

Exploration of innovative path of mental health education in higher vocational colleges from the perspective of information technology

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Abstract: Under the background of information technology, multiple thoughts of thought continue to emerge, which profoundly affects the psychological development of students. Therefore, the difficulty of mental health education of students in higher vocational colleges is further increased under the background of information technology. Teachers should pay attention to the development of students' mental health under the information technology environment, and design scientific and effective mental health education measures to promote students' healthy growth. This paper discusses the development of vocational students' mental health education from the perspective of information technology, and analyzes several innovative education paths of mental health education in vocational colleges, hoping to provide some effective reference for the mental health education in vocational colleges.

Key words: "Internet +"; Vocational college students; Mental health

Information technology has penetrated into every aspect of people's life. With the rapid development of a series of new media such as Weibo, wechat and QQ, information technology has become an important tool for people to get daily information. In the face of the new information technology environment, The State Council has put forward the "Internet + Action Plan", calling for the use of the "Internet +" model for industrial upgrading. As a psychological educator, based on the new situation of the current information technology situation to integrate information technology into the work of mental health education, to promote the continuous development of mental health education is an important issue we are currently facing. Carrying out mental health education under the background of information technology makes the mental health education model more novel, the application of information platform and all kinds of information technology to enrich the knowledge of mental health education, expand the space of mental health education, innovate the mental health education model, and make the comprehensive reform of mental health education.

1. The influence of information technology on mental health education in higher vocational colleges

1. The influence of enthusiasm

Information technology has brought a new opportunity to mental health education, and its positive impact on mental health education mainly has the following two aspects:

First, information technology has brought new educational means for mental health education. Compared with the traditional mental health education work, the information-based teaching mode is student-centered, breaking the previous one-way indoctrination way, and giving birth to a diversified teaching mode. On another level, the new education ecology brought by information technology makes the classroom more lively, dynamic and interesting. For example, using the information communication platform, teachers can share mental health knowledge with students online, broaden their horizons, and strengthen communication and interaction after class. The application of online virtual communication tools can effectively improve students' participation in class, enable teachers to timely understand students' learning situation, effectively grasp the learning situation, and carry out targeted teaching evaluation and reflection. Timely teaching adjustment, so that the information teaching technology can effectively serve students, improve the level of mental health education.

Second, information technology expands the space and time of education. Because information technology can support students to carry out all-round learning, it breaks all kinds of restrictions in the time and place of traditional mental health education. At the same time, it can enable students to effectively exchange various information about mental health, so that they can understand more abundant mental health education dynamics, broaden their horizons, and improve their theoretical and professional level. On the other hand, the liberalized learning space created by information technology makes students more independent in learning, students can arrange their own learning plans, and realize the collision of ideas.

2. Negative influence

For mental health education, information technology has also brought negative effects.

First, the abundant entertainment tools brought by the Internet era, such as electronic games and network novels, consume a lot of time and energy of students. Some students are addicted to the Internet, which seriously affects their study and life, and also has a negative impact on mental health.

Secondly, the diversification of Internet thoughts makes students often confused about the authenticity, merits and demerits of information. Many students are affected by wrong Internet thoughts, such as extreme individualism, which has a negative impact on their mental health. Students' study and life are constantly developing and changing, and all kinds of network thoughts make students' mental health education work constantly develop and change.

Third, compared with the traditional education mode, the information education mode is more innovative, but the information education mode should be mixed with the traditional education mode. The information education model creates a virtual teaching space, which makes the communication between students and students, students and teachers closer, so that teachers and students can effectively insight into each other's psychology, and then promote the reflection and reform of mental health education.

2. The implementation strategy of mental health education in higher vocational colleges in the information age

1. Strengthen supervision and management of Internet information

Mental health education should be carried out from the perspective of informatization. First of all, teachers need to pay attention to the development and changes of Internet information, pay attention to the hot words and hot spots on the Internet, and understand the dynamics of students' thoughts. For the negative information to strengthen management and dredging, mental health education should strengthen communication with the relevant departments of the school, through keyword screening and other ways to screen bad thoughts and information on the network, to create a healthy network environment. Secondly, the relevant departments of the school should establish a network supervision system within the school, screen out the bad information on the Internet, guide the students to correctly distinguish the network information, develop good value judgment ability, so that they can civilized Internet, in the network world to spread the correct world outlook, outlook on life, values. To optimize the network environment of students' mental health education, the school should continue to increase the investment in network mental health education, build a systematic and effective interactive platform for network mental health education, such as organizing mental health education forums and developing mental health education software apps. Finally, it is necessary to guide students to develop a good network awareness, grasp advanced models, tree models, so that students maintain a rational view and attitude in the network, advocate family and social participation, create a good network ecological environment for students, and help students develop healthily and harmoniously.

