

# Application of project-based teaching in Mental Health Education

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**Abstract:** With the increasing social pressure and employment pressure, mental health education has become the focus of college education, which also puts forward higher requirements for the application of project-based teaching in mental health education courses. Under the background of the reform of college education, how to carry out project-style teaching and improve the effectiveness of college students' mental health education has become the focus of current education work. Based on this, this paper analyzes and researches the application of project-based teaching in mental health education courses, expounds the role of project-based teaching in mental health education courses, analyzes the existing problems in the teaching of mental health education courses in colleges and universities, and puts forward the application strategies of project-based teaching in mental health education courses for reference.

**Key words:** Project-style teaching; Mental health education course; Applications

## Foreword

Mental health education is a kind of education mode which adopts scientific and reasonable education method to cultivate students' quality ability according to the characteristics of students' physical and mental development. It is helpful to students' all-round growth and development. Mental health education is an important component of quality education. It is an inevitable choice to carry out effective mental health education work at present. However, at present, the level of mental health education in colleges and universities is not high, and the psychological care for students is insufficient. The project-based teaching is helpful to construct a complete project-based teaching activity, improve the openness of classroom teaching, mobilize students' learning enthusiasm, and promote their growth and development.

## I. The role of project-based teaching in mental health education curriculum

### 1. Improve students' enthusiasm in learning mental health knowledge

As a way of current curriculum teaching, project-based teaching can make students participate in learning practice by setting up project activities. However, under normal circumstances, students participate in the learning of theoretical knowledge under the guidance of teachers, and understand through deep learning + practical application. Project-based teaching puts more emphasis on integrated work, which requires full evaluation of projects, as well as scientific evaluation of teachers and students. Only by participating in the project can students obtain corresponding credits and complete the project activities. Therefore, project-based teaching helps to mobilize students' learning enthusiasm and make students learn theoretical knowledge actively.

### 2. Help students master scientific and effective psychological counseling skills

Project-based teaching emphasizes the initiative of students to participate in learning, and makes a comprehensive evaluation of students. However, if students' participation is not high, the expected requirements can not be met, and the implementation of the project will not be smooth. Therefore, in the course of mental health education, teachers should do a good job in mental health education combining, through project-style teaching, so that students can master more psychological counseling skills and better solve practical problems.

### 3. Cultivate students' ability to discover and solve problems

Project-based teaching puts more emphasis on development, involving the comprehensiveness of subject experience and the openness of students' learning. Therefore, in the course of mental health education, the implementation of project-style teaching is helpful to cultivate the development of students' thinking ability and form flexible practical ability. At the same time, project-based teaching also needs to realize the effective condensation of long-term + stage projects, enhance students' problem-solving ability, and let students establish a correct understanding of teaching objectives. For students who are not strong in learning and practice, this will help them to look at their own problems correctly and form a more scientific and healthy psychology.

## II. The problems existing in the teaching of mental health education courses in colleges and universities

### 1. The teaching is not targeted

The key goal of mental health education in colleges and universities is to find out the problems that may occur in students' mental health, and adopt certain educational means to improve students' mental health quality. Many college mental health education courses are mainly carried out from the whole teaching, and do a good evaluation of students' psychological conditions, to lay a solid foundation for follow-up planning. However, when some students express special needs, teachers generally need to solve the problems for the students. However, there are also many teachers who cannot accurately judge the causes of students' bad mentality and cannot accurately locate them.

### 2. Low participation of students

Students' participation in learning is the concrete standard to measure the development of classroom teaching. A scientific and effective classroom requires the participation of both teachers and students, forming a bilateral interaction, close participation and cooperation of the

classroom, so that students can deeply understand the knowledge. If teachers do not pay attention to the interaction and communication with students, or directly ignore the learning situation of students, it will lead to the effectiveness of classroom teaching can not be improved, and students will be distracted. Some teachers believe that the low participation of students is due to the strong leadership of the teacher in this course, and the teacher does not carry out targeted teaching according to the characteristics of students in the process of practical teaching. In this process, teachers need to pay attention to students' performance and reflect students' personalized thinking. But at the same time, some teachers believe that carrying out mental health education also needs the close participation of students. If the participation of students is not high, the teaching effect will be poor.

### 3. Students lack of awareness of self-regulation

Students' self-regulation consciousness refers to whether they can recognize that they are sick after they have negative emotions or psychological diseases, and take the initiative to seek help, so that students can better solve problems. Mental health education courses in colleges and universities should enable students to establish a more perfect sense of self-rescue. However, it can be found in the actual investigation that many college mental health courses do not have this aspect of training, teachers only explain what is a positive attitude for students in class, more is to explain some theoretical content. When the negative emotions continue to accumulate, students' study and life will also have problems.

### 4. Lack of teaching resources

In fact, when a course cannot achieve targeted teaching, the main reason is the limited teaching resources. Teaching resources are the key to support the development of teaching behavior. When teaching resources are less, they can not meet the needs of teaching subjects, and teachers will be unable to deal with practical problems in teaching. In addition, due to the lack of teaching resources, teachers have to deal with a large number of students, and it is difficult for teachers to take into account the individual situation of all students. In addition, the academic research level is not high. Universities lack professional psychological researchers, and the updating quality of teaching resources in teaching is poor, which can not meet the needs of improving teaching ability.

