

The construction of campus culture in higher vocational colleges from the perspective of positive psychology

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Abstract: The construction of campus culture is one of the important work contents of each school. As an important base for talent training in China, the campus cultural atmosphere created by higher vocational colleges can promote the development of higher vocational education, help them accurately locate the direction of talent training, and achieve sustainable development in the new era. At present, the campus culture constructed by most vocational colleges has not achieved the desired effect, especially the application of positive psychology. Based on this, this paper explores the construction of campus culture in higher vocational colleges from the perspective of positive psychology, aiming to promote the rational use of positive psychology in higher vocational colleges, fully tap the students' internal potential, and cultivate their pioneering spirit of being positive and brave to explore, so as to improve the quality of campus culture construction.

Keywords: positive psychology; Higher vocational colleges; Campus culture; Construction strategy

The campus culture of colleges and universities is an important part of talent training, and the Ministry of Education of China takes it as an important embodiment of the advanced socialist culture. Therefore, strengthening the reform of campus culture construction in higher vocational colleges is an important part of the development of higher vocational education, which has a positive role that can not be underestimated. However, at this stage, the campus culture construction of most vocational colleges is still in the stage of imitation, which, on the other hand, has not received due attention. Among the many elements of campus culture construction, the application of positive psychology is rare, and it is difficult to play an active role in students' mental health education. Therefore, it is of great practical significance to explore the construction of campus culture in higher vocational colleges from the perspective of positive psychology, which can provide new ideas and inspiration for the construction of campus culture in higher vocational colleges and help to cultivate high-quality talents.

1. The influence of campus culture on students' mental health

Campus culture is a cultural form formed in the process of educating people, including physical culture, institutional culture and spiritual culture. It is a cultural atmosphere formed according to the needs of educating people. As far as spiritual culture is concerned, it is the values accumulated in the deep thinking of teachers and students, which can maintain a good campus atmosphere and educational atmosphere. The campus spiritual culture will form a joint force with the teachers' teaching in imperceptible influence to jointly optimize the students' psychological quality and achieve a good educational effect. Therefore, the construction of campus culture in higher vocational colleges can optimize the psychological environment of students and enable them to obtain strong growth momentum.

Combined with the relevant theories of psychology, we can understand that the environment plays an important role in the growth and development of individuals, and a positive and healthy growth environment is an important condition to ensure the healthy growth of individuals. Therefore, the campus environment will also release a lot of information to students, which is an important channel to create a psychological education environment. It can cause students' big or small psychological changes in daily life, and then affect their psychological conditions. The infiltration of positive psychological education in the construction of campus culture can play a role in strengthening the construction of campus culture, and thus has far-reaching significance for students to form good psychological quality and promote their healthy psychological growth.

The unique atmosphere created by the campus culture provides students with a rich after-school life, and also shapes students' sentiments imperceptibly, becoming the best environment for their growth. The invisible role of campus culture in student education is that it is easy to be accepted by students and closer to the actual situation of students, which is conducive to promoting their personalized growth. From various elements of campus culture construction, students can screen various information, so that their internal potential can be exploited and exerted to the maximum extent, and they can draw valuable ideological nutrients, so that they can bear the pressure of work and life and have strong social adaptability. From the perspective of positive psychology, the positive psychological elements in the construction of campus culture can enhance the educational role of campus culture, regulate the psychological state of students and improve their psychological quality. In a word, campus culture has a greater impact on students' psychology. Taking positive psychology as an important reference for campus culture construction is conducive to cultivating students' sound personality and promoting their physical and mental health.

