

Research on strengthening mental health education in higher vocational colleges in the new period

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Abstract: With the deepening of vocational education teaching reform, in the practice of mental health education in higher vocational colleges, teachers have gradually realized the importance of adapting to the development of the new era and reforming teaching work. Mental health education in higher vocational colleges should actively change the teaching mode, improve the students' awareness of active learning, pay attention to the development of practical teaching, and cultivate high-quality professional talents. Based on this, this paper will focus on strengthening the mental health education in higher vocational colleges in the new period to carry out research.

Key words: new period; Higher vocational colleges; Mental health; education

1. Practical significance of strengthening mental health education in higher vocational colleges in the new period

1. Promoting students to establish correct concepts

With the expansion of enrollment in higher vocational colleges, the number of students continues to increase. In the teaching practice of higher vocational colleges, the shortage of teachers also leads to the problem of education lag to some extent. Faced with a large number of students, teachers cannot take into account each student's emotional and individual development. The education work of higher vocational colleges is based on students' skill training and professional learning. Some students do not pay attention to cultural courses, ideological and political education and mental health education, and students' consciousness has not been effectively improved. Once students have bad emotions, encounter problems and are affected by bad culture, it will be difficult to guide them. Seriously, it will lead students to embark on an incorrect path. Therefore, strengthening mental health education in teaching practice in higher vocational colleges can promote students to form correct learning concepts, maintain a good mentality, avoid students being affected by bad effects, and promote the healthy growth of students. In recent years, the quality education of students in higher vocational colleges has also attracted more attention. To carry out mental health subjects and help students establish correct values is an important channel to improve the comprehensive quality of students in higher vocational colleges.

2. Improving the overall teaching quality

Mental health, as a subject that attaches importance to theoretical teaching, should keep pace with The Times in practical teaching, carry out more flexible teaching, pay attention to the cultivation of students' practical ability and basic quality on the basis of theoretical teaching, and build a high-quality teaching system. In terms of teaching content and teaching form, the development of mental health education follows the reform goal and overall plan of vocational education, attaches importance to practical teaching and promotes the training of applied talents. The reform of teaching content and teaching method has promoted the integration of mental health education into different practical teaching links, promoted the organic combination of professional teaching and mental health teaching, enabled students to develop comprehensive abilities, and highlighted the characteristics of vocational education.

2. Analysis of the status quo of mental health education in higher vocational colleges

1. Teaching methods need to be improved

Most higher vocational colleges have set up special mental health education, but some colleges still take mental health as an elective or auxiliary course, and do not take it as a key teaching subject. As an elective course, mental health education has not been paid too much attention by teachers, which leads to teachers' choice of teaching methods is still lagging behind. In teaching practice, the more traditional lecture-style teaching is still used, and the theoretical knowledge of mental health is explained. Students listen passively to the lecture, and the learning efficiency will be reduced. At the same time, teachers in higher vocational colleges rarely apply innovative teaching methods in teaching practice, and do not introduce information teaching mode. The creativity of teaching is insufficient, and students' interest in learning will also decline, which leads to unsatisfactory teaching effect.

2. Lack of practical teaching

Most higher vocational colleges have paid more attention to mental health education, but due to the lack of educational experience and relatively backward teaching concepts in some higher vocational colleges, there is no complete system for cultivating students' practical ability and application skills. In the teaching process, teachers also put the emphasis on theoretical teaching, ignoring the cultivation of students' practical ability, and rarely designing practical activities. Mental health education is not closely related to real life, students' employment and career development, and has no strong guiding effect on students.

3. Students' psychological problems are diverse

In the current network era, college students in higher vocational colleges are susceptible to the influence of diversified network

information, resulting in their mental state and learning state being affected. Due to the characteristics of diverse forms, strong concealment and difficult management of Internet information, and its rapid dissemination speed, students are easily affected by bad information, resulting in mental health problems and physical and mental development being affected. At the same time, students entering higher vocational colleges are faced with problems such as high learning pressure and anxiety in interpersonal communication. After entering the new environment, some students have insufficient adaptability and cannot quickly integrate into the new learning atmosphere, which leads to psychological problems. In terms of interpersonal communication, just entered the campus of higher vocational colleges, this period is the primary stage of students' socialization, and it is more necessary for students to improve their individual communication skills. Students pay more attention to the relationship between teachers and students, the relationship between students and their families, and interpersonal relationships can also affect the development of students' mental health.

4. Cognitive problems of mental health education

With the improvement of people's living standards and the continuous progress of society, the problems of mental health have gradually attracted the attention of teachers and students, but there are still problems that teachers and parents do not have in-depth cognition of mental health education. Some educators and parents of mental health related knowledge cognition is not enough, which leads to the school's mental health education concept showed a strong lag characteristics, the school's health knowledge publicity work is not in place. Some parents do not fully understand the problems that may occur in students' daily study and life, and confuse psychological problems with ideological and moral problems, leading to unsatisfactory educational results. At the same time, the object of psychological education is often students with problems, but the prevention work for students without obvious problems is not enough, the school needs to further strengthen publicity and cognition, and fundamentally solve the problem.

