Practice and methods of Freshmen's rapid adaptation to college life under the new mode

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Abstract: The social background of new forms and models has brought new challenges to college freshmen's rapid adaptation to college life, which are mainly manifested in the discontinuity of students' struggle state, the impact of new social forms on the final results of the college entrance examination, the intensification of family conflicts caused by offline learning forms, the changes in the mode of relatively static management on university campuses, and the changes in students' psychological status. In the face of new challenges, this paper summarizes the practice of college students' how to adapt to college life faster and better, and concludes that colleges and universities should adhere to cultivating the heart with heart and moral education, constantly inject humanistic care into life, strengthen psychological counseling for students in the management, strengthen adaptive education, and constantly promote the growth and development of students.

Key words: New mode; Freshmen quickly adapt to the university; Patriotism education; Mental health; Adaptive education

1. Introduction

Adaptability education for freshmen is an important part of ideological and political education in colleges and universities, and it is also the beginning of higher education . With a series of changes in the living environment, interpersonal relationships, learning styles and career planning, a considerable number of students have some problems in adapting to college life, which are reflected to a certain extent in thought, cognition, emotion and behavior . It mainly shows that the freshmen's adaptation speed is obviously slower than that of the previous students after entering the university, and the university cognition is not clear enough, the emotion is prone to extreme state, and the psychological state is unstable.

Freshmen are mainly engaged in the process of self-learning and self-management upgrading. They need to adapt to the pace of the university as soon as possible, so as to lay a solid pace for the new and comprehensive adaptation to university life and further entering the society . Under the new background, it is particularly important for ideological and political educators in colleges and universities to combine the adaptability education of freshmen with the new mode, so as to guide the freshmen properly and pass the adaptation stage quickly.

By analyzing the problems encountered by freshmen in the process of adapting to university life under the new mode, and combining with the powerful measures taken by the school of information science and technology in our university in the actual student management, this paper discusses the practice and methods of freshmen's rapid adaptation to university life under the new mode, so as to provide some ideas for colleges and universities, further improve the level and quality of ideological and political education in colleges and universities.

2. The impact of the new mode of education on freshmen's adaptation to college life

2.1 Online classroom teaching mode

With the development of information technology and the change of social background, online teaching mode has stepped onto the world education stage, breaking through the limitations of traditional education due to time and space . But for students who have adapted to the traditional offline education, the learning mode of online teaching has become a new challenge.

1.College entrance examination results are not ideal. The development of online classes has led to the collapse of students' self-control, and some students have started additional activities of "fishing in class", which has a direct impact on the result of the college entrance examination. After freshmen enter the university, some students think that they have failed in the college entrance examination, and the current university they are in is not in line with expectations. The specific performance is that they are not enthusiastic about the relevant affairs after enrollment, and feel confused about the future development; And then it can not adapt to the atmosphere of the university, which directly affects the state of learning. In the first semester, the first and second classroom scores are poor.

2.Psychological problems. The impact of family environment on freshmen's performance in college is more closely related than that of previous freshmen. For some students who stay alone and have family conflicts, the summer vacation after the college entrance examination has a negative impact on students. The lack of family care and support or the intensification of family conflicts increases the probability of psychological problems. Coupled with the relatively static management of the campus, there are light or heavy psychological problems in the state of stress. These psychological problems extend from high school to university and directly affect freshmen's life, such as neurasthenia, sleep quality decline, inattention, and inability to control their emotions.

3. Lack of collective life experience. Some students lack collective life and "three-dimensional" communication space before entering the university . Because the network has the advantage of breaking through the time and space constraints and the "social phobic" personality, it is suddenly "ashamed" to open its mouth to others in the face of new faces, lacking in accumulated language organization ability and communication methods, and unable to establish a smooth communication channel. Therefore, such students will have the behavior of closing themselves up independently, lack the sense of social support, and have a strong sense of loneliness, which will lead to

problems such as dormitory contradictions in the future.

2.2 Campus static management mode

Colleges and universities have obvious characteristics such as dense personnel and large amount of activities. However, with the change of social background, the unstable factors affecting the stability of the campus are increasing. Therefore, some colleges and universities adopt relatively static campus management measures, which restrict students from going out and form a new model of life order.

