

Research on current situation and optimization strategy of psychology education in higher vocational colleges

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Abstract: Strengthening psychology education is an inevitable trend to improve the quality of education in higher vocational colleges. At present, psychology education in higher vocational colleges generally has the problems of imperfect system construction and unsatisfactory educational results. In this regard, it is also necessary for higher vocational colleges to base on the curriculum construction, build a multi-in-one psychology education model, improve the mental health intervention system, create a positive psychological and cultural atmosphere, and promote the high-quality development of psychological education.

Key words: higher vocational colleges; Psychology; Education status; Optimization strategy

Introduction: In recent years, the state has been attaching more importance to students' mental health education. In 2018 and 2021, the Ministry of Education issued a series of relevant documents, including the Guiding Outline of Students' Mental Health Education in Colleges and Universities and the Notice on Strengthening the Management of Students' Mental Health, which have made important instructions on students' mental health education, including students in higher vocational colleges. It provides fundamental guidelines and specific guidance for the efficient and high-quality development of psychological education in higher vocational colleges. As a soft environment for the cultivation of high-quality talents, psychology education in higher vocational colleges plays an important role in promoting the all-round development of students. Therefore, in order to better train reliable builders and successors of the socialist cause and promote the resonance of psychological education in higher vocational colleges with the development of The Times, it is necessary to strengthen the discussion and analysis of psychological education.

1. Present situation of psychology education in higher vocational colleges

In order to fully understand the current situation of psychology education in higher vocational colleges, the author conducted a questionnaire survey on psychology education among freshmen and juniors of our university in June 2022. 1500 questionnaires were distributed through the campus wechat public account, and 1436 valid questionnaires were recovered, with an effective recovery rate of 95.73%. Through the analysis of the questionnaire, the author found that most students still approve of the psychology education courses carried out by the school, but the school still needs to further improve the psychology education system from the aspects of classroom teaching, practical activities, prevention and intervention, platform construction and so on.

1. The curriculum is recognized as a whole, but the teaching mode still needs to be improved

Psychology education course is the main channel and main position for higher vocational colleges to popularize mental health knowledge and improve students' psychological quality. It is a comprehensive course integrating theoretical explanation, practical guidance and activity experience. Through the survey, the author found that 92% of the students think that the opening of psychology education course is very necessary, 82.16% of the students are satisfied with the current course content, but more than 50% of the students said that the current psychology education course has a prominent problem of heavy theory, light practice. The problems are mainly reflected in the following two aspects: First, at present, psychology education in higher vocational colleges is still mainly in the form of face-to-face classroom teaching, the degree of emphasis on online guidance is insufficient, online learning resources are relatively scarce, and extracurricular guidance still needs to be further strengthened; Secondly, teachers tend to focus on the teaching of theoretical knowledge of mental health in psychology education classroom, while case analysis and discussion of psychological problems, positive emotion feeling and experience are relatively weak. Students have expressed the hope that the proportion of activities such as psychological tests and interactive links can be appropriately increased in classroom teaching.

2. There are various forms of activities, but the effectiveness still needs to be improved

The practice activities of psychology education are aimed at developing psychological quality training and improving students' psychological quality. The survey found that 73.24% of higher vocational college students are satisfied with the school psychology education practice activities, but there are still some students reflect that the current psychological education practice activities are more formal than practical results. The problems are mainly reflected in the following two points: First of all, in the month of May 25 Mental Health Day, our school took this opportunity to launch a series of practical activities, including mental growth micro class, mental knowledge competition, mental knowledge debate, mental photography, etc., to help students expand their mental health knowledge and improve their mental health level. However, due to insufficient follow-up activities, the overall effect of psychological education is not satisfactory; Secondly, some students believe that the practical activities of psychology education carried out by the school have obvious routinization and formulaic problems, which not only lack of intervention and correction for the psychological needs of students, but also do not have a base on the real society to experience the effect of psychological education.

