insurance for college students and applied for temporary hardship allowance for the student to solve the student's worries. In addition, the counselor communicated with the supervising teacher of the student's internship hospital about the student's health condition and upcoming surgery, and handled the leave of absence procedures for the student. After the supervising teacher learned that the student would have surgery at the internship hospital, she communicated with the doctor who operated on the student, and finally the student successfully completed the surgery and recovered well.

3.3 Continuous "empowerment", inspire self-confidence to enhance the bottom line

Confidence comes from ability, ability comes from practice. For students with low self-esteem, teachers should actively empower them and guide them to exercise their abilities in practice, so as to improve their self-confidence and confidence and get out of trouble.^[4] The student is sensitive and has low self-esteem. He goes back to his dorm room to rest after class every day and is not interested in the activities organized by his class or college. The counselor encouraged the student to actively participate in club organizations, and taught the student the skills of club interviews and helped the student to revise the manuscript of his self-introduction.

The counselor should take the students as the main body, fully mobilize their initiative, guide them to combine their own development with the needs of the country and society. The student is involved in rich and colorful social practices to guide her to realize the value of life. At the beginning of her enrollment, the student had low self-esteem and was shy, and his interpersonal relationship with her dormitory mates was tense. The counselor taught the student the principles and methods of interpersonal communication and encouraged the student to step out of her own small circle.

3.4 Leading "growth" and planning career to add life

Counselors should do a good job in leading college students in career planning, which can help young college students "weigh external conditions and measure their own strength" and plan their future development direction, so as to have goals, vitality and vitality, ^[5]stimulate potential and harvest success. After enrolling in the university, the student has been in a low psychological state, has no goal planning for the future, and has no interest in studying. The counselor talked with the student for many times to help the student understand himself, his interests, hobbies, character and strengths, and after many heart-to-heart talks, the student expressed his intention to enter graduate school, but he had to enter the college first before he could pursue graduate school. Relevant revelation The new model of "5C" education under the perspective of the Great Ideological and Political Science is closely focused on the main line of building moral character, following the law of ideological and political education and the law of students' growth, starting from the five elements of Care, Coordinate, Confidence, Capacity and Career, gradually building a new model of education with prominent focus, rich carriers and synergy, strengthening ideological leadership, adhering to systematic thinking, innovating education paths, reflecting multi-dimensional care and helping students grow.

The five elements of the new model of "5C" nurturing under the perspective of large thinking and administration are complementary to each other and form a system, and the rational allocation of the five elements ensures the maximum effectiveness of the five elements. The reasonable internal structure can promote self-improvement and self-regulation, so that the education model can be adjusted according to the actual situation of students with multiple difficulties, so as to provide targeted education guidance and ensure that the effectiveness of the ideological education can be given full play. The new model of "5C" education enriches the content of education work, optimizes the path of education work, improves the effectiveness of education work, and provides ideas for exploring the education work for students with multiple difficulties, so that it can be replicated and promoted. spoke at the graduation ceremony as a representative of provincial outstanding graduates.

References:

- [1]Zivin K , Eisenberg D , Gollust S E , et al. Persistence of mental health problems and needs in a college student population[J]. *J Affect Disord*, 2009, 117(3):180-185.
- [2]Fan H P . A Study on the relationship between college students' emotional management ability and mental health[J]. *Matrix Science Medica*, 2019, 3(2):25.
- [3]K.A. Traino, D.M. Bakula, C.M. Sharkey et al., The role of grit in health care management skills and health-related quality of life in college students with chronic medical conditions, *Journal of Pediatric Nursing* 46(1) (2019), 72–77. doi:10.1016/j.pedn.2019.02.035.
- [4]Hertzog,C.,Price,J.,&J.Dunlosky. How is knowledge generated about memory encoding strategy effectiveness?[J].*Learning and Individual Differences*,2008,18(4):430-445.
- [5]Yorke M, Knight P. The Undergraduate Curriculum and Employability: a Briefing Paper[J]. Higher Education Academy.