

# Research on Psychological Health Education for Vocational College Students and Effective Positive Guidance Strategies

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**Abstract:** With the development of society, vocational college students are facing increasing psychological problems such as learning pressure and life pressure. Good mental health education and effective guidance are crucial for their growth. This article first introduces the current situation and reasons for the mental health problems of vocational college students, and then analyzes the shortcomings of current mental health education. Based on the actual situation, a series of countermeasures are proposed, including improving the awareness of mental health education, establishing a sound mental health education system, improving teaching modes, etc. The aim is to provide effective and positive countermeasures for the mental health education of vocational college students, to meet the growing psychological counseling needs of students, effectively improve their mental health level and overall learning and life quality.

**Keywords:** Vocational college students; Psychological health education; Psychological health analysis; Strategy research

With the continuous development of society, higher vocational and technical colleges have become an important battlefield for cultivating technical and skilled talents. However, while pursuing knowledge and skills, vocational college students also face pressure in areas such as learning, life, and career planning, which directly affect their learning outcomes and quality of life. Therefore, strengthening the psychological health education of students in universities, actively guiding them to establish correct life and values, improving their psychological resilience, and enhancing their ability to perceive self happiness, is of great practical significance.

## 1. Analysis of the Current Situation of Psychological Health among Vocational College Students

### 1.1 The prevalence of mental health issues

Psychological health problems are common in various age groups and social groups, and with the acceleration of modern life pace and the increase of social pressure, these problems are showing an increasingly serious trend. Some students in vocational colleges may experience psychological problems such as self doubt, self deprecation, and even loss of hope for the future during high-intensity learning and practice. In addition, some students may come from economically disadvantaged families, lacking financial support and social resources, which further leads to increased psychological pressure on students. In addition, due to the limitations of the school environment and social circle, students often experience psychological problems such as anxiety, depression, and inferiority, which become a major factor affecting their learning and life. Therefore, vocational colleges should pay attention to preventing and treating students' mental health problems, better ensuring their mental health, and promoting the improvement of their learning and quality of life.

### 1.2 Diversification of mental health issues

The psychological health problems of vocational college students are complex and diverse, mainly reflected in the following aspects: (1) anxiety and depression; (2) Self denial and feelings of inferiority; (3) Self isolation or internet addiction; (4) Physical and mental health issues; Therefore, facing such complex and diverse mental health problems, it is of great significance and value for schools to carry out mental health education. It is urgent for universities to take comprehensive measures to help students cope with and alleviate these problems.

### 1.3 Increase in demand for psychological counseling

With the increasing number of mental health issues, the demand for psychological counseling among students is also gradually increasing. The reason for this trend is that, there are several reasons for this: firstly, the fast-paced lifestyle and the fiercely competitive environment of modern society, academic pressure, employment anxiety, and various challenges faced in life are beyond the scope of students to cope with, all of which have become a major psychological burden for students. Secondly, the awareness of mental health has increased, and students have attached greater importance to mental health issues. They are also more willing to seek help in their profession. In addition, the widespread social pressure and interpersonal problems among students have led them to tend to seek guidance from psychological counselors. Therefore, while effectively improving the mental health level and overall quality of learning and life of students, vocational colleges should attach importance to psychological counseling services, strengthen mental health education, and establish a sound psychological counseling system to meet the growing psychological counseling needs of students.

## 2. The problems in mental health education in vocational colleges

### 2.1 Lack of corresponding teachers and educational resources

Psychological counseling services are an extremely demanding profession that not only requires practitioners to have professional backgrounds in medicine, psychology, and other fields, but also to hold corresponding qualification certificates. In addition, to ensure the protection of professional ethics, skill levels, and service effectiveness, they also need to accumulate rich industry experience and receive uninterrupted professional training every year. Compared to this, the teaching staff of mental health education in vocational colleges is relatively lagging behind, usually composed of psychological counselors or administrative personnel, lacking professional background

teachers. Therefore, in addressing students' mental health issues, these teams may lack sufficient professionalism, and teaching effectiveness may not be fully guaranteed. Instead, they tend to focus on rote learning, making it difficult to effectively solve practical problems.

### 2.2 Single mental health education model

In practical work, there is a problem of a single mode of mental health education in vocational colleges, mainly manifested in the singularity of teaching content, methods, resource allocation, and service forms.

2.2.1 The curriculum is single: Psychological health education usually only stays at simple theoretical courses, lacking practical and comprehensive cultivation. The course content may mainly focus on basic psychological knowledge and lack the cultivation of practical operational skills, such as psychological counseling skills, psychological crisis management, etc.

2.2.2 Single teaching method: The teaching method may be limited to traditional classroom teaching, lacking innovation and diversity, practical activities, case analysis, group discussions, and other teaching forms, making it difficult to simulate and apply mental health knowledge and skills in a real way.

2.2.3 Single resource allocation: Schools may have limited investment in mental health education resources, mainly focusing on providing basic course materials and teaching equipment, while neglecting the resource support required for training the teaching staff and carrying out practical projects.

2.2.4 Single service form: The mental health services provided by schools may be limited to providing simple counseling or psychological testing, and lack more forms of support and assistance.

