

A Brief View of Mental Health Education for Graduate Counselors

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Abstract: Mental health education for graduate students is an integral part of quality education for graduate students, which plays an important role in improving the comprehensive quality of graduate students and cultivating high-quality talents with both political integrity and ability. As the direct responsible person of mental health education for graduate students, the graduate counselors should attach great importance to the mental health problems of graduate students, and strive to become their life mentors and bosom friends for healthy growth. This article discusses the main psychological problems of graduate students, the main reasons for the formation of graduate students' psychological problems, and the main countermeasures of graduate counselors to carry out mental health education, so as to provide reference.

Keywords: Graduate Students; Graduate Counselors; Mental Health Education; Countermeasures

Introduction

In recent years, with the continuous expansion of graduate enrollment, graduate education has entered a stage of rapid development, and is striving to achieve a new breakthrough in high-quality connotative development. Therefore, more and more attention is paid to the mental health of graduate students. Mental health education for graduate students is an integral part of quality education for graduate students. To strengthen and improve the mental health education of graduate students is the need to further promote quality education, comprehensively improve the quality of graduate training, and promote the reform and development of higher education. It is also the need to maintain social stability, build a harmonious society and build a harmonious campus. The age span of graduate students is large, the source structure is complex, the social experience is uneven, and at the same time, they are faced with employment, love and marriage, social and other practical problems, resulting in more or less psychological problems such as anxiety, extreme, inferiority, conceit, self-doubt and so on. The graduate counselor should deeply analyze the psychological confusion of graduate students and give corresponding coping strategies. This is of great significance to the mental health development and personality construction of postgraduates.

1. The main psychological problems of graduate students

The psychology of Chinese graduate students presents a healthy, positive and upward trend. Most graduate students can maintain a positive life, but quite a few students have psychological problems.^[1] At the current stage, the main mental health problems of graduate students are as follows:

1.1 Excessive anxiety

The excessive anxiety of graduate students not only includes the anxiety about study, but also the anxiety about the future. When graduate students are repeatedly frustrated in the way of study and research, and frustrated and confused in the emotional life, they will produce pessimistic and insecure emotions, causing anxiety and sensitivity and other psychological problems, and even affecting the normal study life and interpersonal communication.

1.2 Self-doubt

Graduate education is the advanced stage of higher education. Relatively speaking, the higher level of talent also

represents the greater learning ability of this group. However, when the graduate students really enter the postgraduate study life, they will find that due to various reasons which may lead to completely different from their psychological expectations, when they encounter setbacks in study and life, they will have strong negative emotions and fall into the vortex of self-doubt.

1.3 Jealousy

Graduate study is quite different from undergraduate study. In order to successfully complete the study, we should not only pay attention to the course study but also pay attention to the research output, especially the quality of the degree thesis is very high. In order to encourage graduate students to study, each university has introduced a variety of reward mechanisms. For students who are better in scientific research, they can not only achieve various scientific research achievements, but also get rich honors and awards. Individual graduate students have strong competitive heart, and once they are in a disadvantageous position in the competition, they are prone to jealousy. This negative emotion will directly affect their study and life quality.

2. The main reason for the formation of psychological problems of graduate students

2.1 The complex source structure of graduate students leads to the psychological gap

At present, our country graduate enrollment examination is open to apply for the examination conditions, that is to say, candidates can choose according to their own will to apply for the examination of the school and the major, in addition to a few medicine, law, engineering professional stronger professional, most major accept cross-professional application.^[2] This leads directly to the complexity of the source structure of graduate students. At present, the graduate students with interdisciplinary background and equivalent academic background occupy a large proportion in the graduate group. Due to the large differences in discipline background and learning environment, these graduate students are also different in learning ability, thinking style, knowledge reserve and other aspects, which leads to a large psychological gap after some students enter the postgraduate stage, affecting physical and mental health.

2.2 Flexible training methods and high learning pressure for postgraduates

Different from the relatively centralized training mechanism of undergraduates, graduate students are more dispersed. At the same time, our graduate education is mainly implemented in the supervisor responsibility system, because each student is good at different, different research direction, different mentors, so their training objectives, training methods and training process are very different. Therefore, it is difficult to ensure the needs of the school to organize collective activities, which brings some difficulties and challenges to the educational management of graduate students. In addition, the academic pressure and scientific research pressure at the graduate stage are heavier than those at the undergraduate stage. The graduate students generally have higher expectations for themselves and stronger autonomy than undergraduates, but some of them have psychological confusion, which is hidden and difficult to detect compared with undergraduates. Therefore, it is relatively difficult to conduct psychological counseling and construction for the graduate students.

2.3 Graduate students are older and inevitably face more social problems

Due to the limitation of the school system, those who go to graduate school are generally older, and many graduate students have married, had children and started families. Even if you're not married, you're at the age where you're talking about getting married. In the completion of the heavy academic work, they also inevitably face marriage, economic income and other social problems. For the married group, there is the task of study and research, family care, relationship management, and financial resources to consider. For the single group, we should not only consider the practical problems of employment after graduation, but also make plans for their lifetime events. It can be said that these invisible pressures make graduate students have a greater psychological burden.

3. The main countermeasures of mental health education for graduate counselors

3.1 Give full recognition and respect to graduate students

Respect is the most basic principle to get along with people, is the external expression of personal inner cultivation. Everyone in the heart is eager to get the respect of others, only respect others to win the respect of others. Respect for students is the cornerstone of smooth work and good teacher-student relationship.

Graduate students are more eager to gain recognition and respect from others. Compared with undergraduates, graduate students have more mature personalities and look at things more comprehensively and thoroughly, so "persuasive" and "critical" education methods are obviously not suitable. They are eager for equal and free dialogue, so counselors are required to stand on an equal point of view and have heart-to-heart communication as a friend, praising, questioning and discussing as close friends. The pressure of graduate students comes from different sources from that of undergraduate students. It is mainly manifested as scientific research pressure, employment pressure and emotional pressure. It is particularly important to give recognition and respect when carrying out ideological and political education and psychological counseling.

3.2 Use networks to enhance cohesion and sense of gain

With the development of the information age and the Internet, the network has become an essential part of everyone's life. The powerful network makes the channels for obtaining information more diversified. Counselors should make full use of QQ, wechat, Weibo and other network tools to organize and carry out "Mental Health Day" activities, plan class activities, enhance the communication among students, narrow the distance between research groups, and fully grasp the psychological dynamics of students to guide them to grow healthily and happily.

3.3 Constantly enrich themselves and improve their professional quality and skills

As a class organizer, manager and educator, counselors must have high cultural accomplishment and strong working ability. In daily work, they should constantly find problems, summarize working rules, reflect regularly, and solve problems with professional knowledge of management, psychology and so on.

Counselors should take the initiative to pay attention to graduate students, communicate with them regularly, master their study and psychological state, care for them, and relieve their tension. In addition, graduate counselors should also participate in the mental health education training organized by the school, improve their education level, build a good communication and interaction mechanism, and ensure the healthy growth of graduate students.^[3]

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