## III. The application of project-based teaching in mental health education courses

Starting from the actual situation of mental health education in colleges and universities, project-style teaching should pay attention to refinement and improve the quality and effectiveness of the work. Specifically, the application strategies of project-based teaching in mental health education courses are as follows:

### 1. Judge the learning situation and set the goal

In project-based teaching, teachers should pay attention to the setting of the project, and ensure that the difficulty of the project is higher than the students' problem-solving ability, but not too high. Therefore, teachers need to fully understand the students' learning situation before teaching and make clear the specific goals of the project. First of all, teachers should design relevant questionnaires according to the international requirements on mental health, and carry out a systematic investigation on students' mental health status. Teachers should grade students' mental health status according to the survey results, and set up a number of health education activities to observe students' performance and carry out effective investigations. Secondly, teachers should set goals according to the actual situation of students and strengthen the construction of teaching goals. If the mental health level of the students in the class is not good, the teacher needs to build the teaching objectives that meet the characteristics of the students, adjust the content and method of assessment, and carry out targeted teaching practice activities.

### 2. Determine the task and make the content clear

Teachers should develop an integrated project teaching model according to the situation of students in different classes. Teachers can set up different stages of project activities according to the teaching tasks. For example, when the teaching task is to eliminate students' negative emotions in study and life, teachers should set the teaching task of "let students view negative emotions correctly", and let students understand the basic knowledge, and let students view the role of negative emotions correctly, and effectively locate the negative emotions generated by individuals, and learn the basic methods to eliminate negative emotions. Establish the correct mentality of asking for help from others. Teachers should set teaching tasks according to the above information. The first stage is cognitive expansion, in which students independently establish a full understanding of negative emotions through various resources; The second stage is the reinforcement stage, in which teachers need to work with students to solve problems. In this process, students need to complete teaching work with teachers according to tasks and solve practical problems; The third stage is the research stage, students and teachers should make teaching plans according to the past experience, so that students can really put practical experience into action.

### 3. Implement the project and supervise the process

In the important stage of project implementation, the school and teachers should simultaneously monitor the implementation of the project. In order to better improve the effectiveness of teaching and strengthen the attraction of teaching, educators should suggest that mental health educators create a dual-line education model and adopt an online + offline model to carry out teaching. In this way, on the one hand, it helps to improve the interest of teaching, on the other hand, it also helps to build an integrated teaching model and improve the overall teaching quality. Project-based teaching can be carried out from the following three aspects: The first step is to inspire students. Teachers need to investigate the overall situation of students, provide students with specific mental health reports, and provide other cases to students, so that students can recognize problems through data and reports and further study and explore. Students can find the resources

provided by teachers on the online platform and analyze the materials of the cases. At the same time, students need to submit the analysis results online. The second step is the internalization stage in class. Teachers should review the project results submitted by students and find out the problems, so that students can fill the loopholes, further expand the education work, and do a good job in the extension education, guide students to explore knowledge in an auxiliary way, and help students correct the problems. Teachers should let students think independently and analyze the data collected by themselves to lay a solid foundation for knowledge understanding and memory. The third step is the reinforcement after class, which is mainly suitable for students to generate innovative ideas about the project topic and make great progress in the process of project operation. Teachers should organize students to participate in the project, encourage students to participate in social practice, and understand the current mental health of social personnel. In the process of practical activities, teachers and students should perform their own duties, teachers should actively listen to students' opinions and ideas, help students to summarize practical experience into theoretical views, so that students can better learn and understand knowledge, form a good psychological adjustment ability, and enhance personal psychological self-rescue ability.

#### 4. Organize the team and improve the ability

The development of mental health work cannot be separated from the construction of mental health education teams. The fine construction of mental work team needs to fully consider the quality and ability of professionals themselves, and build a new type of teaching staff with specialized ideas. In addition, schools should strengthen the training of educators, give play to the role of educators, improve the quality of education and teaching. At the same time, the source of the team should take into account the nature and characteristics of the work, strengthen the construction of the recruitment mechanism, and form a team organization with echelon and scientific structure. At the same time, the school also needs to strengthen the training and organization of psychological staff, and improve the fine construction of the team. Only to build a three-dimensional, all-round communication mechanism, and scientific and effective work to build a psychological support education system. Only by strengthening the construction of intervention and treatment links and introducing more professionals can we do a good job in scientific and effective treatment and build up refined psychological aid.

## Epilogue

To sum up, the current level of mental health education in colleges and universities is not high, and the psychological care for students is insufficient. Under the background of contemporary education, project-based teaching has high application value, and introducing it into practical teaching will help to better standardize the work process and improve the quality of work. Project-style teaching helps to build a complete project-style teaching activity, build a more standardized and systematic management mechanism, improve the openness of classroom teaching, and mobilize students' enthusiasm for learning. Therefore, colleges and universities should build a refined psychological aid system for college students to solve various problems in a more systematic and comprehensive way, and enable students to achieve sustainable development.

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