3. Early warning measures are in place, but the system construction needs to be improved

At present, our school has established a hierarchical intervention system for students' psychological problems, including schools, colleges, classes and dormitories, and has built a network for the prevention, screening and research and judgment of psychological problems. According to the survey, 68.37% of the students said that they are satisfied with the existing early warning mechanism of psychological problems in our school, but we still need to further improve the dynamic psychological intervention mechanism. The analysis found that our school's crisis intervention and treatment mechanism for students' mental health problems still need to be improved, especially for some students with early mental problems, no effective follow-up mechanism has been formed, and there is a lack of guidance for peer help. If such students cannot effectively avoid mental health problems again, the effect of early intervention will be greatly reduced. And even come to naught.

4. Build a multi-dimensional platform, but the platform construction still needs to be sound

As an important carrier of psychology education in higher vocational colleges, the psychology education platform utilizes the advantages of "Internet +" to integrate various functional modules such as psychology education courses, educational activities and consulting services, making breakthrough achievements in the platform construction and functional expansion of psychology education for higher vocational students. Through the survey, we found that 60.3% of the students still approve the current psychology education platform built by the school, but some students believe that the school needs to further optimize and improve the online psychology education course teaching platform, online counseling platform and psychological early warning platform. It can be seen that, first of all, although the school has established an online psychology education platform, it still needs to continue to develop and improve the platform functions, especially increasing the number of online psychological counseling and guidance personnel and opening a 24-hour psychological hotline to better meet the needs of students for psychological counseling and guidance. Secondly, in the classroom teaching of psychology education, although the school has introduced MOOCs platform, the richness of its teaching resources still needs to be enhanced, and the interest and pertinence of resource contents need to be further improved, which is also an important reason for the low satisfaction of teachers and students. Thirdly, although the current school has established a psychological early warning platform that integrates crisis intervention, screening and early warning, peer help and other functions, its coordination, discussion and guarantee mechanism of vocational students' psychological problems still need to be improved and perfected.

2. Analysis of psychological education countermeasures in higher vocational colleges

1. Strengthen curriculum construction and construct three-dimensional teaching model

In order to improve the teaching effect of mental health courses, higher vocational colleges should further strengthen curriculum construction, enrich teaching models, introduce new teaching methods such as MOOCs, flipped classrooms and experiential teaching into psychological education courses, and build three-dimensional teaching models. First of all, the fragmented theoretical knowledge of mental health can be presented innovatively through short and focused MOOCs. For example, Professor Peng Kaiping's gradual "Introduction to Psychology" from Tsinghua University is a very good MOOCs resource. Secondly, flipped classroom, blended teaching and other models are introduced to realize the organic combination of face-to-face classroom teaching and online guidance. While guiding self-study after class, teachers should give full play to their role of "guidance" and set aside more classroom time to interact with students and enrich their classroom learning experience. Thirdly, an experiential mental health course teaching model integrating context creation, thinking training and reflective experience should be constructed to guide students to realize the unity of knowledge, context and action in case analysis and situational experience.

2. Enrich brand activities and create a positive cultural atmosphere

In order to improve the quality of mental health practice activities, schools should further enrich brand activities, take this as a starting point, organize students to carry out a variety of practical activities that are beneficial to their physical and mental health development, and guide students to establish an optimistic, confident and self-strengthening ideology and behavior concept. First of all, to "heart education" as the guidance, to create some in line with the "00" post-vocational students psychological needs, the theme of the brand psychology education activities, such as "youth navigation · help growth", "psychological tree hole activities" and so on. Secondly, build a long-term mechanism of mental health brand activities, in full understanding of different backgrounds, different grades of students on the basis of psychological development needs, organize them to carry out more targeted psychological education practice activities, such as for poor students, can organize to carry out the theme of "grateful life, happy growth" mental health counseling activities; For female students, can be organized to carry out the theme of "charming women, beautiful mood" mental health special activities; For freshmen, they can organize the theme of "tell your troubles" theme essay activities. On this basis, the school should also vigorously support students to establish and develop different types of psychological education societies. Thirdly, the school should actively innovate the forms of psychology education practice activities. The school can integrate various forms such as reading, watching movies, debating and essay solicitation into practical activities, and actively guide students to combine psychology education practice activities with volunteer service and summer social practice, so as to further improve the effectiveness of practical activities.

