

Study on the Application of Educational Psychology in College Teaching

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Abstract: With the continuous development and maturity of educational psychology, colleges and universities use psychological knowledge combined with the Behaviorism Theory, Social Learning Theory, Schema Theory and other health education theories. Meanwhile, reasonable and efficient teaching means and methods are applied on different educational objects to improve teaching quality. Based on the teaching experience of colleges and universities and from the perspective of teaching thinking, this paper discussed the practical application of psychology in college teaching to help students change unhealthy behaviors. The author also suggests that teachers should lay a good foundation and reserve more psychological knowledge in the process of practical teaching. Effective teaching thinking is also very important, because it is a key factor to help students understand and increase their knowledge about health and make their own behavior develop in a healthy direction.

1. Introduction

Health education is a comprehensive applied discipline between natural science and social science. It refers to that planned, organized and systematic social education activities are used to help people establish health awareness, enable them to consciously form healthy behaviors and lifestyles, eliminate or reduce risk factors affecting their health, promote their healthy development, improve their quality of life, and evaluate the effect of education. The method of health education in colleges and universities is mainly based on the hospital and health center of the university, and the target range is expanded to teachers and students, so that medical personnel can guide the education process in a planned and purposeful way. Psychology is a science that studies human psychological phenomena and their mental functions and behavioral activities under the influence of human psychological phenomena. The scope of research includes theoretical psychology and applied psychology, giving consideration to both theoretical and applied aspects. With the development of social economy and culture, people have begun to attach importance to mental health education, so psychology gradually develops and has been introduced into the system of higher education. Educational psychology is an independent branch of psychology developed by combining psychology with education. It focuses on studying how people learn, the effect of educational intervention, teaching psychology and school organization in educational situations. And above all, educational psychology mainly applies the theory or research results of psychology into education, which indicates that the birth of educational psychology is the combination of scientific psychology and education, and the research method of natural science has been found.

2. Application of the Behaviorism Theory

When a person receives appropriate encouragement -- popularly called "intensification", he will gradually develop a learning process. This is what most behaviorists believe in. Moreover, if this key intensifier is associated with a specific behavior, the experimenter who receives "intensification" information will be more likely to increase the occurrence of this behavior. Most of the time, we need to constantly train the behaviors we want to cultivate. Therefore, it is necessary to encourage the behavior close to the target, which is to constantly emphasize and increase the effect of memory. For example, the state requires people to hand in the money and things they found unintentionally, and the kind-hearted people who return money found will be encouraged and

thanked, which encourage more people to follow these examples. As another example, it is advocated not to throw garbage everywhere and to classify garbage. If encouragement is given to all the behaviors of throwing garbage into garbage bins according to the regulations, people will be able to independently and reasonably place garbage, and gradually, they will have a conscious awareness and continue to keep the habit of sorting garbage. This kind of education method is called "behavioral method". As long as changes are expected to take place in behaviors, the method of behaviorism theory can be applied.

The Behaviorism Theory is useful in most cases, but not all of encouragement can be transformed into automatic behaviors. Most of the time, the behavior will revert to the previous one when the encouragement stops. This is because temporary restraint does not deepen people's memory. For example, many people can't insist on garbage classification. This may be because they do not fully understand the relationship between cleanliness and civilized health, believing that these behaviors do not bring much benefit to their health. In this case, the school should use the health psychology to emphasize the significance of this kind of behaviors for them and supervise and inspect them at the same time. Such targeted health education can enable them to continuously understand cleanliness and civilized health and consciously adhere to good health habits.

3. Application of the Social Learning Theory

The social learning theory is mainly divided into two categories: the quantitative method of scientism and the understanding method of humanism, which are mutually opposite and interrelated. This theory is also a knowledge system for developing and perfecting the structure and activities of human society, but it actually more highlight the cognitive process while studying superficial behaviors. In fact, everyone is affected by the actions of all sectors of society and act in society. This is because he can observe the behaviors of others and then learn from them. Here takes hepatitis A vaccination as an example. At the first beginning, many girls were afraid to accept the hepatitis A vaccine. But they voluntarily came to be vaccinated when they saw that other students who had been vaccinated consciously had not been infected with the hepatitis A virus again. This process involved a certain psychological process of social learning. One can learn various behaviors by observing the people around him, including good ones and bad ones. This makes us realize the effect of attaching importance to other people's behaviors. In the process of health education in colleges and universities, school doctors can carry out health education on teachers and students according to the focus of social learning theory, because there are obvious mutual influences between teachers and students, and mutual supervision and guidance of the two can make health education get twofold results with half the effort. For example, students' mental health and staff's self-care can be exchanged among students and teaching and administrative staff. However, the communication here is not completely random and it is to exchange information with each other in a proper way. For example, teachers generally think that morning jogging is of great benefit to students' healthy growth and development, so they advocate students to carry out this activity. But not all students are suitable for this exercise. For example, if a student with cardiovascular disease blindly follows the teacher's advice to run in the morning, his heart will beat increasingly fast with the amount increase of exercise and his breathing will become rapid. Moreover, the body will consume a lot of fat to provide energy for running, which will pose a great danger to the student. Therefore, in the health education of colleges and universities, school doctors should guide students to eliminate their own health and safety risks, and teachers and students should always follow the technical guidance of school doctors.

