

Research on the path of mental health education in Colleges and universities from the perspective of “three complete education”

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Abstract: as an important part of College Students' Ideological and political education, mental health education is crucial to the healthy growth of college students. The development of higher education requires front-line teachers to assume the important role of student guides, shape students' independent personality, healthy mentality and correct values, and effectively improve students' professional ability and comprehensive quality, so as to promote students' professional growth and comprehensive development. Therefore, mental health education should form a new pattern of all staff, all-round and whole process education in Colleges and universities, and help college students grow up healthily. In view of this, from the perspective of “three complete education”, this paper discusses the necessity of mental health education in Colleges and universities, expounds the practical problems of mental health education in Colleges and universities, and finally puts forward several feasible and effective implementation paths, hoping to provide more references for colleges and universities.

Key words: Sanquan education; Higher education; Mental health; Implementation path

At present, although colleges and universities have set up mental health education courses, most of them exist in the form of public basic courses, elective courses, online courses and so on, and counselors are generally responsible for college students' mental health education, which shows that colleges and universities do not pay attention to mental health education. Although we can not deny the important role of College Counselors in college students' mental health education, it is obviously not enough to rely on these alone. In 2017, the opinions on strengthening and improving ideological and political work in Colleges and Universities under the new situation issued by the CPC Central Committee and the State Council proposed that colleges and universities should adhere to the “three complete education”. Under the requirements of “three complete education”, how to do a good job of mental health education in Colleges and universities has become a new topic that colleges and universities must focus on.

1 The basic concept of “three complete education”

The concept of “three complete education” follows the development trend of China's higher education and the goal of education, which is of great significance in the new era. “Three complete education” refers to the whole staff education, all-round education and the whole process education. Among them, the whole staff education is put forward from the aspect of the main body of education, that is, education is not the special responsibility of a certain teacher or a certain class of teachers, but the important responsibility of all departments and staff in Colleges and universities. All departments and staff in Colleges and universities should actively participate in the construction and put into action, and strive to build a learning platform conducive to the growth of students. Comprehensive education is put forward from the aspect of education space, which is to integrate education into education, teaching, practice, management and service, and adopt diversified methods to carry out multi-dimensional education, so that students can feel different education in their daily life and learning practice. The whole process of education is based on the time of education, that is, the education work should be carried out throughout the students' university stage. Whether it is the enrollment stage, the mid-term stage, or the graduation stage, the students should be educated, and a long-term, sustainable and throughout education chain should be established to lay a good foundation for college students' further study and employment. All staff education, all-round education and whole process education are inseparable, complementary and indispensable, and together constitute an “integrated” education system in Colleges and universities, which fully reflects the basic requirements of the party's education policies on “striving to build an education system for the comprehensive cultivation of morality, intelligence, physique, art and labor, and forming a higher level of talent training system”.

2 The necessity of mental health education in Colleges and universities from the perspective of “three complete education”

In recent years, the mental health problems and mental health status of college students have changed rapidly, and injury cases caused by psychological problems have occurred from time to time. The main reasons are as follows: first, China's higher education environment is constantly changing. Higher education tends to be popular and popularized, which virtually increases the employment and survival pressure of college students. The increasing psychological pressure of college students can not be relieved, and naturally they can't find the right efforts and development direction, forming a vicious circle over time. Second, colleges and universities in China have put forward different enrollment standards according to the education level of different provinces, which increases the differences between students, which often causes some college students' psychology of comparison, increases their economic pressure and psychological burden, and then causes negative emotions such as jealousy, inferiority complex and sensitivity. The emergence of these negative emotions also seriously affects the development of college students in the future. Third, the mental level of college students in China is getting higher and higher, so that there is a big difference between the ideal and reality of college students, which causes the psychological imbalance, disharmony and maladjustment of some college students, and makes college students easy to fall into extreme emotions. In the face of this situation,

colleges and universities urgently need systematic mental health education and subtle guidance to change the status quo and help college students grow up actively, sunny and healthy. It can be seen that the development of mental health education in Colleges and universities is imperative from the perspective of “three complete education”.

3 Practical problems of mental health education in Colleges and universities from the perspective of “three complete education”

1. The main body of education lacks full participation

At present, the work of mental health education in most colleges and universities in China is mainly undertaken by counselors. Although most colleges and universities have mental health consulting centers and rooms, there are problems of formalization and few teachers. In addition, colleges and universities do not pay attention to mental health education, which makes it difficult for most colleges and universities in China to fully participate in the construction of mental health education. In addition, some teachers' concept of mental health education also has some misunderstandings. Some teachers only pay attention to whether the students' behavior is normal, or only pay attention to whether the students' learning is excellent and whether their grades are qualified. They confuse moral education with psychological education, which leads to the lack of correct treatment of students' psychological changes and emotional needs, and the long-term neglect of parents, teachers and students themselves. Moreover, it is difficult to find appropriate solutions and solutions to the problem, which is a real problem in front of us. In addition, the whole staff education requires all departments and all teaching staff in Colleges and universities to participate in the work of mental health education, which means that there should be a good communication and coordination mechanism between departments and teaching staff, which is also lacking in the current higher education.

