

The exploration of effective ways to strengthen psychology education in higher vocational colleges

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Abstract: With the increasingly fierce competition in the society, there is more and more pressure from various fields, including employment pressure, interpersonal tension and various uncertain factors, which bring a lot of psychological problems to people. Especially higher vocational college students, they both have the characteristics of general college students, but also have their own unique personality. Vocational college students are at a critical stage of development, so their mental health problems are particularly prominent. In order to help college students better, teachers should strengthen the education of college students' mental health, in order to understand their mental state and characteristics more accurately, and strive to improve their mental quality, so as to promote their all-round and healthy growth. The purpose of this paper is to explore how to improve the mental health level of college students more effectively, and put forward some suggestions in order to contribute to improving the mental health level of college students.

Key words: Higher vocational colleges; Psychological education; Paths

Vocational college students are a unique group of college students who are under pressure from society and other areas, which can lead to mental health problems in vocational college students. At present, there are obvious deficiencies in mental health education in many vocational colleges. In order to ensure the mental health of higher vocational students, higher vocational colleges should take effective measures to ensure that they get a good psychological development, and constantly improve their psychological quality, so as to effectively prevent and eliminate mental health problems.

1. The status quo of mental health education for college students in higher vocational colleges

1. Set up reasonable decisions and gradually build the mental health education system for college students

All higher vocational colleges conscientiously implement the spirit of the document jointly issued by the Ministry of Education and other 17 departments, "Comprehensively Strengthen and improve the mental health work of college students in the New Era Special Action Plan (2023-2025)", and establish a team led by party and government leaders to guide and supervise the work. In addition, a psychological counseling center has been set up, and some professionals have been hired to provide help and support to college students. These measures aim to improve the psychological quality of college students, promote their physical and community adaptation, and make contributions to their future work. By improving modern information technology, a number of reform measures have been implemented to better promote the physical and mental health of college students.

2. Improve the teaching staff and gradually cultivate a group of backbone forces

In order to better improve the mental health level of college students, vocational colleges are not only equipped with full-time psychological counseling teachers, but also employ a group of senior experts from relevant social units to form an elite team, and actively organize and participate in professional training and academic seminars across the country and the province. At the same time, provide pre-service mental health education training for new class teachers and counselors. In order to enhance their ability to cope with emergencies.

3. Innovate practices and take the initiative to explore diversified mental health education activities

All vocational colleges have implemented a long-term mental health monitoring system for college students, and have conducted extensive mental health research for all college students. If they encounter any problems, teachers will take measures to help them as soon as possible. They will also hold all kinds of professional psychological guidance courses and communicate directly with college students to better help them regulate their emotions.

2. All kinds of problems in the mental health education of higher vocational college students

1. College students' own quality is uneven

Due to the lingering influence of the baton of "one test determines one's life" in the college entrance examination, the concept of emphasizing cultural achievements over ideological education is still in the air. Coupled with the infinite decline of the admission score of higher vocational colleges, some college students' humanistic literacy, psychological literacy, interpersonal skills, spirit of hard work, pioneering consciousness and innovative ability are weak. There are certain deviations in ideals and beliefs, value orientation, moral quality and behavior patterns. More than 20% of college students have mental health problems to varying degrees, and they cannot correctly deal with practical problems such as personal development, employment, love and marriage, study, poverty and interpersonal relations. The survey shows that modern college students present the characteristics of "three" and "three". "Three" means more single children, more difficult students, more students with psychological problems, "three" means study pressure, economic pressure, employment pressure. The high number of students with special groups and problems has brought new challenges to ideological and political education in higher vocational colleges.

2. The problem of college students' psychological disorder has surfaced

Due to the increasing self-awareness of college students, they are more eager to understand the inner world of others, so there is a need to exchange emotional experience with each other and tell their inner secrets. Valuing friendship and eager to communicate with others is one of the psychological characteristics of college students. However, due to the poor self-cultivation of some students, they pay too much attention to their own interests, and can not correctly understand their own shortcomings, resulting in students in the group is not popular; Or the inferiority complex of students, dare not take the initiative to communicate with others, afraid of the outside eyes to see themselves; Some students are not willing to participate in collective activities because of poor family conditions. In the long run, this will lead to loneliness, and the need for communication and friendship can not be satisfied. In addition, the lack of ideological communication with teachers, especially in the case of misunderstanding on some issues, it is easy to think that teachers have opinions on themselves, resulting in damaged self-esteem and great mood swings. From what has been said above, we can see clearly that many students are facing the double pressure from family and society, which leads to a lot of bad psychological states, such as social disturbance, lack of adaptability, cognitive bias, emotional frustration, learning difficulties and career development obstacles.

3. The team of psychological guidance teachers needs to be further strengthened and improved

Although many schools have adopted various mental health education measures, but due to the lack of corresponding scientific standards, these measures still can not establish a perfect system mechanism, so that the overall operation of mental health education has been seriously affected, the need for more stringent standards to ensure its normal play. In recent years, with the acceleration of social development, many higher vocational colleges are trying to improve their own psychological quality, in order to meet the growing requirements of the society for psychological counseling. However, due to the lack of sufficient professionals, the quality of these institutions is still not enough, they lack a comprehensive understanding of mental health, lack of in-depth research on psychological counseling, lack of new ideas for psychological treatment. According to the latest data, although most institutions of higher learning recruit professional psychological counselors for their mental health courses, the number of them with the qualification of psychological counselors is very small.

