

Research on the path of constructing high school students' career planning education system under the background of new college entrance examination

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Abstract: Senior high school is an important period for the connection and training of higher education and basic education. It is a key stage for students to form their world outlook, outlook on life and values. In the high school stage, students should not only learn knowledge and master skills, but also start to know themselves and plan for the future of life. Under the background of the new college entrance examination, students have more choices in learning methods, learning contents and college entrance examination subjects. In order to enable students to successfully complete their high school studies, they should choose suitable subjects for college entrance examination preparation, choose college majors according to their interests, and then start their career and build a beautiful life journey. Career planning education has become increasingly important.

Key words: Senior high school; New college entrance examination; Career planning

In 2020, the CPC Central Committee and The State Council issued the Overall Plan for Deepening the Reform of Educational Evaluation in the New Era, proposing to improve the system and mechanism for fostering moral excellence, highlighting the evaluation of students' comprehensive quality and guiding their development. The establishment of a senior high school career planning education system is an important measure to adapt to the curriculum reform of senior high schools and the comprehensive reform of college entrance examinations, and an important way to promote the all-round and personalized development of students. Xi 'an Foreign Language School is a full-time senior high school organized by Xi 'an International Studies University. In the course of many years of school practice, the school is based on the theory of multiple intelligences proposed by American psychologist Gardner, and has formed an educational philosophy of "teaching students according to their aptitude, educating them with characteristics and developing them in an all-round way". The school adheres to the characteristics of openness and internationalism. Through the special training mode of "dual foreign languages and diversified development", the school strives to cultivate modern Chinese people with Chinese heart and world eyes. Under the background of the new college entrance examination, the school, in combination with the new curriculum standards, new textbooks and new college entrance examination, strives to build and implement a career planning education system of "jade innovation and characteristic development" for high school students, focuses on the development of middle school students' core qualities, and takes foreign language prominence, equal emphasis on arts and sciences, innovative practice and all-round development as the fundamental requirements. It strives to cultivate socialist builders and successors with national feelings, international vision, cross-cultural communication skills and global competence.

I. The significance of career education

Career education includes life value education, career planning awareness education, career planning ability education, which is an important quality for students' lifelong development. The goal of high school career education is to help students correctly understand the social reality and future development on the basis of clarifying the life value of students, deeply understand the characteristics of their body and mind, personality, interests, aspirations, etc., make a rational choice of life development direction and goals, and then guide students to make a reasonable plan for the three years of high school learning to help students achieve the planning goals.

II. The task of career planning education

Guide students to understand the significance of career planning, understand the personal career development process, and cultivate the consciousness of healthy growth; Through social practice and personal experience of different occupations and other activities, to understand the development status and future prospects of different occupations, work content and social responsibility; To understand their own career inclination, cultivate career interests, broaden the vision of career development, establish a correct outlook on labor and life, and form a preliminary personal career plan. To this end, the school will build a complete system of career planning education (including the organization and management of career education, curriculum teaching, teachers, educational environment, etc.) to ensure the high-quality implementation of career education.

III. Organization and management of career planning education

The career education of senior high school students in Shaanxi Province has just started, and a lot of work needs constant exploration and research. Based on the Student Development Center, our school has set up a student career Planning and Guidance Center. Through independent construction, cooperative development and external introduction, the school has built a career education curriculum system and carried out career education teaching in combination with the "three classes". Strengthen the theoretical research of career education, do a good job in teacher training, and build up the teaching staff of career education; Explore the path of students' career experience and career practice activities, and form a characteristic career education model of "dual foreign languages + diversified development"; To explore and

select alumni resources, parents resources and other social resources, and carry out career lectures and lead by example; To develop and build a career education environment with career education functions such as various inquiry rooms and simultaneous interpretation rooms; Encourage all teachers to declare projects at all levels, carry out career education related research, focus on the characteristics of our school, form results with practical significance, and gradually form a career education road with the characteristics of our school.

IV. Implementation path of career planning education

1 Career education course teaching

The courses of student career education are divided into career teaching courses, career guidance courses and subject career integration courses, which carry out student career education with the help of the “three classes” mid-life classroom, class meeting classroom and subject classroom respectively.

(1) Career teaching course. This course is a systematic career teaching for all students, so that students can systematically master the career knowledge, take the initiative to explore the career, so as to complete the preliminary career planning and constantly revise. Each class of each grade arranges a lesson every two weeks, which is carried out alternately with mental health teaching, and is implemented by professional and part-time career teachers.

① The career teaching of senior one mainly focuses on value clarification, social cognition and self-cognition, with the goal of helping students establish correct outlook on life and values; Understand the current situation and future development trend of social development, and understand the development trend and requirements of various fields of industry; To understand their own physical and mental characteristics, interests and specialties, guide students to establish life development goals, rationally choose high school courses, and make a reasonable plan for the three years of high school study and life.

② Career teaching in the second grade of senior high school is to guide students to learn to learn on the basis of determining goals, and to strengthen students’ understanding and experience of the chosen subject. The course content mainly includes the stimulation of learning motivation, the management of learning objectives, time and perseverance, and the change of thinking mode. At the same time, through designing research learning activities on related topics, organizing students to participate, providing lectures by experts in related fields for students to choose, and deepening their understanding of the chosen field.

③ The career teaching of senior three is to help students clarify their goals, relieve pressure, enhance resistance to frustration, maintain a good state of study and normal play in the examination room when students are facing the major test of life and huge learning pressure. At the same time, after the end of the college entrance examination, volunteer to fill in guidance.

