

An analysis of the organic integration of mental health education and big thinking and political education in higher vocational colleges

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Abstract: Under the "Big Thought Politics" visual threshold, we should not only integrate the ideological and political education of colleges and universities throughout the whole process of education and teaching, but also widely absorb the knowledge and methods of various disciplines and fields, apply them to the ideological and political education of colleges and universities, and apply the skills of mental health education such as common feelings, listening and questioning to the education of thought and politics, and not forget the value guidance to students in mental health education. Will make the ideological and political education of students do more with less. Educators in higher vocational colleges need to further set up innovative educational activities and improve classroom teaching methods so that mental health is integrated organically in the education of great thinking and politics, and guide higher vocational students to master the knowledge of thinking and politics with an optimistic and positive attitude and improve their moral cultivation. Based on the importance of the organic integration of mental health education and greater thinking and politics education, this paper makes detailed research and analysis on how to carry out relevant teaching activities and improve the teaching system, so as to provide reference for higher vocational students to carry out more effective thinking and political education and mental health education.

1. Introduction

With the development of the times, the requirements of high-quality labor force will not only stay in the vocational skills and knowledge level, now many enterprises in the recruitment of more and more attention to consider the ideological and moral quality of students and mental health status. Mental health education and political education complement each other, both of which are indispensable, students with a healthy psychological state can learn the course of study, establish a correct outlook on life, values, world view. Armed minds with high ideological and moral cultivation and high political awareness can also encourage students to do things that reflect their own values and are beneficial to social development under the guidance of the correct three views. Therefore, it is an inescapable responsibility for the educators of higher vocational colleges to combine mental health education with the education of greater thought and politics, especially the teachers of psychological education courses and thought politics courses, who should pay active attention to current affairs and expand their knowledge scope, so as to be able to involve both mental health education and political education in classroom and teaching activities.

2. The significance of the organic integration of mental health education and greater thinking and political education

2.1 Promote the effective teaching of political education

As a compulsory subject for every college student, the course of thought and politics is of great significance to the promotion of students' ideological, moral and political awareness as adults. Educators in higher vocational colleges who want to guide students to master the basic knowledge of the thought and politics curriculum must step up efforts to integrate mental health education into the teaching of the thought and politics curriculum. In the process of thinking politics education,

we can use the method of mental health education to deal with and solve problems, so that college students can consciously use their own strength to solve problems, so that the work of political education more adapted to the real state of life, and thus achieve good results.

2.2 Improve the comprehensive quality of students to promote their healthy growth

The model of "Big Thought Politics" education advocates the promotion of morality, which plays an important role in the overall development of college students, and can make the implementation of the education model of psychological development and well-being of college students get favorable help. As the base of vocational education, vocational colleges should think about and train the talents that are really needed in our times. Through the organic integration of psychological education and political education, we will comprehensively improve the comprehensive quality of students, not only to help students in business interviews professional skills and ideological ethics and mentality of the dual standards more competitive, but also to promote the future development of students. Especially in some teaching activities, mental health education activities under the great ideological and political education can improve students' expression ability and in-depth thinking ability, guide students to look at the difficult problems in life from a positive perspective, in the face of the temptation of lawless elements, students can also be high ideological and moral cultivation to reject and resist^[1]. All in all, the organic integration of psychological education and great thinking and politics will not only promote the teaching of psychological courses and thought and politics courses, but also, most importantly, promote the all-round development of students, making them a person with a sound personality and love for the country.

3. The organic integration of mental health education and political education concrete measures

3.1 Optimize the team of teachers in psychological education and greater thinking and political education

In the teaching of higher vocational colleges, the teacher team plays an extremely important role in the organic integration of psychological education and great thinking and politics education. Especially under the reform of great thinking and political education, the requirements of teachers' own knowledge level and teaching level are constantly improving, and only teachers with certain psychological curriculum learning experience, basic political knowledge and more comprehensive learning literacy can drive the common progress of students in mental health and ideological and moral cultivation. Therefore, for the selection of teachers and teaching inspection must be strict, first of all, In the selection of teachers in the political science curriculum, higher vocational colleges in the interview of teachers, in addition to the basic professional quality of teachers should also consider whether they are involved in mental health knowledge, for the teacher's spirit and teaching status should also be required, only a teacher who can show a good mental outlook at any time very affinity, in order to lead by example so that students realize a good psychological state and high ideological and moral cultivation of a person's temperament, so as to guide them to actively study psychological education courses and political courses. Secondly, in the investigation of teachers' teaching achievements, we should pay attention to the evaluation of many aspects, focusing on the assessment of students' learning effects in psychology and politics, and for teachers with obvious teaching effects, vocational colleges should give affirmations and rewards, so as to promote teachers to reflect on their own teaching methods and carry out more effective teaching activities.

3.2 Strengthen the construction of the teaching system of the network platform of psychological education and greater thinking and political education

Due to the rapid development of global information technology, higher vocational students rely more and more on the network, so the construction of comprehensive website for in-depth understanding of students' psychological development and ideological dynamics provide an

effective channel. First of all, for students usually in the psychological and political aspects of learning, teachers can be in the relevant learning platform to arrange after-school homework to consolidate students in the classroom knowledge, after-school homework can practice activities or flexible, innovative questions mainly, in order to stimulate students' interest in after-school learning, teachers can also check students' homework in the learning platform and to understand the psychological education and political education combined with teaching effect[2]. Secondly, the school can be on the school's website to psychological education and political education publicity, mostly videos and pictures and related examples, to encourage students to read more, so as to enhance students' awareness of learning psychological courses and political science courses.

3.3 Integrate psychological education with great thinking and political education Teaching curriculum content

The organic integration of mental health education and political education must first start from the curriculum and textbook teaching content preparation, students in the first year of contact with the study course, the school should actively arrange psychological education thematic study, in the relevant teaching content arrangement, the mental health education will be divided into several small chapters, according to the specific teaching content of the curriculum teaching, choose the corresponding mental health chapter appropriate insertion. In the sophomore study of Mao general curriculum, should not ignore mental health education, the relevant chapters such as life education into the teaching of political thinking, to guide students to recognize the essence of life, the meaning of life lies in dedication, so as to echo the political education in the teaching of personal and state relations. In general, the curriculum must be set up step by step, according to the students' specific ideological and moral cultivation level, as well as the students will encounter confusion and trouble at different stages of learning, mental health education and political education organic integration, with the help of the relevant curriculum teaching, to further improve the ideological and moral quality of students and cultivate their good and healthy mentality.

4. Conclusion

Although vocational education is the main vocational education, but no matter what kind of occupation students will engage in in the future, they should ensure their basic health psychological state and correct ideological and moral awareness, to prevent them from going astray when confused, harm others, harm society. However, mental health education and the organic integration of political education related measures need to be further carefully studied and examined, higher vocational educators should always pay attention to the national education reform program, pay attention to the ideological and moral construction of students in the psychological aspects, the teaching focus of higher vocational colleges should be properly focused on the establishment of students' inner thoughts and values, not because students' vocational skills meet the standards and ignore the teaching of other courses. The organic integration of mental health education and political education is the inevitable result of the reform of the background of the new era, and its development has irresistible factors, although it is not a practical course, but it can guide students from another angle to establish a correct view of employment, encourage students to take formal employment channels on their own, choose a career that can contribute to society and the country, improve the employment competitiveness of future students, and make them better suitable for people in their future work.

References

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