Freshmen are characterized by the interweaving of loneliness and social attachment, the coexistence of freedom and tension, the integration of thirst for knowledge and weariness of learning, the coexistence of independence and dependence, the resonance of emptiness and fear, and the coexistence of hope and disappointment . For freshmen who have just entered the new environment, they are facing the integration of the new university environment, the running in of learning methods and the meditation and new feelings in the new life stage, which slows down the pace of freshmen's adaptation . It is mainly manifested in the following aspects: 1) lack of opportunities to go out, lack of intimacy with the city where the university is located, and easy to feel homesick; 2) The lack of practical activities outside school, the lack of social responsibility and support in the early stage of enrollment, will also produce a sense of inner emptiness; 3) There are more activities in the school, most of which are arranged by the school. Students have too much dependence on counselors and teachers, which is not conducive to the cultivation of autonomous ability.

3. Specific practice on accelerating freshmen's adaptation to college life

3.1 Combination of pilotage and patriotism education for freshmen

We should thoroughly study the spirit of the National Education Conference and the National Conference on ideological and political work in colleges and universities, always adhere to the student-centered education concept, combine the pilotage of freshmen with patriotism education, melt the party's principles and policies into the daily education of freshmen, cultivate political consciousness, promote the spirit of struggle, cultivate patriotism, and never forget the history and original intention. In the early stage of freshmen's enrollment, we should do a good job in guiding students' value, escort students with powerful ideological weapons and firm political positions, speed up freshmen's adaptation, and explore new ways for freshmen to integrate into the university.

Grasp major historical nodes, widely carry out activities such as "four histories" study and "Winter Olympic spirit" propaganda, improve students' ideological standing in the participation of activities, guide students to face new difficulties and problems, and constantly forge ahead and forge ahead.

3.2 Combination of Youth League learning activities and labor education

Young people are the hope and future of the country. The national education conference mentioned that labor education should be included in the overall requirements of socialist builders and successors, and an education system for the comprehensive cultivation of morality, intelligence, physique, beauty and labor should be built. Relying on the college and students, we actively explore the labor education practice base. The school of information technology of Beijing University of Chemical Technology actively carries out the "fish letters and wild geese letters" labor education base. The Party branch drives the Youth League branch to organize and carry out high-quality and efficient Youth League learning activities for students.

In order to achieve an efficient educational effect, on the basis of previous Youth League learning activities, professional characteristics and Youth League learning activities are combined, and the old and new are constantly introduced to explore the depth of activities. Integrate labor education into the Youth League activities, encourage freshmen to actively participate in campus activities, volunteer services and social practice, and strengthen practical education . Constantly enrich students' campus activities, enable students to fully integrate into the class, and enhance students' sense of social support and belonging, so as to reduce students' confusion and idleness, and speed up students' adaptation.

3.3 Combination of in-depth counseling and mental health education

The purpose of mental health education is to improve the psychological quality of contemporary college students, enhance their pressure resistance ability, and promote their physical and mental health and harmonious development . Mental health education should give full play to the powerful force of "four in one" composed of psychological teachers, counselors, head teachers and parents, and reduce the psychological pressure and anxiety of freshmen in the new university environment.

As the basic work of ideological and political educators in colleges and universities, in-depth counseling maintains a gentle and firm attitude in the process of heart to heart conversation, and guides students to be a positive, cheerful and optimistic college student in the new era . At the beginning of the term, the freshmen will be investigated one by one, and the work will be refinedand practical according to their personal conditions, so as to effectively improve the effectiveness of student work.

4. Methods to help freshmen quickly adapt to the University under the new mode

4.1 Ideological armed system

Cultivate patriotism. Since the 18th CPC National Congress, the CPC Central Committee has attached great importance to the status and role of education and placed education in a strategic position of priority development . Colleges and universities shoulder the important mission of cultivating qualified builders and successors of the cause of socialism with Chinese characteristics. Educating talents for the country is the fundamental guidance for colleges and universities to do a good job in education and teaching in the new era. In the early stage of enrollment, we should carry out patriotism education for freshmen, deeply understand the broad connotation of patriotism, be fearless in

the face of major setbacks and challenges, adjust in time, enhance the sense of social belonging and national identity, and maintain a good attitude.

4.2 Curriculum education system

Life health and mental health education were carried out simultaneously. Under the new form of education, the lack of college students' life health and mental health education has gradually highlighted, and it is urgent to strengthen life health and mental health education . First, the popularization of life and health knowledge should be integrated into the ideological and political content of the course to help students understand, respect and cherish life, guide students to establish correct life values, and let students actively practice the concept of healthy life. Second, we should strengthen the guidance of freshmen's mental health , and pay attention to the combination of universality and particularity, development and prevention. Life health education and mental health education should run through the whole process of student training, realize normalization and systematization, so that every student can develop in harmony and balance physically and mentally, and realize the value of life.

