

Countermeasure analysis of mental health education of college students in higher vocational colleges from the perspective of “Sanquan Education”

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Abstract: With the continuous development and progress of society, people pay more and more attention to the mental health education of college students. As an important part of the youth group, college students in higher vocational colleges often bear more life pressure and academic pressure in the process of growth. Therefore, how to effectively prevent and alleviate the psychological problems of college students through scientific and reasonable mental health education has become one of the urgent problems to be solved by the administrators of higher vocational colleges. Based on the perspective of “three whole education”, this paper discusses the countermeasures of mental health education for college students in higher vocational colleges, aiming at providing useful reference for the educational practice of higher vocational colleges.

Key words: Sanquan education; Higher vocational colleges; College students; Mental health education; Optimization strategy

Introduction

Mental health education of higher vocational college students is very important, and it is the only way for students to pursue further study or employment in the future. In particular, the majority of counselors, ideological and political teachers, mental health course teachers, etc., must recognize that students' mental health education is closely related to their own, and actively invest in education reform work, for the integration of curriculum ideological and political curriculum, three full education and moral cultivation of people to achieve the overall goal. The study has learned that the students in higher vocational colleges are complex, with different age characteristics, interests and hobbies, so it is necessary for all students to participate in education, infiltrate mental health elements into the whole process, and achieve all-round education guidance. In order to optimize this way of education, it is necessary to pay attention to the psychological changes of individuals, give full play to the positive role of psychological counseling stations and ideological and political education, and organize a high-level and high-quality education team to radiate the new vitality of college students' mental health education.

I. The connotation of mental health education of college students in higher vocational colleges from the perspective of “three whole education”

From the perspective of “three-in-one education”, the mental health education of college students is a comprehensive task, aiming at cultivating students' psychological quality, improving their psychological adaptability and problem-solving ability. Its connotation mainly covers three aspects: first, knowledge imparting, through the establishment of psychological basic courses, so that students understand psychological theories and methods, to establish a correct psychological understanding; Second, skill training, through psychological counseling, psychological measurement and other practical activities, to cultivate students' self-management and interpersonal skills, improve the ability of emotional regulation; The third is psychological support, through the team building of psychological counselors, to provide professional psychological counseling and counseling services, pay attention to students' mental health needs, guide them to actively cope with pressure, adjust their mentality, and improve their happiness. Through the efforts of the above three aspects, the mental health education of higher vocational college students will comprehensively promote the healthy growth of students.

II. The necessity of mental health education for college students in higher vocational colleges from the perspective of “three whole education”

1. All students should participate in the complex source of students

From the perspective of “three whole education”, the necessity of mental health education of college students is reflected in the complexity of students corresponding to the participation of all employees. With the expansion of enrollment scale and diversified development of higher vocational colleges, factors such as background, experience and family environment of students have become increasingly complex and diverse. Then different students will face different psychological pressure and psychological problems. Some students may come from rural areas and face the loneliness of leaving their hometown and difficulties in adapting to the new environment. Some students may have excellent academic performance but poor social skills and may need help to improve self-confidence and interpersonal relationships. Through full participation in mental health education, individual support and guidance can be provided to each student in time to help them better adapt to various challenges in study and life. The author believes that this can also help the whole school to form a consensus and action to pay attention to students' mental health, and provide students with a positive and supportive learning environment. In short, in the face of the complexity of students, vocational college students' mental health education must realize full

participation. Only through the joint efforts of all students can we better meet the psychological needs of different students and promote their all-round development and healthy growth.

2. Age characteristics require full integration

At present, vocational college students are in a critical period of growth and development, they tend to be more sensitive and vulnerable psychologically, and there are many changes in the physiological level. College students who have just entered an open learning environment often have special needs for self-cognition, emotional management and interpersonal communication. Therefore, in the mental health education of college students, it is necessary to integrate into the whole process and give all-round guidance, so as to meet their actual needs and carry out mental health education in accordance with the situation of students of different ages. This also means that the education process should pay close attention to the individual differences and growth stage characteristics of college students, including their physical development, cognitive ability and self-awareness, and provide individualized education and health support to help them establish a positive psychological attitude, adapt to pressure, solve problems, and pave the way for a better and wonderful life in the future. It is believed that through targeted mental health education for students of all ages, it can lead more students to form correct values and clear self-understanding, and cultivate batches of reliable successors and builders of socialism.