(2) Career guidance courses. This course is the use of class meeting classes, thematic career planning guidance for students. It is organized by the Student Development Guidance Center and arranges more than two career class meetings per class per semester. The grade group selects the theme, the class teacher prepares the lesson collectively, and organizes the students to carry out the career theme class meeting.

(3) Integration of career disciplines. This course is based on the characteristics of each discipline, the professional extension direction of the discipline and the possible career in the future, choose the right career education focus, and carry out the infiltration career education of various disciplines. The Center for Student Development and Teaching Management organizes teachers in each teaching and research group to select at least two lessons each semester to penetrate the content of career education on the basis of training, requiring teaching design and teaching reflection.

2. Career experience and practice

Career experience activity is an important form of career planning education, its activities mainly include: first, set up the corresponding situation in the school, organize students to participate in the experience. The second is to organize students to visit the real work scene, exchange, field investigation. The third is to organize students to carry out corresponding research learning under the guidance of relevant experts, so that students can have in-depth experience. This content is optional (different students have different choices).

(1) Have an on-campus experience. The school fully permeates career education elements by organizing various associations and activities such as Science and Technology Festival, traditional Culture Festival, Sports Festival, Foreign Language Arts Festival and Model United Nations Conference, etc. The content of career experience is reflected in the activity plan making, process data collection and student experience records, which are approved by the Student Development Center and incorporated into the student career archives. At the same time, combined with the career and discipline integration curriculum, the school carries out concentrated experience activities of disciplinary career with the help of various campus experience environments to expand students’ career horizons.

(2) Carry out off-campus career experience. On the basis of overall planning of resources inside and outside the university, the Student Development Center selects universities, enterprises, banks, hospitals, enterprises and institutions as career experience bases for students to choose independently. Students take advantage of winter and summer vacations to experience their off-campus career independently. At the same time, each grade organizes research activities every semester, and combines them with students’ career experience. When students experience activities outside school, they are required to make a process record, and reflect on their career development after the activity, and adjust their career planning.

(3) Carry out research learning. The school organizes four sessions to combine the research-based learning of various disciplines with activities. During the activities, relevant experts are required to give academic lectures to students, establish research-oriented learning projects, guide students to carry out research and study, and enable students to have in-depth professional experience through this way.

3. Family and school education to carry out career education

Fully develop the school's parent resources, screen parents with certain social resources and considerable educational ability, and carry out industry seminars for students in class. At the same time, with the help of parents' resource platform, students are organized to carry out off-campus vocational experience.

4. Career planning guidance

Establish a career planning guidance mechanism for students with professional and part-time teachers as the core, class teachers as the backbone, and all teachers participating. Provide students with life, study, mental health, voluntary application, career planning and other guidance at different levels to help students grow in an all-round way. Gradually establish and improve the whole-staff guidance system, equipping each student with a career mentor, and providing targeted and personalized help according to the individual characteristics and development needs of students.

V. The team of teachers for career planning education

High-quality implementation of career education and career planning guidance, we must establish a high-level team of career education teachers. It is inevitable to strengthen teacher training and improve the professional level of career education and planning of existing teachers. The teaching team system should be composed of full-time teachers, backbone teachers and ordinary teachers.

1. Full-time teachers

On the basis of mental health education teachers, the school selects several professional teachers to form a team, receive high-level professional training, and obtain "middle school student career planning Instructors (senior)" to undertake career education research, curriculum teaching, and guidance for students with special needs.

2. Supervising teachers

The school will form a team of backbone teachers for career education, regularly conduct career planning guidance training, and undertake non-professional guidance tasks for students' career planning education.

3. Discipline teachers

The school provides general training on career education to all teachers so that they can be familiar with career education, have the ability to guide students' career in permeating career education and other work in subject teaching, and undertake the task of guiding students' career planning.

VI. The environment of career planning education

High-quality implementation of career planning education requires a good educational environment. Environmental construction mainly includes inside and outside the school environment, software and hardware construction and so on.

1. The internal environment of the school

The university relies on various functional departments to build a guidance center for student development, carries out functional planning of existing departments, adds vocational experience departments, and fully reflects the characteristics of disciplinary integration career education. Let students experience career education in all kinds of activities courses on campus. At the same time, strengthen the software construction of the career planning guidance center, set up a platform for student career planning guidance, establish student development (career education) files, and carry out career education publicity, career education knowledge popularization, parent education, home-school communication, etc.

2. External environment

Actively guide parents to participate in students' career planning education, set up home-school collaborative education centers, regularly carry out parent schools, and provide parents with career education and training related to new college entrance examination, course selection and class selection, mental health, major and career, volunteer application, etc., from the beginning of freshman year one, invite parents into school classes to conduct career lectures, and use parents' resources to experience students' career. In order to guide parents to attach importance to students' career education and support schools and teachers to carry out relevant work. In addition, strengthen social ties and absorb social resources to participate in school career education. Through cooperation with professional institutions, we will enhance the professionalism of career education and improve the quality of elements and links such as curriculum teaching, student guidance, teacher training and career experience.

Career planning education, as a brand new educational content, brings new opportunities to the development of schools and a starting point for high-quality development. With the goal of "jade innovation and characteristic development", Xi'an Foreign Languages School has built an open and systematic student career planning education system to help students achieve comprehensive personality development and lay a foundation for their lifelong development.

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