

Analysis of Strategies for Developing Student Management Work of College Counselors Based on Mental Health Education

Lu Zhao

Sichuan Normal University,610066

Abstract: In today's era,the psychological quality of college students is highly concerned.As a new era of college students,they should have a positive and upward attitude.Therefore,major universities have opened courses on college students' mental health education.College counselors play an important role in the learning and life of college students,with close connections with students.Therefore,through their student management work,they can provide psychological health education to students,thereby helping them solve various psychological problems during their growth.Based on this,this article conducted sufficient research. Firstly,it explored the various confusions encountered by college students in their growth.Secondly,it analyzed the role of mental health education in student management work.Finally,it explored effective strategies for implementing mental health education for college students through student management work,hoping to provide relevant reference for college counselors.

Keywords: Psychological health education;College counselors;Student management;Strategic analysis

In recent years,the mental health issues of college students have gradually received attention,and the Ministry of Education has put forward clear requirements for carrying out mental health education for college students.And college counselors are responsible for the daily life and learning of college students,while also undertaking multiple tasks,such as class management,career counseling,health education,ideological and political education,etc.Therefore,counselors are the leading force in student management.Due to the impact of multiple pressures on current college students,they are prone to mental health problems.Therefore,college counselors should fully reflect their own values,carry out mental health education for college students through student management,positively guide them,solve various psychological problems,and promote the healthy development of college students.

1. Common psychological problems in the growth of college students

1.1 Learning Issues

Most college students suffer from learning confusion and aversion to learning.The reasons for this are: firstly,compared to high school,students no longer feel the high intensity of learning pressure when entering university life.This requires students to have a certain level of self-control in their studies.Many students begin to become lazy,not focused on learning,and develop aversion to learning during their college years.Secondly,due to the abstract and difficult understanding of professional courses,students find it difficult to arouse interest and fully integrate into classroom learning,resulting in a psychological aversion to learning.

1.2 Adaptation issues

Many college students show discomfort with the school environment,especially freshmen.Some students are unable to adapt to the school's arrangements,while others are unable to fully integrate into the school environment.From this,it can be seen that students do not yet possess sufficient independent abilities.Some students lack independence consciousness without the supervision of teachers and parents.When entering the university environment,without constraints,it is difficult to adapt.Some students lack the ability to live independently before entering university,so they become at a loss when facing various daily life affairs in university life.

1.3 Occupational confusion

Regarding career confusion,most students have a lack of clear positioning for their future career development direction.On the

one hand,many students have not carefully studied their majors and do not have full confidence in their future careers,resulting in a lack of enthusiasm for learning and anxiety.On the other hand,without reasonable planning for future development,one hesitates between continuing education and employment,resulting in occupational confusion.

1.4 Emotional confusion

College students generally face emotional confusion,first of all in communication emotions.Individuals cannot integrate into the collective,and each student has a unique personality.It is easy to create various conflicts and fail to form good interpersonal relationships when interacting with others.If not resolved in a timely manner,students will experience psychological problems.Secondly,personal emotional confusion can occur among college students during their adolescence.When they are in a breakup,if they do not receive effective psychological intervention,they are prone to extreme behavior,which can affect their physical and mental health.

2. The role of integrating mental health education into the management of college counselors and students

2.1 Beneficial for counselors to play a guiding role

In college life,the counselors are the ones that students come into contact with the most,so they can provide psychological health education for students through counselors.Counselors act as managers,servers,and disseminators in students'lives.When students encounter growth problems,counselors should provide timely assistance to spread correct values to students.Therefore,integrating mental health education into counselor student management is beneficial for counselors to play their guiding role,gain a deeper understanding of students'psychology,and provide better services for students.

2.2 Beneficial to the growth of students'physical and mental health

Counselors provide psychological health education for students in their daily student management work,enabling them to understand their psychological state in real time,master their ways of handling affairs,and their psychological resilience.When students experience psychological problems,counselors take the best approach to provide assistance and guide them to view their own problems correctly.Under the careful guidance and companionship of counselors,students gradually develop a positive and optimistic attitude,and are able to actively respond to various difficult problems in life and study.So counselors carry out mental health education in their daily work,which is beneficial for the growth of students'physical and mental health.

3. Development strategies for student management work of college counselors based on mental health education

3.1 Building a Network Information Exchange Model

Constructing a network information exchange model to make student management more efficient and fully grasp student trends,making the work of college counselors faster and also facilitating the implementation of mental health education for students.Firstly,in the new era,college students are very skilled in using online platforms for communication and achieving rapid communication of information.Online communication tools have become an essential part of college students'lives,such as WeChat,Weibo,QQ,etc.,achieving good communication with students.For example,counselors can communicate with students at any time through information tools and keep track of their ideological dynamics.If students encounter conflicts with each other,tutoring can quickly understand the situation and make corresponding adjustments.From this,it can be seen that by establishing a network model,counselors can timely understand students'psychological status,and based on this,develop targeted management plans to provide high-quality educational services to college students,ensuring their physical and mental health development.

3.2 Creating a Psychological Archive for College Students

Counselors establish psychological records based on the daily performance of college students,record their growth and changes in detail,and fully grasp their psychological state.Psychological test shall be conducted for all newly enrolled college students to evaluate their personality characteristics.Analyze the strengths and weaknesses of students in order to provide targeted mental health counseling in the future,help students discover their strengths and weaknesses,and establish a healthy personality for them.Counselors provide psychological health education to college students by establishing their psychological files,helping them solve psychological problems,and promoting their healthy growth.

3.3 Counselors strengthen communication among all parties

Based on student management in mental health education,counselors play a leading role,but some students have serious mental health problems.At this time,counselors should understand their own limitations and actively establish connections with parents.The

family environment has a direct impact on students' psychology. Counselors should communicate more with parents, grasp the actual situation of students, and encourage parents to actively cooperate with the school.

3.4 Integrating Mental Health Education into Student Management Thinking

Firstly, college counselors should update their management thinking in a timely manner and fully reflect it in carrying out mental health education, including mental health education in student management work. Counselors should pay attention to the psychological health of students, adhere to positive management thinking, and avoid using incorrect management methods such as criticism and sarcasm to avoid increasing negative emotions among students. Therefore, counselors should establish a positive management mindset, provide more encouragement and affirmation to students, enhance their confidence, and better stimulate their motivation for learning. Teachers integrate mental health education into student management thinking, which not only provides good protection for students' personal emotions, but also sees the effectiveness of student management work.

3.5 Encourage students to self-manage

Based on student management under mental health education, university administrators can guide students in self-management. College students have independent and mature thinking, and they have a strong sense of self-management. In daily management work, counselors have full trust in college students. When students feel this trust, they will continuously enhance their management awareness, which is beneficial for college students to establish a perfect self. Counselors can also choose students who perform well in self-management to serve as counselor assistants, which brings the distance between teachers and students closer, and the counselor also has an additional understanding of the students. Counselors encourage students to engage in self-management, which is beneficial for their physical and mental health growth, while greatly improving their work efficiency.

4. Conclusion

In summary, the work of college counselors also includes providing psychological health education to college students. Therefore, counselors should have higher qualities and be able to coordinate various tasks in college student management. According to the research in this article, counselors should establish good relationships with students, enter their hearts through communication and other means, timely understand their psychological state, and take reasonable measures to intervene if problems are found. As a college counselor, one should also pay attention to improving their own abilities and qualities. They should actively participate in various training activities, such as learning mental health knowledge through lectures, online learning platforms, and mastering communication skills with students, in order to better serve students in student management and mental health education, solve problems for students, help students establish correct value orientation, and promote students' physical and mental health.

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