

The implementation strategy of mental health education for secondary vocational students in the work of class teachers

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Abstract: As we all know, secondary vocational schools shoulder the heavy responsibility of cultivating high quality and professional talents for the society. Since entering the new century, the market and the majority of enterprises for talent demand standards continue to improve, especially for the psychological quality of talent has a higher requirement, in this context, do a good job of secondary vocational students mental health education is imperative. This article on the secondary vocational students mental health education in the class teacher's work of the implementation of the strategy is analyzed and discussed, only for the reference of relevant people.

Key words: secondary vocational students; Mental health education; Class teacher work; Implementation strategy

For secondary vocational students, they are in the rapid development of physical and mental adolescence, although they have formed a certain sense of self, but psychologically is still not mature enough, especially in the face of some life problems, learning problems and employment pressure, often can not effectively channel emotions, over time will form a variety of psychological problems. Affecting their learning and development. The class teacher, as the teacher who has the most contact with the secondary vocational students, should implement the mental health education in the daily education management work, care for the students' minds, guide them to grow up, so that they can gradually develop good psychological quality and quality, and better employment and development in the future.

1. Information technology assistance, strengthen psychological cognition

With the continuous development of vocational education, educational informatization has become an important reform direction of secondary vocational education. In this context, information technology has been widely used in secondary vocational education, and has shown a huge role in improving the effectiveness of education and teaching, which also provides an effective auxiliary tool for the teacher's mental health education. In the practice of promoting mental health education, we need to base on the background of vocational education reform of education informatization, and actively introduce information technology into mental health education to strengthen students' psychological cognition and promote the development of students' mental health. To be specific, first of all, we can rely on the network means to expand mental health education resources, such as playing some common adolescent psychological problems and coping measures of the video, so that students can learn more control emotions, soothing psychological methods, to promote their mental health development. Secondly, we can actively carry out educational activities such as network psychological testing or consultation, and deepen students' learning experience by three-dimensional and modern educational methods, so that they can more deeply understand the connotation and essence of relevant knowledge. Moreover, we can rely on chat software, short video platform and other mental health education platform, with the help of the network platform unique secrecy, convenience and other characteristics, to provide students with the space to express psychological ideas, exchange psychological problems, let them anonymously communicate, anonymously ask questions to communicate with us, on this basis, On the one hand, we can give them a certain psychological guidance, help them eliminate psychological problems, on the other hand, we can combine the common problems of students to carry out theme class meetings, help students solve common mental health problems, and further improve the pertinence, timeliness and effectiveness of mental health education.

2. Pay attention to discipline penetration, leading psychological development

The development of secondary vocational students' mental health education cannot be separated from the penetration of daily education and teaching. Therefore, we should also pay attention to promoting the penetration of mental health education in subject teaching and lead the development of students' mental health. In this regard, we can start from the following two aspects: First of all, in the teaching practice of our own subject, we should base on the characteristics of the subject curriculum, and actively penetrate some knowledge of mental health education, such as in the teaching process of auto repair professional courses, we can combine the course content of "diagnosis - maintenance" to educate students to learn to "diagnose" and "repair" their psychological problems. Teach them some psychological self-diagnosis and adjustment methods, in order to strengthen their mental health cognition, promote their mental health development. Secondly, we should also do a good job of joint work with teachers of other disciplines, and suggest that teachers of other disciplines actively infiltrate mental health education to ensure that curriculum teaching can be effectively combined with mental health education to form a model of collaborative education, and comprehensively promote students' learning and growth. At the same time, we should also actively carry out teaching, research and exchange activities with subject teachers on the infiltration of mental health education in subject teaching, share with each other their mastery of students' psychological problems, discuss the development methods of mental health education, create a pattern of mental health education in the form of "three comprehensive education", and further improve the quality of mental health education. To lead the development of students' mental health.

3. Optimize psychological counseling to solve psychological problems

In mental health education, psychological counseling is an important means model, it can help students better understand themselves, understand themselves, cultivate their good psychological quality, emotional control ability, and promote their sound physical and mental development. In this regard, we in the daily education management work, but also to do a good job in psychological counseling, to help students solve psychological problems, to promote their sound physical and mental development. First of all, in the group counseling, we can combine the adolescent characteristics of secondary vocational students, grasp their common psychological problems, to carry out targeted counseling. For example, we can regularly hold themed class meetings and psychological lectures to lead students to pay attention to their own psychological problems, learn psychological adjustment methods, help them get rid of psychological haze, strengthen their psychological quality. At the same time, in this process, we can combine some practical cases to educate students, enlighten students, trigger their deep thinking, and further strengthen students' mental health cognition. On this basis, we can also ask students to record "psychological notes" in the process of group counseling, and actively carry out exchanges and discussions, so as to arouse their interest in learning, so that they can learn more mental health knowledge in a relaxed and pleasant atmosphere. Secondly, in terms of individual counseling, we should do a good job of daily observation and investigation work, through daily observation and feedback of class cadres to understand the psychological problems of individual students in the class, on this basis, do a good job of emotional communication with students, actively around the psychological characteristics and problems of students, create some emotional exchange opportunities, such as in daily life, To study situation, daily trifles, employment and other topics as a reference, and students to start a heart-talk, so as to lead them to gradually open their hearts, confide, and then should respect the students' ideas, growth background on the basis of full understanding and clever guidance, gradually help students eliminate psychological problems, for their learning and growth to provide a positive guidance. In addition, we should also understand that students' individual mental health problems are not formed overnight, need our long-term attention and care, therefore, we should also have enough patience and love, care for students, care for students, help them gradually eliminate psychological problems, more healthy and comprehensive growth.