2. Use network channels to publicize mental health knowledge

From the perspective of information technology, it is necessary for vocational colleges to build a team of high-quality mental health education teachers based on the specific conditions of their students, and at the same time focus on teachers' ability to carry out mental health education under the background of information technology. For example, strengthen teachers' network awareness, let mental health education actively go online, communicate and interact with students, understand students' psychological dynamics, and analyze the characteristics and development trend of network information. With the support of information technology, mental health education teachers should master a wealth of mental health and knowledge, while familiar with new things on the network, learn new knowledge in the information age, weaken the "generation gap" between students, understand the psychological state of students, and then more efficiently carry out mental health education work. Schools should also strengthen the cooperation with professional mental health institutions outside the school, make full use of information technology to enrich the connotation of mental health education courses, and improve the interest and effectiveness of mental health education work.

Information platforms enrich the traditional paths of mental health education knowledge. For example, new media platforms such as wechat, Weibo and Douyin promote mental health knowledge and expand students' scope of knowledge. Another example is to share mental health education cases through the campus official microblog, so that students can discuss and analyze the cases and master the mental health knowledge. Another example is to carry out activities such as online mental health knowledge competition and mental cartoon selection, so as to make the dissemination of mental health knowledge more interesting. The traditional methods of mental health knowledge publicity are: posters on the publicity board, paper media brochures, network media and so on. In the view of information technology, the ways and means of mental health knowledge dissemination are more and more diversified. Wechat, Weibo, QQ group and other platforms allow students to communicate and discuss, publicize ideas and enhance mental health awareness.

3. Build a mixed online and offline mental health consultation model

Psychological counseling has always been an important part of mental health education. From the perspective of information technology, psychological counseling can be transferred to online development, making psychological counseling easier, more flexible and more in line with students' consultation needs. According to the survey, at present, the proportion of vocational college students surfing the Internet is very high, especially the mobile phone surfing has become their main pastime. Therefore, the construction of network mental health consultation room is the inevitable requirement of the development of The Times. Offline psychological counseling is often difficult to make an appointment, students have no chance to participate in psychological counseling, and many students find it difficult to face the emotion of psychological counseling or counseling. The privacy of online psychological counseling is better, which can protect the personal privacy of the consultant, avoid the embarrassment of some students who are unwilling to face the psychological counselor, and it is easier to open their hearts, dispel the defensive psychology, and is more conducive to the analysis and solution of psychological problems. Online psychological counseling and offline psychological counseling combined to form a more comprehensive protective network for students' mental health escort.

In addition, mental health teachers can also carry out online psychology columns, such as "Say goodbye to bad emotions", to channel students' negative emotions through online interactive communication and teach students to master some mental health knowledge. At the same time, online communication and interaction can also help teachers to control students' mental health status and ensure that teachers can carry out targeted mental health education for students.

4. Application of Internet + education model to innovate mental health education forms

Compared with the traditional education model, online mental health education has significant advantages. In the Internet environment, the communication between teachers and students becomes more in-depth, mental health education also has a certain continuity and coherence, teachers can timely understand the psychological state of students, and based on the teaching content, gradually carry out targeted guidance. Mental health teachers should combine the Internet with the traditional mental health education, make use of the advantages of the Internet teaching model, strengthen the communication and exchange with teachers, and improve the level of students' mental health knowledge.

Under the current information-based teaching mode, micro-class, as the best way to replace and supplement the traditional mental health class, has a broad application prospect. The content of micro-class is concise, the time is short, and it has rich forms of expression and vivid characteristics. It can share pictures, audio, animation, video and other forms of content with students. Introduce new lessons with micro-lessons before class, effectively seize students' attention, insert micro-lessons in class, relieve students' fatigue; After class, use micro-lessons to supplement the course knowledge. In a word, the fragmented characteristics of micro-lessons make their application flexible and effective support for teaching.

5. Use of mental health assessment tools on the Internet

The Internet makes the exchange of information more convenient and effective. Students can obtain a lot of mental health knowledge through the Internet, and they can also test their mental health level through the mental health assessment tools on the Internet. Teachers should pay attention to the general survey of mental health education, develop psychological assessment software, promote the organization and implementation of psychological assessment, and improve the participation and authenticity of psychological assessment. In order to avoid errors in the evaluation results caused by the use of bad assessment tools, which will have an impact on students' mental health, teachers can recommend good mental health assessment tools to students, such as anxiety psychological test sheets. At the same time, teachers can also promote some non-mandatory test games on the Internet, such as mental health questionnaires, personality tests, future career tests, etc., so that students can conduct independent tests, so that they have a deeper understanding of their own psychology, but also conducive to the effective implementation of individual psychological assessment tests for students. Finally, we can make use of the wechat public platform to make an appointment for psychological consultation. Taking into account the characteristics of some students shy to express their true thoughts, they can use the network platform to communicate with the psychological counseling teacher, the teacher will decide what method should be adopted to solve their psychological problems according to the situation of students, so as to improve the effect of mental health education for students more targeted.

3. Peroration

The rapid development of information technology has ushered in a broader opportunity for the development of mental health education in higher vocational colleges, but it has also brought new challenges to the work. Teachers in higher vocational colleges should, in view of the new problems of mental health education from the perspective of information technology, combine with the current status and existing problems of mental health education for students in higher vocational colleges, strengthen study and research, update the concept of mental health education, constantly improve their professional quality and ability, make full use of new media technology, enrich mental health knowledge, and innovate ways of mental health education. In combination with the actual situation of higher vocational students to carry out higher quality mental health education.

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