2. Lack of whole process connection in the process of Education

At this stage, the links of mental health education in Colleges and universities in China are lack of cohesion, and even there are faults and disjointed phenomena, so that the level and quality of mental health education are low. In the middle stage of the University, although most college students have basically adapted to the university life and environment, the students at this stage have high academic pressure, are confused and confused about the future development, and are prone to emotional distress, so they are more prone to psychological pressure and need to relieve their bad emotions. Only when the bad emotions at this stage can be relieved can it provide a good foundation for further education and employment, and help college students establish firm ideals and beliefs and correct three outlooks. In addition, mental health education is separated from professional education, art education and daily activities, which makes it difficult for college students to truly realize the importance of mental health and how to maintain mental health, which is actually inefficient and low-quality.

3. Lack of systematic education methods

Comprehensive education is an important element of the “three comprehensive education”, which means that mental health education should be carried out from multiple dimensions, such as theory and practice, online and offline, in class and after class. However, at present, most of China's colleges and universities lack an interdisciplinary mental health education system, and rely solely on public basic mental health courses to carry out mental education activities. This single mental health education mode makes the educational resources not fully utilized, and the educational methods lack systematicness, which has been unable to cope with the diversified mental health problems of college students in the new era, It is urgent to explore reasonable and effective methods of mental health education.

4 The implementation path of mental health education in Colleges and universities from the perspective of “three complete education”

1. Taking the education of all staff as the direction, identify the goal and construction path

In the direction of full education, we should promote the cooperation between departments and educational subjects, improve and optimize the top-level design of mental health education under the guidance of socialism with Chinese characteristics in the new era, determine the construction goals of mental health education in Colleges and universities, and help improve the curriculum system, psychological guidance and other highly coordinated education systems, so as to lay a solid foundation for the work of departments and educational subjects, Provide assistance for the healthy growth and comprehensive development of college students.

As a whole, the school should strengthen the understanding of mental health education, improve the system and mechanism of “three complete education” mental health education, provide institutional guarantee, strengthen overall planning and coordination, strengthen the training and management of relevant teaching staff, regularly carry out psychological observation and preventive intervention on college students, and timely understand the mental health status of college students. At the same time, teachers of various majors and core courses are trained to strengthen their mental health education ability with the theme of mental health education, so that they can integrate mental health elements into teaching, and influence and guide students imperceptibly. Finally, we should deepen the school enterprise, family school collaborative education, and make full use of social resources and family resources to carry out education. From the perspective of teachers as the main body, it is important to innovate the concept of teachers' mental health education. Counselors, teachers and teachers of professional courses should actively participate in mental health education, identify problems, suit the remedy to the case, make full use of curriculum ideological and political education, teaching activities and innovative education to carry out mental health education, and transfer mental health knowledge to students in a subtle way, And infect students with a positive and optimistic attitude, so that they can organically transform psychological problems under their own guidance.

2. Improve the quality of mental health education with the whole process of education as the carrier

Mental health education needs long-term adherence and reform and innovation, which is not achieved overnight. Therefore, it is necessary to carry out mental health education in Colleges and universities throughout the enrollment and graduation of college students, and carry out different mental health education according to different stages of college students. At the enrollment stage, freshmen are prone to trouble in interpersonal communication, integration into the collective, adapting to college students' life, etc., so the development of mental health education can suit the remedy to the case, adopt diversified ways to specially set up courses on interpersonal communication, college life, etc., or organize student group activities, cooperative exploration, outdoor practice, etc. To ensure that college students adapt to the new learning and living environment as soon as possible, so that they can change their thinking, and then effectively relieve the pressure of Freshmen's enrollment. In the middle stage, most college students have initially adapted to the new life, but their learning ability and physical quality may not keep up with the collective. Therefore, relevant lectures and elective courses can be carried out to systematically and pertinently explain some problems and countermeasures, so as to help students understand the love relationship, further education and employment, learning and life, and establish correct values and development concepts. At the stage of employment, we should clarify the different directions of further education and employment, focus on helping college students relieve their anxiety and anxiety, and organize employment contests and career pre-set activities to help college students find their own direction in life and determine their value.