4. Carry out cultural and sports activities to promote mental health

Peng sheng hemp, do not help straight. White sand in nirvana is black with it. For secondary vocational students, a good class atmosphere and environment is an important guarantee for their mental health development. Related psychological research shows that in a harmonious class environment, students' enthusiasm, creativity and initiative will be fully stimulated, and their ability will be improved faster. On the contrary, in a chaotic class environment, students will not only take the initiative to learn, but also their own psychological development will be negatively affected. Therefore, in the process of promoting mental health education, we should also do a good job in creating a good class environment, and actively create a warm, harmonious, healthy and upward class atmosphere by carrying out sports and sports activities, so as to provide necessary guarantees for the positive and healthy development of students' psychology. For example, in the after-school time, we can design some collective nature of the problem activities, such as art performances, tug-of-war competition and so on, to create a colorful collective atmosphere, promote exchanges and cooperation between students, let them through a variety of cultural and sports activities to form a good relationship, promote their mutual help, mutual respect and love, for their mental health development to lay the foundation. Another example, we can work with students out of the school, into the community, into the enterprise, so that they personally feel the meaning and happiness in the process of helping others and practicing labor. On this basis, we can do a good job in mental health education, such as educating students to be good at finding the truth, kindness and beauty, willing to help others, love labor, the courage to challenge difficulties and so on. For example, we can carry out mental health education activities with relevant personnel of enterprises, and combine students' pressure on employment and other aspects. Through effective education and guidance to help them find their own gaps and deficiencies, set good goals, so that they can develop a positive mental outlook and psychological quality, promote their better learning and growth.

5. Unite the family strength, build a psychological defense line

At present, how to create a "full-staff" education environment to ensure the sound physical and mental development of students is always an important goal of our class teacher's work. The realization of this goal can not only be separated from our educational leadership, but also from the collaborative assistance of the family. It can be said that students can't grow well without either force. Therefore, in the work of mental health education, it is necessary to actively unite family forces and implement the model of home-school education. In this regard, first of all, we should do a good job in family education guidance work, through the parents' meeting, network means and other ways to form a cooperative relationship with parents, regularly share with him some mental health education knowledge or skills, strengthen the parents' mental health education cognition and ability. Secondly, we can also exchange information with parents through family education guidance, discuss mental health education countermeasures and programs, and effectively improve the quality of mental health education. For example, we can regularly share some students' daily performance with parents through Internet means, understand the specific performance of students at home, analyze the mental health problems that students may have, and then discuss effective mental health education countermeasures together, so that students can get good mental health education guidance in school and family. Moreover, we can start from the point of view of activity, and regularly design some parent-child mental health education activities with parents to promote the harmony of parent-child relationship and lead the healthy development of students' psychology. For example, we can design some parent-child activities together with parents, such as guiding students and parents to record extracurricular reading, after-school experiment videos,

sharing each other's feelings and ideas, etc., in order to increase parent-child feelings, effectively eliminate students' mental health problems, so that they can feel the love of both home and school, and build students' mental health defense line together.

6. Improve their own quality, to provide psychological protection

Confucian teachers are easy to obtain, but human teachers are hard to find. As an important leader on the way of secondary vocational students' learning and growth, the quality of homeroom teachers directly affects the development of students' psychological quality and comprehensive ability. In this regard, we must also do a good job of improving their comprehensive quality, to provide students with good mental health protection. To be specific, first of all, we must be a thoughtful head teacher, not only to carefully observe students, through the students' speech, behavior, expression and extension to understand their concerns, but also to flexibly and appropriately give them some educational guidance, and actively promote their self-education. So that they can maintain a good psychological state in the follow-up study and life. Secondly, we should give students more trust, care and understanding, especially for some problem students, from their advantages, give them full understanding and trust, and timely infiltration of some psychological education, so as to shape its positive values, outlook on life. Moreover, we should also actively learn some knowledge of mental health education, and do a good job in the teaching process, with words and deeds to bring positive energy to students, promote their physical and mental health development.

“Ten years of trees, a hundred years of trees” as a class teacher, we should face the significance of mental health education. In the daily education management work, pay attention to the physical and mental characteristics of secondary vocational students from the point of view, the use of effective ideas and methods to implement good mental health education work, comprehensively promote the sound development of students' physical and mental, so that they can go further in the future, fly higher!

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