III. The optimization strategy of mental health education for college students in higher vocational colleges from the perspective of “three full education”

1. Pay attention to individual psychological changes

From the perspective of all-round education, the mental health education of higher vocational college students should focus on the uniqueness and difference of each student, and take individuals as the core object of mental health education to meet their different needs. As we all know, human psychological development is a complex process, affected by many factors such as heredity and environment, and everyone has different personality, interests, values and so on. Therefore, in mental health education, students should not simply be divided into groups, but should have a deep understanding of their inner world, pay attention to their growth process and growth problems, and carry out effective intervention for individual psychological changes. On this basis, it is recognized that some students may face problems such as low self-esteem, anxiety and depression, while others may face challenges in interpersonal relationships and adaptability. Therefore, we through the universal mental health knowledge teaching, let everyone understand about mental health, social life and other aspects, on this basis to provide personalized guidance and help, so that students can carry out adaptive training, correction, improve their mental health quality and comprehensive level. For higher vocational colleges, they should provide students with diversified training and development opportunities, encourage them to participate in social practice, scientific research projects and other activities, and cultivate their self-confidence and independent thinking ability. For higher vocational teachers, they should respect, understand, care and love students, and follow up and track them timely in mental health education to ensure that every student receives effective education guidance. To sum up, attaching importance to individual psychological changes is an important part of mental health education for college students in vocational colleges. Schools should continue to explore in practice to provide students with more comprehensive mental health education services. Teachers should optimize and improve mental health education links and put forward targeted and precise education improvement measures.

2. Give full play to the role of psychological counseling stations

Psychological counseling station as an important part of college students' mental health education, its function and value can not be ignored. Through reasonable planning, the effectiveness of psychological counseling station can be further enhanced to provide more comprehensive and effective mental health services for college students. As we all know, every college student has its unique psychological needs and problems, therefore, psychological counseling stations should be based on the actual situation of students, to develop personalized testing and counseling programs, of course, but also for the voluntary cooperation of some students to implement. Mental health education is not only the process of solving students' psychological problems, but also a way to prevent and cultivate students' mental health. That is to say, in addition to the one-to-one testing and counseling work, the station should also do a good job in knowledge popularization, publicity and promotion of mental health related content in the whole school, to create a positive and healthy mental growth environment for college students. In addition, mental health education in higher vocational colleges involves a wide range of fields, not only limited to psychology majors. Then we can cooperate with the physical education department to carry out sports mental health education; And cooperate with the art education department to carry out art psychological therapy. To better meet the diverse needs of students through interdisciplinary cooperation and provide excellent mental health services. To sum up, it is equally important to pay attention to personalized service, guide students to participate and cooperate with other professional departments. Only by continuously optimizing and improving the operating mechanism of psychological counseling stations can we provide more comprehensive and effective psychological support for college students, help them grow up healthily and realize the full development of self-potential.

3. Give full play to the role of ideological and political education

Ideological and political education plays a self-evident role in higher vocational college education, and ideological and political course is a comprehensive basic compulsory course. Ideological and political education aims to guide students to establish a correct world outlook, outlook on life and values, which is closely related to the goal of mental health education. In the “three all education” perspective, we need to deeply realize that mental health is not only a matter of individual inner state, but also the comprehensive result of external social environment and ideological and cultural influence, so giving full play to the role of ideological and political education is crucial to shaping

good mental health. In practice, through in-depth study and discussion of ideological and political courses, students are guided to gradually establish a correct understanding of the meaning of life, and establish correct life concepts and goals. In this way, they can maintain an optimistic and positive attitude when they encounter difficulties and setbacks, which is conducive to mental health. In contemporary society, the complexity of interpersonal relations often brings challenges to the mental health of college students, and the same ideological and political education plays a role in guiding students to correctly understand the relationship between people, learn to respect others, communicate and resolve conflicts, form a healthy and harmonious concept of social interaction, but also to avoid psychological problems. In the same way, there are self-identity, social responsibility and other aspects of education, which affect students' thoughts and behaviors, but also have an impact on students' mental health. It can be seen that giving full play to the role of ideological and political education is of great significance for optimizing the mental health education of college students, which is worth our in-depth exploration and practice.

4. Expand the mental health education team

With the development of society and the expansion of students, the traditional psychological counseling resources have been unable to meet the growing demand for education, so expanding the mental health education team has become an inevitable choice. In higher vocational colleges, the types of psychological problems faced by students are increasingly complex, such as anxiety, depression, interpersonal troubles, etc., so more professional mental health education services are needed. By expanding the team and introducing more professionals, covering clinical psychology, counseling psychology, psychological therapy and other fields, mental health education services are more personalized and more targeted. At the same time, the new team members can participate in campus publicity activities to spread mental health knowledge to the students, and enhance the attention of the whole campus to mental health. Specifically, we can organize a variety of mental health education activities, such as lectures, theme salons, psychological tests, etc., in addition, we can optimize psychological counseling, psychological treatment channels, etc., to provide students with more comprehensive and intimate services. It can be seen that the expansion of mental health education team is of great significance, not only to provide students with more professional services, but also to promote the in-depth development of mental health education on campus, to build a more perfect mental health service system, in order to achieve the goal of "three full education".

Concluding Remarks

In today's society, college students in higher vocational colleges are faced with various challenges, such as study pressure, difficult employment, etc., which will bring them different degrees of psychological impact. Therefore, the mental health education of college students is particularly necessary, and it must be comprehensively optimized and perfected from the perspective of "three aspects of education", such as attaching importance to the change of individual heart fatigue, giving full play to the positive role of psychological counseling stations and ideological and political education, so as to better realize the innovation of mental health education and drive the positive and all-round development of students. On this basis, constantly improve the mental health education model of college students in higher vocational colleges, with excellent educational teams, good educational environment as support, to provide timely and effective psychological help for college students.

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