

Innovation and practice of mental health education for college students

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Abstract: In the talent cultivation work of colleges and universities, mental health education is an essential part to cultivate students' correct and healthy behavior habits and ideological cognition, which can promote comprehensive and healthy growth. At present, with the change of social environment, colleges and universities are also strengthening mental health education, and gradually transition from a single model to a diversified model, the content of education is also showing a trend from shallow to deep. However, looking at the overall implementation situation, we can find that there are still many problems, leading to mental health education difficult to raise to a new height. Based on this, this paper explores the innovation and practice of college students' mental health education, in order to provide valuable reference for the majority of colleagues.

Key words: colleges and universities; College students; Mental health education; Innovation and practice

College mental health education is aimed at college students, providing them with psychological counseling and guiding their values, so that they can face various conflicts in their growth with a positive and healthy attitude. In the new period, innovating the mental health education model in colleges and universities is an inevitable choice to meet the high quality development of colleges and universities and improve the quality of talent training. However, looking at the current practice, it is not difficult to see that there are unsatisfactory aspects in many links, which seriously affect the implementation effect of mental health education. Therefore, we need to base on the actual situation, and constantly explore and innovate the implementation path of college students' mental health education.

1. To innovate the significance of college students' mental health education

With the development and progress of society, college students' mental health education plays an important role in college personnel training, and has developed into an indispensable part. Especially entering the new period, the rapid transformation of all walks of life in our country puts forward higher requirements for college talents, making the competition for talents more and more fierce. Facing the new growth environment, the psychological pressure of college students will continue to increase, and the intervention of mental health education is needed. At the same time, in response to the changes in the new era, colleges and universities are also thinking about what kind of people to train and how to make students become talents in line with the needs of social development. In the attempt and exploration, colleges and universities have realized that cultivating high-quality talents requires not only a high level of professional knowledge, but also excellent psychological quality and sound personality, so it needs the assistance of mental health education and the goal of mental health education needs to be repositioned.

In addition, in the new era, the rise of information technology greatly broadens the horizons of college students and provides a more convenient channel for them to understand the society. However, their ability to distinguish right from wrong is not perfect, and they are still easy to be influenced by the outside world. Under such circumstances, some bad thoughts will erode students' hearts and distort their mental world. However, the traditional mental health education model is difficult to adapt to the changes in the new era, so it needs to innovate. It is not only the inevitable choice to meet the needs of students' personal growth, but also the internal demand of mental health education in colleges and universities to keep pace with The Times.

In short, The Times are developing, the internal and external environment college students are facing is changing, need more suitable for the actual situation of mental health education, service and guide contemporary college students, promote their physical and mental health growth.

2. The analysis of the problems existing in the mental health education of college students

First of all, some colleges and universities need to pay more attention to mental health education. Although most colleges and universities pay enough attention to students' mental health education, there are still some colleges and universities only pay attention to professional teaching and ignore the importance of mental health education. Affected by this, when these colleges and universities carry out the work of mental health education, they often pass a few simple lectures, resulting in the lack of systematic and profound mental health education. Similarly, colleges and universities will not pay attention to the training of mental health education teachers. In short, if the degree of emphasis is not enough, it will bring a series of negative effects on the actual education work, and it is difficult to play the role of mental health education.

Secondly, the mechanism of mental health education is not perfect. At present, most universities in our country have not established a perfect mental health education system, such as not designed the corresponding mental health consultation room, but by the student office is responsible. In addition, the implementation of mental health education teachers, also mostly counselors, resulting in insufficient psychological counseling work, it is difficult to meet the increasing demand of college students psychological development needs.

Finally, college students themselves. Judging from the overall situation of college students at present, many of them are the only child

in their families, and there is a common problem of low independent living ability. In college life, these students will have problems such as poor adaptability and lack of ability to communicate with talents, which will become an obstacle to their entry into group life and social life. Without effective guidance, these students will gradually fall into psychological problems. However, many college students have a prejudice against mental health counseling, believing that it is “shameful” and accepting psychological counseling means that they have “problems”. There are many such cases, for example, students under the pressure of study and employment, will also produce psychological burden, the need for psychological counseling intervention, but due to the wrong concept, resulting in mental health education is difficult to implement to students.

3. The innovation and practice of college students' mental health education

In the process of innovating the mental health education model, colleges and universities need to base on the reality, implement the reform and innovation work to the key place, and ensure that the mental health education work in the new era is not only novel, but also keeps pace with The Times.

(1) Comprehensive penetration of mental health education

In the face of the ubiquitous influence of social environment on college students in the new era, colleges and universities need to comprehensively promote mental health education, infiltrate it into all aspects of college education, organically integrate mental health education with moral education and professional teaching in colleges and universities, and occupy the vanguard position of leading students' values with a strong posture. At the same time, give play to the role of counselors, professional teachers and party and government organizations, build a new model of multi-subject collaborative education, and effectively enhance the clear awareness of the implementation of mental health education. Speed up the establishment of professional psychological counseling team, starting from the recruitment link, control the quality of psychological counseling teachers. In the future work, we will gradually combine the professional psychological counseling work with the daily psychological counseling work to build a complete and systematic psychological counseling service team for students.

