

Experience of “Seven Disciplines of College Counselors”

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Abstract: college counselors are the main force to carry out the ideological and political work of college students, and it is urgent to improve the quality and ability of counselors. This paper makes a preliminary discussion on the contents of the book “the Seven Disciplines of College Counselors” combined with my actual work.

Key words: counselor; Seven disciplines; Talk; Management; Expression; Scientific research ability; Theory; Network; planning

Introduction

When I opened the book “the Seven Disciplines of College Counselors”, I felt strange and familiar. I have been working as a counselor in Colleges and universities for more than 10 years. At present, I have five classes with a total number of more than 200 people. I feel very skilled and experienced in work. I have handled hundreds of large and small things, and I still feel very good, But the person who opened the book was confused again. The University Counselor had seven practices, which he had never heard of. He silently felt that his work needed to be improved. He stroked the book, tasted tea, opened the book, carefully studied the bibliography and introduction, and felt that he had entered a new heaven. Then please follow me into this book.

1. The first training is conversation training

According to the old saying, misfortune comes from the mouth and disease comes from the mouth. This sentence highlights the importance of oral expression. How should college counselors talk?

1.1 Learn to listen

One of the meanings of listening is to eliminate misunderstandings. Students sometimes think they have heard others' speech without interrupting them, which is out of politeness. In fact, the image of the world has not completely entered people's minds, but is only selective. People are not really observing, but observing what they expect to see; Similarly, people are not hearing any voice in the world, but the voice they expect to hear.

Active listening is the mastery of students' knowledge. The publisher learns that you are listening carefully, and your feelings will be further confirmed or clarified.

1.2 About praise

When students show behavior that makes us happy, we will take it for granted; However, when students' behavior does not meet our expectations, we will immediately take critical measures and quickly explain why their behavior meets the “bad” or “wrong” standards and why they should follow our instructions.

Many books and trainings talk about the meaning of praise. The most important instinct of human beings is the desire to enjoy praise. If you are one of the few people who can realize the “desire to be appreciated”, then you can be regarded as a close friend.

2. The second practice is management practice

As college counselors, it is important to manage students. If students are not managed properly, various problems will occur. Some counselors even cause class chaos, complaints and petitions because of improper management. What's more, some counselors lose their jobs.

2.1 Establishing “student oriented” Education

Auxiliary staff should first realize their responsibilities and management work contents. Auxiliary staff are not only managers, but also important responsibilities of good teachers and friends in students' life. They are not so much acting for the school to manage them as helping them solve problems from the perspective of their own interests, which has the effect of guidance, urging and urging. Teachers should treat children equally, treat them equally as much as possible, and seriously respect, cultivate, love and guide every child.

2.2 Implement exploration and innovation

With the development of economy and society, the growth environment faced by college students has changed greatly. Therefore, as a counselor, we should keep up with the pace of the times, abandon the old teaching and management methods as soon as possible, be brave in innovation, and actively explore the society, but we should not be conservative, or the society will be out of touch with students' life, which will seriously affect the normal progress of social management.

2.3 Pay attention to the interaction with students

Counselors are an important link between schools and students. They should have a careful understanding of students, in-depth communication and exchange. They should go deep into students' life and learning through all means, record the difficulties of students in school work one by one, and classify them for help. Contemporary college students are under pressure from all levels of society, but at the same time, they are also affected by the social impetuous wind, which leads to the emergence of a series of psychological problems, such as depression, autism, mania, etc. in recent years, the paranoid events of students' words and deeds caused by psychological problems are more

common.

2.4 Learn to study the plan and keep sorting out the practice

The management of counselors is complex and arduous, so counselors need to have the ability to plan school tasks, make overall arrangements, face difficulties, keep a clear head, analyze comprehensively and calmly, so as to ensure that the complicated school work can be carried out in an orderly manner.

3. The third Cultivation: expression cultivation

The use of language is an outstanding art form. Words can create a wonderful spiritual experience for people. "Therefore, the ability of counselors not only reflects their personal accomplishment, directly affects their artistic image in the minds of students, but also directly determines their quality. Only by mastering the development tool of words, counselors can truly achieve the goal of" students' Tutors and growing confidants ".

3.1 Moved by emotion, spring breeze turns into rain

Language is the medium of human emotion, and human emotion is the spiritual pillar of language. So words lacking human emotion are pale. "The ancients said:" the heart of a moving person should not be preceded by emotion ". The core of language should be a heart full of emotion. Ideological teaching is not only a cold language explanation, but also a way to convey, guide and communicate with people with deep emotions.