### 2.3 Mental health education is just a formality

The reason why mental health education is merely a formality is mainly due to insufficient content and insufficient practical support. In addition, educators may place too much emphasis on form and rely too heavily on traditional classroom teaching, while neglecting the depth of content and the actual needs of students. This singular teaching method is difficult to stimulate students' interest and participation, nor can it truly cultivate their mental health awareness and coping ability. In addition, schools lack effective support and investment in teacher training, curriculum development, practical projects, and mental health services, which may mainly remain in the form. In this way, even if some educational activities are carried out, it is difficult to achieve substantial results in mental health education, which makes it difficult to truly implement mental health education in practical work.

## 3. Strategy research

### 3.1 Change mindset and enhance awareness of mental health education

The improvement of mental health education for vocational college students needs to start with a change in mindset and an increase in awareness of mental health education. For educators, they should recognize the crucial role they play in student mental health education; By receiving relevant training and education, we aim to improve our professional skills and provide positive guidance and assistance to students in understanding and addressing mental health issues. At the same time, students themselves should also recognize the importance of mental health education for their personal growth and development, actively participate in school organized mental health education activities, learn and apply mental health knowledge, and thus develop healthy and upward habits in mentality and lifestyle. In summary, schools, teachers, and students themselves should have a full understanding and importance of mental health education. Through this way of changing concepts and improving awareness of mental health education, vocational colleges can establish a healthier and more positive learning environment, which is more conducive to promoting the comprehensive development of students.

### 3.2 Establishing a comprehensive mental health education system

Establishing a sound mental health education system is an urgent issue to be solved in the current vocational education environment. Firstly, politics

Policy level support is essential. Secondly, school administrators should also actively respond to policies. Then, the construction of the teaching staff is also an important guarantee for establishing a sound mental health education system. Schools should establish a sound teacher training mechanism to provide continuous professional development and learning opportunities for educators. In addition, in terms of curriculum design and teaching methods, teachers should pay attention to the diversity and pertinence of content. Psychological health education courses should cover aspects such as mental health knowledge, prevention and response strategies for psychological problems, and psychological adjustment skills. During the teaching process, teachers should adopt flexible and diverse teaching methods to stimulate students' interest and participation in learning. Finally, cooperation between families, schools, and communities is an important link in establishing a sound mental health education system. Strengthening information sharing and resource integration, forming a multi-party participation and collaborative work mechanism, schools, parents, and all sectors of society should work together to pay attention to students' mental health issues.

### 3.3 Improving teaching modes

The adjustment and innovation of various teaching modes are of crucial significance in the improvement of mental health education for vocational college students. Especially practical teaching is one of the important ways to improve teaching modes. Schools can promote students to apply their theoretical knowledge to practical situations by conducting on-site inspections, project practices, and other activities, thereby enhancing their practical and problem-solving abilities. In addition, providing customized learning support and tutoring tailored to the personalized learning needs of students also plays a significant role in enhancing learning motivation and improving learning outcomes.

The implementation of interdisciplinary teaching is conducive to integrating teaching content from different disciplines and enhancing students' comprehensive literacy. In addition, the use of information technology is also an effective method for improving teaching modes, which can provide students with abundant resources and more flexible learning paths, thereby promoting the improvement of learning effectiveness. Taking into account the above improvement measures, students can receive a psychological health education and teaching model that meets their own needs and learning characteristics, thereby promoting their comprehensive development and healthy growth.

#### 3.4 Improve the campus mental health service mechanism

Schools should establish a comprehensive mental health service system that includes multi-level services such as psychological counseling and psychological education, covering all aspects from daily needs to emergency situations. Offering mental health courses, lectures, etc. on campus to impart mental health knowledge and stress coping skills to students and faculty, enhancing their awareness of mental health. In addition, schools can also provide professional psychological counseling services to address various psychological issues that students may face. Regularly carry out mental health promotion activities, utilize campus broadcasting, bulletin boards, and other platforms to enhance awareness of mental health on campus and reduce the occurrence of mental health problems.

#### 3.5 Adhere to the principle of optimizing mental health education

The optimization principles of mental health education can cover the following aspects: (1) practical principles; (2) The principle of caring; (3) Evaluation principle; (4) The principle of informatization. By comprehensively applying the above optimization principles, schools can establish a more comprehensive, effective, and sustainable mental health education system, providing better support and guarantee for the mental health growth of students.

## Conclusion and Outlook

This article conducts an in-depth analysis of the current situation and causes of student mental health problems, and proposes a series of effective countermeasures. It has been proven that effective mental health education and counseling can help students better cope with stress, regulate emotions, and thereby improve their quality of life and academic performance. However, although this article proposes a series of feasible countermeasures, there are still some challenges in practical application. Therefore, continuous research and practice will be conducted in the future to further deepen the understanding of the psychological health issues of vocational college students, and explore more effective strategies and methods. This paper is the research result of the 2023 Shandong Province Education Development Research Micro Project - Exploration and Practice of Career Planning Education in Computer Professional "Program Design" Course, and the 2023 Shandong Province Workers' Movement Research Association Project - "Research on the Impact of Human Machine Coupling Mechanism of Data Annotators on Work Efficiency and Accuracy from the Perspective of Intelligence".

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