4. Application of the Schema Theory

Medical personnel can use the schema theory in educational psychology to help students and teachers in colleges and universities achieve a long-term memorizing effect. Although they have already remembered the basic knowledge of medical care, most people will soon forget it. The meaning of "schema" is to make knowledge scattered and assembled into units according to a

certain theory. As a matter of fact, there are all kinds of schemas in people's brain, which help them understand the physical function, disease causes and the methods of treatment. However, some of the schemas are incorrect and will generate improper behaviors. This may be caused by unscientific and incorrect information they have read. In this case, the school doctors are expected to seek the schema in the mind of teachers and students through various channels such as consultation and home visits. Only by constantly understanding the schema existing in the brain of most teachers and students can a targeted education program be designed. Taking a specific thing for example, if a person has had an incorrect schema in his minds, it needs to correct it in time; if he does not have a ready-made complete schema for this thing in his mind, it is necessary to help him construct a correct schema with the knowledge and other schemas. For example, most teachers and students do not understand immune injection because they do not understand the function of the human immune system. However, there will be a schema in their mind about controlling crop diseases and insect pests, and thereby an explanation can be presented on this basis: A farmer can know how to deal with a new pest only after he comes into contact with it; an unknown new disease can only be actively prevented by the immune system after the body comes into contact with it -- this is how a vaccine works. This is to make use of an existing schema to build a new schema. In health education, medical personnel should flexibly apply educational psychology according to the specific conditions of different objects, so as to make everyone understand and believe in health promotion knowledge as soon as possible and be able to memorize the knowledge learned for a long time. This will help them change unhealthy behaviors and make their behaviors develop towards a healthy direction.

5. Strengthening the basic reserve of education and accumulating solid psychological concepts and knowledge

In recent years, with the comprehensive development of reform, people's awareness of education has also changed from the original feudal attitude to an increasingly open one. More and more students, parents and teachers disagree with the traditional teaching methods nowadays. They begin to have doubts about the traditional learning model of one-way instillation by teachers and passive acceptance by students. In the traditional teaching mode, students passively accept knowledge in the whole process, and their initiative in learning is ignored or even suppressed, which greatly reduces their enthusiasm for learning. Cramming education has been rejected. In contemporary education, teachers need to understand and master students' psychology in an all-round way and pay attention to teaching psychological skills such as interaction with students. Only by mastering the basic knowledge of psychology and applying it to teaching skills can they help students develop thirst for knowledge and spirit of exploration. Based on educational psychology, teachers can innovate in and improve the teaching effect to meet the requirements of modern education. Teachers should reserve solid concepts and knowledge of psychology, because only when they build a solid base of psychological knowledge can they teach students by words and influence them by deeds, ensuring a good teaching effect. Seen from the long-term direction and trend of education development, both students and parents want teachers to be the person with feelings, not those who are only responsible for teaching knowledge. Teachers should also learn to discover and solve students' puzzles, because these puzzles are obstacles to their learning progress. If a teacher wants to truly "solve puzzles" for his students, he needs to know what problems the students face, which requires the teacher to understand the students' psychology. It is often not enough to answer questions with superficial knowledge from textbooks. It is necessary to apply enough psychological knowledge to grasp the students' current confused psychology and to make a comprehensive analysis and understanding of their psychology. Teachers should combine psychological knowledge in the process of education to grasp students' psychological dynamics.

5.1 Comprehensively understanding students and keeping a global grasp of their specific situation is a prerequisite for educating students well

To know a person in an all-round way, it is needed to be familiar with all the advantages and

disadvantages of him, and also understand his comprehensive quality and spiritual quality from some trivial matters. The center of teaching is people. Only when teachers understand his educational objects can they effectively implement education and teaching. How can teachers know his education target? They can get in touch with students through various channels to explore students' family situation, economic situation, family education, social influence, state of mind, knowledge level, personality characteristics, hobbies and specialties, etc. This requires teachers to know students from a psychological point of view, grasp their psychological status, understand their unique personality and psychological reaction, and then teach them in accordance with their aptitude in a planned way.

5.2 The deduction and application of perfect psychological teaching methods in the teaching process is an effective way to educate students well

Modern educational psychology research shows that educational thinking is one of the most basic teaching methods, but the teaching thinking ability directly affects teachers' teaching effects when their knowledge level reaches a certain degree. Therefore, teachers need to give students correct thinking guidance and use effective psychology teaching methods, so as to really achieve good teaching results. In practical teaching, the effective use of psychological teaching methods is first reflected in effective psychological communication with students. Effective communication between teachers and students is a smooth expression of emotion. At the same time, teachers should let students know what they are thinking, and this can only be achieved through communication. Through mutual communication, students can understand the teachers' teaching objectives and ideas and they can put forward their own opinions, thus arousing their interest in the study. In terms of psychological communication, teachers should first care for students and give them emotional care. This is the best way to achieve emotional integration and enhance the relationship between them and students. Affective teaching is also very important. In the process of teaching, teachers should be adept at innovating and improving teaching methods, exerting positive emotional factors and creating a positive classroom atmosphere, so as to provide students with a good environment and improve their learning motivation. Finally, teachers should fully mobilize students' enthusiasm and form an interactive teaching atmosphere in the teaching process. Interaction is also a process of emotional communication and a teaching method realizing two-way communication between teachers and students. This approach can enable students to become the subject of teaching and participate in the teaching process together with teachers. However, the teachers are undoubtedly still the mastermind and controller in the whole teaching process. Teaching is a process of teaching and learning, and learning is the final result. In this sense, students are actually the ultimate goal of the whole teaching process, so they are the subject in the teaching process. The clear position of teachers and students will help to form a good interaction while interactive learning can promote teaching activities in return, and then the best teaching effect can be obtained.

6. Conclusion

Colleges and universities should apply psychology to practical teaching in combination with health education and do their best to help students change unhealthy behaviors. In the process of practical teaching, teachers also need to enhance modern teaching skills, accumulate solid psychological concepts and knowledge and perfect effective teaching thinking. At the same time, they are expected to use perfect psychological teaching methods to make students understand and increase healthy knowledge and make their behaviors develop in a healthy way.

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