3. The strategy of strengthening mental health education in higher vocational colleges in the new period

1. Pay more attention to mental health education

The development of mental health education in higher vocational colleges should fully reflect the idea of students as the main body and adhere to the idea of people-oriented education. Teachers should respect students' thoughts, fully understand the characteristics of physical and mental development of college students, and design more perfect education plans. First of all, teachers should pay attention to the real needs of students. In the study and life of each student, there are great differences in thought and behavior. Teachers need to pay attention to the personalized education of students and carry out differentiated education for students with different characteristics. Teachers should pay attention to the subject status of students, leave some space for students to think, improve students' independent consciousness, independent learning ability, students in the development of higher vocational college will be biased to self-cognition, leave students more thinking space, can enhance students' attention to knowledge and understanding, think about the deep connotation. In the current education and teaching practice, teachers should consider the reasonable planning of teaching links to promote the effectiveness of mental health education. Secondly, higher vocational colleges should develop a "school-medical combination" model, which can identify and appraise students with serious mental disorders in time and provide them with professional psychological treatment. The 2022 edition of the Blue Book on Mental Health and the Report on the Development of China's National Mental Health (2021-2022) pointed out that young people are at high risk of depression, and the detection rate of depression risk in the age group of 18 to 24 is as high as 24.1%, significantly higher than other age groups. The detection rate of depression risk in the 25-34 age group was 12.3%, which was significantly lower than that in the 18-24 age group and significantly higher than that in the 35 age group and above. The "school-medical combination" model can make up for the lack of psychological treatment or diagnosis of mental disorders among school psychological counselors. Through in-depth cooperation in psychological survey, psychological crisis intervention, teacher-student psychological training, parents psychological training and other medical school cooperation methods, such as one-to-one consultation and evaluation of experts in school, the school mental health education work system is improved, the school mental health education work is more professional, and mental health services and support are provided for students in need, including consultation, treatment and referral.

2. Balance theory and practice in teaching

Mental health education can not only rely on theoretical teaching to complete, higher vocational education attaches importance to the training of applied talents, therefore, teaching work should pay attention to the synchronous improvement of students' theoretical knowledge and practical skills, mental health education in higher vocational colleges should put practical teaching in an important position, and implement the improvement of practical teaching quality. For example, teachers can design group exploration activities and require students to form study groups under the guidance of teachers to complete the survey work, questionnaire distribution and sorting. Teachers encourage students to go into the community to carry out the investigation, customize the appropriate questionnaire, assign the tasks in the investigation, complete the practical activities, sort out the report and draw the conclusion. Teachers can set appropriate topics such as consumer psychology, the impact of environment on psychological state, employment psychological problems, etc., so that students can get in touch with the society, carry out practice and improve their practical ability. At the same time, they can improve their awareness of combining mental health knowledge with social life practice, and promote the continuous improvement of their personal ability.

3. Training teachers of psychological education

The professional level of teachers is the key to carry out mental health education, and the professional level of teachers can directly affect the results of students' mental health education, and also has a bearing on the overall quality of mental health education in vocational

colleges. Teachers should actively change their roles and adapt to the requirements of the new era. On the one hand, they need to have a solid foundation and professional skills in education, give full play to their guiding role, deepen the actual study and life of students, and carry out more appropriate and efficient mental health education work. Teachers in higher vocational colleges should have the ability to analyze college students' state of mind, study, life, health and other aspects, and integrate mental health education with ideological and political work in higher vocational colleges. They should not only protect students' mental health level, but also promote the improvement of students' moral accomplishment, so as to lay a good foundation for cultivating high-quality talents. Mental health educators in higher vocational colleges not only need to have professional mental health education skills and educational theories, but also need to master cultural education theories and integrate psychological education with traditional cultural education.

4. Attach importance to the individualized development of students

Vocational colleges should set up a rational and scientific mental health teaching system, and attach importance to the personalized development of students and the improvement of comprehensive literacy. In teaching practice, teachers should accurately position students' learning situation, understand students' career planning, learning ability, etc., and adopt different educational means for students at different stages. According to students' mastery and understanding of mental health knowledge, teachers can design personalized teaching modes to promote students to stimulate their own potential and give full play to their individuality. Teachers should make good use of diversified teaching modes to build a good teaching atmosphere for students, such as situational teaching method, group discussion and gamification teaching, so that students' enthusiasm can be improved. Their own psychological quality can also be improved, and finally personalized comprehensive development can be achieved. The mental health of higher vocational colleges should be innovated with the development and changes of society. Teachers and schools should keep pace with The Times, connect real life with mental health teaching, innovate teaching methods, promote the development of students' comprehensive literacy, and become compound applied talents needed by society.

To sum up, in order to achieve innovation and progress in mental health education in higher vocational colleges, teachers need to start from the reform of teaching concepts, enhance students' learning initiative, promote the cultivation of innovative consciousness, combine theoretical teaching and practical teaching of mental health, and improve students' comprehensive literacy and psychological quality.

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