3. Pay attention to guidance and assistance, and improve the consulting service system

In order to effectively improve the effect of mental health counseling services in higher vocational colleges, the school should stand in the perspective of counseling and helping, build an online and offline linkage psychological counseling service mechanism, promote the deep integration of "medical" and "education", and mobilize and coordinate the strength of various departments in the school to improve the

student mental health counseling service system. First of all, the rich expansion, flexible use of psychological relief mailbox, psychological counseling hotline, psychological counseling wechat public number and other service methods, combined with a variety of psychological therapies, such as psychoanalysis, reasonable emotional therapy, gestalt therapy, etc., to enrich psychological counseling services; Secondly, actively build a mental health intervention model that includes schools, hospitals, families and individual students, and reasonably provide students with all-round and multifaceted psychological counseling services; Third, the school should vigorously train the psychological counseling service team that has practical experience and can understand the law of students' psychological development, and provide sufficient and perfect site security, system security and team security, so as to effectively improve the effectiveness of psychological counseling services.

4. Pay attention to active prevention and improve the prevention and intervention system

In order to effectively prevent the occurrence of students' psychological crisis events, the school further improves the early warning mechanism, actively guides students to form optimistic psychological qualities, increases their positive emotional experience, strengthens the screening and supervision of psychological abnormal dynamics, establishes a long psychological crisis intervention channel, and improves the prevention and intervention system of students' psychological problems. First of all, the whole school from top to bottom should establish the consciousness of "treating the disease" and "prevention is more important than cure", actively integrate and promote scientific concepts such as positive psychology and positive psychology in daily teaching, and promote students to understand their own psychological bearing capacity and the ability to deal with general psychological problems. Secondly, strengthen the screening and supervision of the dynamic psychological abnormalities of students, rely on the existing hierarchical intervention system for students' psychological problems, regularly carry out psychological general tests, and report the abnormal psychological dynamics of students in time, and conduct initial diagnosis and identification in a timely manner. On this basis, students' psychological files should be established to fully understand the students' acoustic family situation and psychological history. Thirdly, establish a multi-dimensional, whole-process social support system including psychological counselors, counselors, specialist teachers, family members, classmates, roommates, etc., to ensure that students can have someone to talk to when psychological fluctuations and psychological abnormalities occur, and provide real-time psychological monitoring and support for those students in the psychological recovery period, in order to avoid the recurrence of psychological crisis.

5. Expand education channels and build a multi-dimensional platform

In order to effectively guarantee the effectiveness of psychology education, schools should rely on portal websites, various psychological counseling apps, wechat and other media to explore and expand the psychology education platform, enhance the knowledge, service and interest of the platform, and effectively ensure the construction of psychology education platform. First of all, relying on the new media platform, according to the psychological development needs of vocational college students, expand psychological education channels, such as opening psychological anxiety mutual aid group, psychological micro film appreciation and analysis; Secondly, a psychological education MOOCs development team including psychological counselors, psychological education course teachers and network technicians should be set up to further enrich the resources of psychological education MOOCs, and timely adjust the teaching content and teaching forms of psychological education courses on the basis of real-time research and understanding of students' psychological dynamics and preferences. Thirdly, build a discussion platform that is jointly participated and coordinated by the school's party and government organs, educational administration system, student-work system, logistics department, security department and public opinion supervision department, strengthen the emergency linkage with students' parents, off-campus psychologists and public security organs, and form a "trinity" collaborative education pattern of school, family and society.

3. Conclusion

In a word, the in-depth development of psychology education in higher vocational colleges can better meet the growing needs of students' mental health. In this regard, higher vocational colleges should take curriculum construction as the basis, brand activities as the starting point, guidance and assistance as the focus, active prevention as the key, and expansion and mining as the means to further improve the psychological education system and promote the healthy development of students.

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