2. Problems in the Construction of Campus Culture in Higher Vocational Colleges

2.1 The proportion of spiritual and cultural construction is relatively low

Spiritual culture is the core of campus culture construction and the important basis for its role in educating people. Material culture is the carrier of campus culture construction and the external manifestation of the entire campus culture construction. Only by going hand in hand can we maximize the effect of educating people. However, most of the higher vocational colleges in China are newly-built ones. Not only the campus buildings are relatively new, but also the cultural heritage has not been formed, leading to the shortage of campus education

resources. Under such circumstances, some higher vocational colleges, in order to improve their external image and show their educational strength, devote most of their energy to the construction of infrastructure, and easily neglect to create a spiritual and cultural atmosphere. Therefore, at this stage, many vocational colleges have the problem of hard material culture construction and soft spiritual culture construction, which is not conducive to affecting students' values, but also difficult to affect the cultivation of students' positive healthy psychology, leading to the campus culture construction work into a mere formality.

2.2 Lack of humanistic care elements

The situation of students in vocational colleges is more complex, and their cultural foundation is uneven, and they are also facing greater employment pressure. In terms of education, most higher vocational colleges focus on cultivating students' professional skills, ignoring the education of morality, psychology and personal quality. Such problems have imperceptibly affected the construction of campus culture. For example, some higher vocational colleges take the construction of campus culture as one of the ways of student management, and take some behavioral requirements and rules and regulations as the construction elements, so as to emphasize the administrative order of the school and achieve the purpose of guiding and controlling students. This application of campus culture to student management does not start from the personal needs of students, but puts students on the opposite side of the school, which makes campus culture construction more like a mandatory measure, and it is difficult to establish communication channels with students. In such a campus culture atmosphere lacking humanistic care, it is easier to stimulate students' rebellious psychology, make them lose interest in the mainstream culture of the school, and it is difficult to affect their values and personal behavior.

2.3 Student participation is not strong

The construction of campus culture requires it to play its role of education and influence, which requires every student's participation and personal experience of the charm of campus culture. However, in the actual construction of campus culture, most vocational colleges have ignored this part, either adding some celebrity sculptures and statues, or imitating the construction style of other colleges, without using student resources. In the whole campus cultural construction work, students are more like spectators, just looking forward to the appearance of its completion, without a strong sense of participation. John Dewey, a famous educator, once put forward relevant theories. He pointed out that the extent to which a person participates in certain activities affects how much he gets educational results. Therefore, at this stage, some vocational colleges do not mobilize students' participation in the construction of campus culture, which largely limits the educational role of campus culture. Not only that, if students lose the opportunity to participate, they will lose the opportunity to gain recognition, which is not conducive to cultivating their positive psychology.

3. Strategies of campus culture construction in higher vocational colleges from the perspective of positive psychology

The construction of campus culture in higher vocational colleges is an important part of talent training, and its importance can not be replaced. The common point of positive psychology and campus culture construction is to pay attention to students' emotional experience, moral character and internal potential. The former can provide positive elements for the latter and lay the foundation for building a healthy and positive campus culture atmosphere. From the perspective of positive psychology, the specific optimization strategy of campus culture construction in higher vocational colleges can be started from the following aspects:

3.1 Change the concept of campus culture construction and create a campus culture with rich connotation

In view of the fact that most higher vocational colleges neglect the construction of spiritual culture at this stage, each higher vocational college needs to start with changing the construction concept, apply the essence of positive psychology to the construction of campus culture, and create a campus spiritual culture with rich connotation, so as to enhance the sense of pride and honor of teachers and students, and make them have a strong thirst for knowledge.