4. Lack of emphasis on mental health education

Although the current vocational colleges for students' mental health education is not fully understood, can not understand the importance of its existence

Its role. And in relation to the curriculum, there is no reasonable science and rationality. First, the realization of cognition is not in place. Some higher vocational colleges do not realize the necessity of setting up mental health education practice. Some higher vocational colleges are affected by traditional ideas and do not pay attention to the mental health problems of college students. Second, some higher vocational colleges do not incorporate mental health education into the talent cultivation system. For a long time, vocational colleges have placed the focus of talent cultivation on the level of students' professional skills. Therefore, the popularization rate of mental health education has not been improved. Third, some mental health education hardware facilities are not in place. Some higher vocational colleges do not match the relevant institutions or teachers to set up mental health education practice, and there is no corresponding hardware conditions, resulting in no more support for mental health education practice.

3. Strengthen the effective path of psychological education in higher vocational colleges

1. Attach importance to mental health education courses and strengthen the construction of teaching materials for mental health education

At present, although many higher vocational colleges have provided mental health education course, but still lack enough attention, it is included in the compulsory course, only as a supplement, and in the use of textbooks lack of accurate positioning, too much attention to theory and ignore practice, which seriously reduces the teaching quality of the course. In order to effectively improve the psychological quality of college students, teachers concerned must recognize this point and integrate it into their daily teaching. Some teachers believe that providing mental health education courses is very important to improve the psychological quality of college students, and it has become a necessary part of teachers' daily teaching. In view of the current mental state of higher vocational colleges and college students, teachers concerned should actively take measures, combined with the local environment and learning conditions, carefully design mental health education that meets the needs of local college students and parents, can effectively help college students solve problems, improve their literacy, enhance their self-confidence, and enhance their ability.

2. Strengthen the construction of mental health education teachers

In order to better serve the society, higher vocational colleges should make greater efforts to introduce more advanced mental health education, psychological counseling, psychological treatment and other technologies to meet the needs of social development. Therefore, higher vocational colleges should actively recruit teachers with psychological knowledge and rich practical experience, and invite experts in various fields to guide them, so as to ensure that they can better complete their tasks.

3. Establish a mental health tertiary prevention network

In order to ensure that college students in higher vocational colleges can get effective psychological support, teachers can build a mental health warning system. The first-level system will include a dedicated psychological counseling team and a specialized psychological counseling agency. In order to help college students more comprehensively, the mental health leading group of higher vocational colleges will draw up a comprehensive plan, and on the basis of the plan, a guidance center will be set up, composed of teachers with rich experience

in psychological counseling, to ensure the implementation and effectiveness of the plan. In addition, higher vocational colleges will set up a psychological counseling service point in every corner of the school to provide more comprehensive psychological counseling services. The second level will focus on establishing a sound psychological service system to better help and guide the health and happiness of college students. To this end, a psychological team composed of highly qualified teachers and psychological counselors of all kinds at all levels should be established in a timely manner to provide comprehensive psychological support for all teachers and students to help them better understand and deal with their emotions and troubles.

4. Do a good job in the psychological education of school admission

Although college students are an independent social group, many of them have a sense of self-esteem and loneliness that can not be ignored, and good psychological guidance for admission can help college students to cope with new challenges more effectively, so as to move towards the future more actively. In order to promote college students' mental health, higher vocational colleges should pay attention to the cultivation of college students' mental health. Such training should include: guiding them to realize that the school can only be an external influencing factor, and that individual hard work is an important aspect to determine whether they can achieve. At the same time, college students should be encouraged to build up good self-esteem and cultivate their unique abilities so that they can better cope with challenges and grow up in a favorable atmosphere.

5. Strengthen the construction of campus culture and provide opportunities for college students to participate in social practice

Campus culture can profoundly change and shape every student. It is not only an idea, but also a kind of behavior. As a higher vocational college, it should be committed to providing outstanding talents for the society and providing them with a good environment and conditions. Excellent campus environment is the key factor affecting the growth of college students' mentality. By enhancing the diversity of campus environment, college students can more easily express their personal views and characteristics, more easily feel the attention of society, and can also obtain happiness and a sense of accomplishment. In this way, college students can grow up in a vibrant and fulfilling environment, so that they can adapt to the society more quickly and get a good state of mind more easily. Institutions of higher education can regularly organize social internship programs of great significance to help college students better fit into the current environment. These programs can not only help college students better understand the world, but also help them better adjust their personal concepts, enhance their sense of responsibility, and help them better integrate into the current society. In addition, these programs can also help college students broaden their knowledge, broaden their horizons, enhance communication and strengthen team cooperation, so as to better grow up. In this way, college students can not only enhance their sense of responsibility and mission, but also keep their spirits at a healthy, positive and happy level.

4. The conclusion

By carrying out mental health education, it can not only greatly improve the quality of college students' study and life, but also provide important support for the perfection of school curriculum. Therefore, schools and relevant departments should strengthen cooperation and work out more effective mental health education plans together, in order to achieve the best educational results and make contributions to the sustainable development of education in our country.

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