3. Take all-round education as the foothold and improve the mental health education system

Taking all-round education as the foothold, focusing on optimizing and improving the education path, can build a complete mental health education system and education mode, and help the sustainable and modern development of mental health education in Colleges and universities. First of all, improve the psychological curriculum system. Schools can initially establish psychological health courses from the two paths of compulsory courses and elective courses, so that students can think and explore the knowledge of mental health in the classroom. The course focuses on introducing actual cases, vividly analyzing professional content, helping college students master mental health knowledge, improve their mental health learning level, and then improve their comprehensive level. Secondly, according to the relatively complete curriculum system, we should optimize educational activities, and carry out parent-child activities, campus culture festival activities, brand activities, etc., so that college students can be exposed to richer professional knowledge and realize the importance of mental health for people's growth and development. Finally, with the continuous development of modern education technology, colleges and universities can also improve the online teaching platform and teaching mode. With the campus network as the technical means, they can regularly update the mental health column, popularize the mental health knowledge, and make novel short videos and animation films of mental health education, so as to deepen the college students' understanding of mental health education in a direct and vivid way, and build a positive and Positive network image, and increase publicity efforts, imperceptibly affect college students' thinking and personality, and then improve college students' mental health quality.

Concluding remarks

China's "implementation outline of the quality improvement project of Ideological and political work in Colleges and universities" clearly mentioned that psychological education is an important part of the "top ten" education system of Ideological and political work in Colleges and universities. Colleges and universities should pay full attention to the function of psychological education and continuously improve the effect of education. Therefore, all departments and staff of colleges and universities should actively participate in the work of mental health education, change the concept of mental health education, strengthen the sense of responsibility, carry out mental health education through the whole stage of College Students' enrollment and graduation, carry out multi-dimensional mental health education in a diversified way, and strengthen school enterprise cooperation and home school cooperation, so as to build familiesThe Trinity mental health education mechanism of the school and the community should improve the whole staff, all-round and whole process mental health education system to protect the healthy growth of college students.

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Design and fabrication of a composite wing

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Abstract: with the rapid development and wide application of composite materials, the amount of advanced composite materials used in aircraft has become one of the important indicators to measure the advancement of aircraft structure. Based on the use of composite materials, an integrated wing is designed in this paper. After continuous three-dimensional model and aerodynamic optimization, the actual production of the wing and aerodynamic parameter analysis are carried out to testify the feasibility and good efficiency of the design scheme.

Key words: composite materials; Wing fabrication; Aerodynamic analysis

Introduction

Carbon fiber composite is a kind of material with stable properties, high temperature resistance, low density, high strength and other characteristics, which can make the wing have smaller density and excellent tensile strength. In addition to being widely used in large aircraft on the trunk line, composite materials are also widely used in UAVs. At the same time, by 2019, the consumption of composite materials for international advanced civil aircraft has exceeded 50%, and the fuel efficiency has increased by more than 20%.

This project aims to design a composite wing. Taking the half beam wing as the research object, taking the size of wing skin, beam and rib as the design variable, and replacing its skin with carbon fiber composite material, it not only has the inherent characteristics of carbon material, but also has the soft processability of textile fiber, and the wing rib is converted into carbon fiber sandwich structure (as shown in Figure 1). The skin made of carbon fiber composite material can avoid the changes of wing structure caused by the sunken mask and tight skin. At the same time, the wing skin made of carbon fiber has the characteristics of high load-bearing, high torsional resistance and high toughness. The carbon fiber skin can make the aircraft have high specific strength, high specific modulus, good fatigue resistance and cushioning performance, and reduce the weight by 25-30% compared with the conventional metal structure. At the same time, both the increase in the use of composite materials and the expansion of the scope of use have greatly changed the traditional aircraft design and manufacturing mode. In the actual production of the wing in this project, the wing model will use the sandwich structure of carbon fiber light wood carbon fiber as the wing rib, so as to further strengthen the strength of the wing.

1 manufacturing process of carbon fiber wing

1.1 production equipment and materials

Equipment: Wing mold (designed by CATIA and other 3D software and delivered to manufacturers), bending scissors, brushes, locating pins, shovels.

Materials: demoulding wax, nitrile gloves, industrial alcohol, industrial paper, epoxy resin, 3K carbon fiber cloth, isolation film, breathable felt, vacuum bag, demoulding cloth, sealing strip, light powder, cotton powder, light wood (2mm\3mm), plastic cup, linear optical axis, ice cream stick.

1.2 preparations:

1.2.1 shear material:

Cut 3K carbon fiber cloth, isolation film, breathable felt, vacuum bag and demoulding cloth to the required size.

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