In this regard, higher vocational colleges need to adhere to the guidance of socialist core values, start with the essence of higher vocational education, abandon negative self cognition, and strive to create a socialist featured higher vocational education environment. First of all, higher vocational colleges need to highlight their own level and professional characteristics, and enrich the connotation of campus culture construction closely around these two characteristics. In terms of level characteristics, higher vocational colleges are different from secondary vocational colleges. They have some characteristics of higher education and need to cultivate high-quality and innovative professionals; As far as the professional characteristics are concerned, higher vocational colleges should draw a clear line with colleges and universities, clarify their own school running purposes and ideas, and actively cultivate students' professional spirit and professional behavior. Secondly, the construction of campus culture in higher vocational colleges needs to pay attention to the cooperation of subjectivity. The vast majority of higher vocational colleges will complete the talent training by means of school enterprise cooperation, and need to rely on the development of the industry to promote the talent training. Therefore, in the process of building campus culture, higher vocational colleges need to combine enterprise culture, industry culture and regional culture with campus culture to enhance the role of campus culture in educating people. Finally, higher vocational colleges need to integrate humanistic values into the construction of campus culture, fully consider the values and life pursuit of teachers and students, uphold the people-oriented concept, care for and respect the personal development of teachers and students, and strive to create a happy campus cultural atmosphere for them. With the help of these advanced educational concepts, higher vocational colleges can further enrich their spiritual and cultural construction on the basis of material and cultural construction.

3.2 Paying Attention to Humanistic Concern and Constructing “People First” Campus Culture

The overall atmosphere of higher vocational colleges is people-oriented and student-centered, giving full play to the role of various educational resources, and building a modern education system. Humanism is the core part of human culture, which requires all institutions to care about people, attach importance to people and respect people. Therefore, higher vocational colleges pay attention to humanistic care in the process of building campus culture, which can further enhance the role of education, create a good campus cultural atmosphere for all teachers and students, make the campus culture more happy and happy for students, and become their home to obtain a sense of achievement and happiness.

In this regard, higher vocational colleges can refer to the principles of positive psychology, build a harmonious interpersonal atmosphere, and promote the values of respect for others, courtesy and mutual trust in the construction of campus culture. In terms of teacher-student relationship, higher vocational colleges need to use positive psychology to build a healthy and harmonious teacher-student relationship, so that teachers and students can trust each other and jointly discuss professional knowledge. In this regard, higher vocational colleges need to encourage teachers to communicate with students in an equal manner, treat each student sincerely, and treat individual differences among students with tolerance and kindness. In the process of campus culture construction, higher vocational colleges can open some open classes for students, promote the harmonious relationship between teachers and students, and achieve the goal of building a positive campus cultural atmosphere. In addition, the management system should be infiltrated in the construction of campus culture. Higher vocational colleges also need to integrate humanistic elements to achieve humanized management. From the perspective of positive psychology, humanized management can improve people's expectations for the future, enable the managed to fully realize their own value, enable them to carry out various activities in a free and democratic atmosphere, and help stimulate their creativity. In addition, humanization of student management can provide students with opportunities to participate in the construction of campus culture. For example, in the process of embodying humanistic elements, higher vocational colleges need to actively solicit the opinions of teachers and students, take some democratic measures, and improve the construction of campus culture. In a word, from the perspective of positive psychology, higher vocational colleges need to fully consider the humanism of campus culture construction content, and build a positive and harmonious campus cultural atmosphere around the needs of teachers and students.

3.3 Enhance the attraction of campus cultural activities and mobilize the enthusiasm of students to participate

Campus activities are a part of campus culture. Rich campus cultural activities can make students' learning and life full of fun and give them a campus life full of beautiful memories. At the same time, rich campus cultural activities can fully reflect the characteristics of positive psychology, which can make students full of vigor and vitality, and help to shape their sound personality and good quality. Therefore, from the perspective of positive psychology, higher vocational colleges can increase the attraction of campus cultural activities, build a campus cultural atmosphere with artistic atmosphere, and provide students with cultural activities that are beneficial to their physical and mental health.

For example, higher vocational colleges can organize some speeches, skill competitions, debates or calligraphy activities in combination with students' professional disciplines, and can also create some photography associations, sports associations or music associations in combination with students' hobbies to enrich students' after-school life. Through these diversified campus cultural activities, higher vocational colleges can provide students with a place to relax, so that they can show their personality and style while learning professional skills, enhance their emotional experience with the help of rich after-school life, and obtain infinite power in a positive and healthy atmosphere. For example, for students majoring in pre-school education, vocational colleges can provide calligraphy, music, dance, speech contests and other activities for them in the school in combination with the employment needs of this major, and can also organize some situational drama performances, so that students can exercise their psychological quality in rich campus cultural activities, so as to achieve the purpose of enhancing their psychological endurance, and cultivate their positive and infectious personality, Improve their employment competitiveness.