3.2 Through rational interpretation, it causes people to think deeply

Counselors' main work objects are a group of young people who are full of vigor and emotion. They are becoming more and more perfect in physiology and mind. They also have considerable understanding, discrimination and acceptance of other languages. They also have their own practices and opinions on various events and current situations in the economic society. To do a good job in the ideological and moral education of students, school education counselors should not only be moved with emotion, but also understand with reason, and strive to convince people with reason.

3.3 Use humor to express in a lively and vivid way

The sense of humor is a very smart phenomenon, which has an important function that can not be underestimated in interpersonal relationships. It can narrow the distance between people, help alleviate the contradictions or embarrassing situations in interpersonal relationships, make the communication atmosphere more relaxed and harmonious, and thus enhance the harmony of human relations.

4. The fourth discipline: improvement of scientific research ability

Any industry needs research. Without research, it will be difficult to refine, promote and elevate the work, and the industry will not be respected as it should be; However, scientific research cannot be separated from practice, otherwise theoretical research will lose the significance of guiding practice and solving problems, and become air literature. The research of counselors emphasizes a research method and a spirit of exploration. To explore the essence of research in depth, we should examine any question or fact as a thinker, questioner, explorer and thinker, rather than requiring every auxiliary staff to have the professional quality and level of experts and scholars.

5. The fifth Cultivation: theoretical cultivation

Counselors must improve their theoretical literacy to meet the needs of their own development. Only when counselors have high theoretical quality can they grasp the essence of things, have unswerving faith, and complete the important task of arming people with scientific theory. Counselors' high theoretical literacy is determined by the characteristics of their working objects. Nowadays, college students' thinking activity, autonomy and mastery of knowledge are far more than in the past. If counselors still try to control students' thoughts only by relying on the authority of teachers and the constraints of the system, they will run into a wall in front of reality.

Item 6: network training

Network ideological and political knowledge is no longer a new concept. From the development of network to the application of mobile terminals, the Internet has already become the main medium of information transmission. Network ideological and political education is an important achievement of colleges and universities in response to the development of the Internet and the needs of emerging media, and it is also an important part of Ideological and political education in Colleges and universities.

6.1 With the introduction of the "micro information age", the ideological and political education work is facing great challenges

With the popularity of portable mobile terminals such as mobile phones, tablet computers and wireless networks, mankind is entering the "micro information era" composed of the development of micro media such as microblog and wechat. The advent of the "micro information age" is deeply changing the way college students live, study and think, and has put forward new opportunities and challenges for college students' Ideological and political classroom.

6.2 Network ideological and political education is an important means for schools to implement "three complete education"

At the Symposium on Ideological and political work in Colleges and universities across the province, it was mentioned that we should always regard morality cultivation as the main key work link, put them through the overall process of teaching work, strive to achieve the whole process of teaching and educating people, and comprehensively teach and educate people, and strive to open up a new situation for the vigorous development of China's higher education. When carrying out ideological and political teaching in online education, the

combination of offline teaching and online teaching can more effectively play the key role of counselors in the process of “three complete education”, so as to maximize the teaching effect.

Item 7: planning practice

7.1 Make use of the role advantages to reasonably guide the career development planning

Undergraduate students' career planning and guidance work need to be very familiar with graduates, and college counselors, as the main guides of Ideological and political teaching and student management work, are good teachers and friends for students' success. They usually have more exchanges and interactions with students and contact frequently. They can even directly get together with the children, and the children also have high recognition for them, I am also happy to tell them what I mean. Counselors can make full use of their role advantages, directly enter the school, have a comprehensive insight into students' thinking activities, and pay more close attention to students' personalized and comprehensive development needs.

7.1 Cultivate students' professional knowledge and guide students' career planning in a scientific way

At present, most university counselors have master's degree or above, and the proportion of master's degree continues to rise, and the development trend of high degree is significant. They also have rich experience in market competition research and career development. Therefore, combined with their own professional education background, they can more effectively guide the growth of College Students' career development from two aspects of theoretical knowledge and practical experience. From this perspective, it is necessary to strengthen their professional awareness in career planning.

Colleges and universities should pay attention to the professional training and education of counselors in life planning and job guidance, so that they can effectively implement school professional planning and career guidance; At the same time, counselors should further enrich and improve their professional knowledge, improve their professional quality, reflect and summarize more in practical work, communicate more with industry personnel, and learn more, so as to meet the theoretical and practical requirements of professional fields such as life planning and job guidance.

When I close the book “the Seven Disciplines of College Counselors”, I am lost in thought. In practical work, I will flexibly adopt various methods to do a good job in student work according to the actual situation of work, and do a good job in student counselors' work. I will be diligent, dedicated, down-to-earth, and contribute to the work of college students!

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