(2) Establish a systematic psychological counseling course

Combined with the development trend of contemporary education, colleges and universities in the process of carrying out mental health education, should not only stay at the level of solving students' psychological problems, but also need to let students master their own psychological counseling methods, guide them to psychological counseling as an auxiliary means for future growth, learn to self-resolve, but also learn to pay attention to their own psychological world. To this end, colleges and universities can set up systematic mental health education courses, publicly teach the content of mental health, so that students can access the content of mental health education in daily circumstances. At the same time, by setting up such courses, colleges and universities can correct students' wrong cognition in time and let students take the initiative to seek and accept psychological counseling. In curriculum setting, colleges and universities need to break through the traditional mode, pay attention to the hierarchy and diversity of course forms, and avoid single and boring forms, which will reduce students' interest in learning. For example, in the actual teaching, traditional courses, special lectures and sand table simulation are set up to enrich students' psychological experience and strengthen the richness of mental health education. In terms of content, colleges and universities can base on the actual needs of college students, carry out in a modular way, such as interpersonal communication psychology, career psychology, social psychology, etc., targeted design of mental health counseling content in line with college students.

(3) Improve the mental health counseling organization

To innovate mental health education in colleges and universities, colleges and universities need to pay attention to practical construction work and speed up the improvement of hardware and software facilities needed for mental health education. At present, the psychological counseling organizations established one after another in colleges and universities are still difficult to meet the growth needs of students. At the same time, colleges and universities are also trying to find students' psychological problems as early as possible, quickly solve students' psychological barriers and prevent dangerous events, and more need systematic psychological counseling organizations for support.

First of all, colleges and universities can set up a health promotion and education group composed of professional psychological counseling personnel to carry out various forms of mental health education activities among students, so that college students can understand some basic mental health knowledge. At the same time, with the help of absorbing some enterprising college students, the formation of mental health education propaganda auxiliary group, the growth of some basic publicity and education matters, while responsible for feedback on the more common problems among students, you can also use them to approach students who have psychological problems but are not willing to accept help. Secondly, actively train counselors and members of the student work department, organize special training activities on mental health, and provide strong support for their psychological counseling. Finally, the establishment of professional psychological counseling room; At the same time, the work of mental health education infiltrates into the whole process of students' college life, starting from the entrance examination, simultaneously carry out mental health detection work, establish mental health files, and in the future work in the way of random investigation, tracking and observing the mental health status of students.

(4) To create a good campus environment

In the growth of college students, their mental health problems, mostly due to the impact of environmental factors, negative external environment is bound to have a negative impact on students' psychology, and a positive and healthy environment, it will give students a positive and positive impact. Therefore, under the demand of innovative mental health education work, colleges and universities need to pay attention to the construction of campus culture, through creating a positive and elegant growth atmosphere, so that college students can

grow up under the influence and infection of health culture. For example, encourage the Communist Youth League, student associations and other organizations to organize rich activities, such as speech competitions, knowledge competitions, sports competitions, community performances, etc., with meaningful and challenging activities to enrich students' after-school life, to avoid them addicted to the Internet world. Another example, the joint psychological counseling department, set up "mental health education publicity day", set every Friday afternoon as a specific time to promote mental health education, through the campus radio, school newspaper and information platform, jointly promote the content of mental health education, and gradually form the campus cultural characteristics of the school.

(5) Establish an information-based education model

In the new era, the innovation of college students' mental health education model cannot do without information technology, which is also one of the powerful ways for colleges and universities to cope with students' psychological problems in the new era. In practice, colleges and universities can set up special channels for mental health education informatization. For example, by using the information-based learning platform of each class, counselors are responsible for uploading the content of mental health education to the platform for students to observe and learn at any time; Establish the website of mental health education for college students to realize the sharing of psychological counseling resources; It can also organize online open courses, through Dingding, MOOCs and other channels, so that students can participate in mental health education courses at any time, and understand the psychological counseling content they need through self-study. In order to deal with the increasingly prominent mental health problems of college students, colleges and universities can also increase the amount of investment, the development of exclusive psychological counseling APP, involving psychological tests, psychological games, etc., covering student life, study and employment and other aspects. At the same time, psychological counseling channels should be opened on the APP to facilitate college students to exchange and consult psychological problems. In the process of establishing the information-based mental health education model, the college mental health education work also needs to adjust the content to meet the needs of the characteristics of students' psychological problems in the information age, echo the information-based education model, and improve the effectiveness of mental health education.

Epilogue

In conclusion, in the new period, the innovative mental health education mode in colleges and universities is an important project to solve the psychological problems of college students. It is related to the quality of talent training in colleges and universities in China, and also affects the future development of our country to a certain extent. Therefore, colleges and universities need to pay enough attention, not only to pay attention to the psychological knowledge education at the cognitive level of students, but also to pay attention to the practical problems encountered in the growth of students, and commit to improving the level of mental health education. In this regard, in the actual work, we can realize innovation from the comprehensive penetration of mental health education, the establishment of systematic psychological counseling courses, the improvement of mental health counseling organizations, and continue to explore and practice new education models in the future education work.

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