3.4 Emphasizing the creation of professional psychological atmosphere and embodying the characteristics of higher vocational education

In the perspective of positive psychology, vocational colleges still need to reflect professional quality in the construction of campus culture and pay attention to the cultivation of students' professional quality. Therefore, all higher vocational colleges need to create a campus atmosphere of professional psychology and create a cultural atmosphere that conforms to the educational characteristics of higher vocational colleges. In the process of specific implementation, higher vocational colleges need to integrate enterprise culture elements, craftsmanship, professional attitude, innovation awareness and other contents, so as to create campus cultural elements that meet the needs of students' career development. As far as craftsmanship is concerned, higher vocational colleges can introduce Chinese ancients who have made outstanding contributions, such as Lu Ban in the field of architecture, Li Shizhen in the field of medicine, and Li Bai and Du Fu in the field of literature, so that students can realize that they can achieve extraordinary achievements if they devote their time and energy to a career and patient research; As far as the professional attitude is concerned, higher vocational colleges can introduce the advanced deeds of contemporary advanced figures and cultivate students' pragmatic attitude and spirit. In a word, from the perspective of positive psychology, higher vocational colleges should pay more attention to the integration of vocational elements, take students' future development needs as the core, make full use of various material and cultural materials, and ensure the quality of spiritual and cultural construction.

Research on the application path of Internet technology in College Physical Education

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Abstract: under the multiple influences of the Internet, big data and cloud platform technology, traditional industrialization and Internet technology show a trend of integrated development, and traditional industries and industries usher in the opportunity of transformation and development. In the field of higher education, by fully strengthening the construction of digital campus and smart campus, schools and teachers can promote the integration of physical education and Internet technology, break the restrictions of the traditional teaching environment, enhance the interest and convenience of physical education, better expand the teaching space, and meet the diversified and personalized exercise needs of students. Based on this, this paper analyzes the application value and current situation of Internet technology in college physical education, introduces several typical application forms of Internet technology, and discusses the specific application path, so as to meet the needs of students' personalized exercise and comprehensive development.

Key words: Internet technology; College physical education; Application; path

Introduction

After the public entered the Internet era, physical education teachers realized the urgency of the reform of physical education teaching methods and concepts, analyzed the role of Internet platform, resources and technology in promoting teaching reform, introduced more advanced teaching methods, and innovated the college physical education teaching mode. However, the current sports network teaching resources and equipment are not sufficient, and some sports teachers' network technology application ability needs to be improved, so it is difficult to really play the role of Internet technology in promoting sports teaching. Under the condition of campus network coverage, by promoting the integration of Internet technology and sports teaching activities, teachers can investigate students' Sports Hobbies and exercise needs, reasonably enrich and expand the content of sports courses, create more concrete, personalized and convenient sports teaching resources, and make sports teaching content more rich, interesting and intuitive, So as to change students' understanding of sports activities. At the same time, with the help of various modern Internet technologies, teachers can accurately collect students' physical learning and exercise data, design teaching activities and adjust teaching difficulties, help all students improve their physical quality and develop lifelong exercise and exercise habits.

4. Conclusion

In a word, in the new era, strengthening and improving the construction of campus culture is one of the work contents that each higher vocational college needs to actively promote. It is necessary for them to recognize the complexity and importance of the work and strive to create a positive and healthy campus culture. In this regard, higher vocational colleges can start from changing the concept of campus culture construction, focusing on strengthening humanistic care, increasing the attraction of campus cultural activities, creating a professional psychological atmosphere, and playing the role of campus culture in educating people.

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