4.3 Daily education system

Enrich the connotation of campus life. The relative static management of colleges and universities has a great impact on students' campus adaptation, and makes students enter a new life mode . To solve this problem, there are the following solutions: First, enrich the campus culture and create the brand of campus culture. On the basis of the inherent campus culture, adopt rich and colorful cultural forms to spread the school spirit, school motto and teaching philosophy, and strengthen students' sense of identity with the school . At the same time, conduct ideological dynamic research with frequency and rhythm, grasp important time nodes, clearly grasp the trend of campus culture, and create positive and attractive activities. Second, increase opportunities for practical activities. Further explore the practice base inside and outside the school, and strive to explore the new mode of labor education in colleges and universities. Starting from the needs of students, enrich students' practical activities and volunteer service activities while exercising students' steel will, and fully display the spirituality of the majority of young people in the new era in practice.

5. Conclusion

Under the social background of the new mode, there is more uncertainty, which has brought more challenges to the adaptation education in colleges and universities. In order to ensure that the freshmen can successfully complete the role change and achieve the best effect in the shortest time and the best form, so as to meet the requirements of Higher Education, the ideological and political educators in colleges and universities can start from three aspects including the ideological armed, the curriculum education and the daily education, We should analyze and practice the freshmen in many aspects, constantly think and explore new ways of education, strengthen the adaptability education in colleges and universities, so as to realize the goal of building morality and cultivating talents in colleges and universities, and truly cultivate high-quality builders and successors for the socialist cause.

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A new vision of school curriculum construction for the future

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Abstract: The current reform of basic education reform in China is unable to fully meet the needs of schools and students for individual development,which presents difficulties for management and curriculum development in schools.In order to assist schools in carrying out education reform further and improving education for students from the management level,this paper presents the issues that need to be addressed and the corresponding strategies from the perspectives of institutional development of school curriculum,cultivation of students'independent choice and agentic development,and school curriculum design methodology.

Our current educational system has to be a rallying point for a more thorough reform because it has not yet been fully meets the requirement of individual development needs of schools and students.In addition to the curriculum itself,the reform of the basic education curriculum must address the issue of"training people and how to train them"in our educational system,which cannot be resolved by only altering the format and structure of the curriculum.The new curriculum reform has brought a full range of challenges to primary and secondary education,and it is a crucial transitional step for school management systems and management mechanisms.An essential component of the difficulty is the management system's challenges.For instance,how to manage students after the introduction of the mobile learning system,how to encourage students to take charge of their own decisions,how to plan the curriculum from the standpoint of school administration,etc.The new curriculum reform poses many management challenges that call for both theoretical and practical solutions.

Key words: Curriculum construction;Individual development;System construction;Methodology of curriculum design

1.Trinity system construction of elective course system,mobile learning system,and credit system

The curriculum reform of general high schools in China has distinctly put forward the goal of"developing a curriculum implementation environment suitable to guiding students'active learning and enhancing students'independent learning".A clear proposal for the establishment of an elective course system has also given rise to the development of"personalized class schedules"for students'independent learning. This has formed the basic scope of research on the system and management of curriculum construction in general high schools,and has also raised a number of specific issues to be resolved.

1.1 Real credits and fake credits

The credit system is a management system of curriculum and teaching that uses credits as a unit of measurement to assess students'academic process and degree of completion,to meet the needs of students'individual development,as well as to fully reflect students'independent development.Due to various constraints,a way and method to implement real credit has not been sought in China,which is an issue that has been unresolved in the country so far.

1.2 Challenging the traditional structure of teaching with the"class"as the core element

The current reform needs to figure out how to build a platform for students'independent development.However,the"class teaching system",which is still in force,has been imprinted with the purpose of knowledge transfer since its inception and is incapable of carrying this burden.The current compromise approach of"administrative classes"and"teaching classes"does not significantly advance fundamental reform.There is an urgent need for a new initiative to reconstruct the community of student learning and development and to give it a new function,so as to overcome the limitations of the traditional classroom system that has been in place for centuries.

1.3 Creating educational resource bases and learning resource systems that allow students to decide their learning independently

The development and utilization of educational resources have entered the realm of curriculum construction research from school logistics management,which is a brand-new area that needs to be thoroughly investigated.The key question for further research is how the developed educational resources can give full play to their educational value and truly provide a platform for students to make their own

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