

Analysis on the Implementation of Life Education on College Ideological and Political Courses

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Abstract: The development of today's society has led to more and more forms of thought that modern college students can access. At the same time, the pressure of academics and the pressure of clear feelings will affect the mental health of college students and lead to murder or suicide. The society is paying more and more attention to the situation of college students who do not cherish life. Only through the education of the students can the students have the correct view of life. This paper is a study of life education in ideological and political courses, discusses the problems of life education and education in college ideological and political courses, and expounds the reform measures of education, in order to improve the value of college students' life.

1. Introduction

The university ideological and political curriculum is the main way to train students to form scientific personal moral values in colleges and universities. The goal is to guide the contemporary college students in the world outlook and values, or to teach students life education. Therefore, teachers who are ideological and political courses should focus on the guidance and education of students' life cognition, life emotions and life will, so as to help students achieve their self-development needs and create healthy and perfect personality. At present, academics have more definitions of life education, and each scholar has different definitions and requirements for their definitions. For example, Ye Huasong's description of life education in the book "Life Education" can be summarized as a comprehensive and holistic educational behavior, respecting the laws of life development, and helping living individuals realize their life value through planning guidance. process. Although each specific definition is different, it is a generalization of the educational concept, through education to help realize the meaning of life. According to the actual situation of university education in China, it is not possible to raise the conceptual significance of life education to the overall guidance of life, but to make up for the problems neglected in the current education process and promote the healthy development of students' physical and mental health. Emphasize that the purpose of university life education is to help students pay attention to the inner heart of the individual while learning to respect and understand the equal life.

2. The status quo of life education in college ideological and political courses

The status quo of life education in universities in China mainly includes three aspects: First, the emphasis on the curriculum is not enough. Generally speaking, the political consciousness and concept of college students are reflected in the individual's view of politics. For example, college students have a firm understanding of Marxism-Leninism and Deng Xiaoping Theory. These are all known good aspects. However, in recent years, due to the new requirements of the society for talents and time, many college teachers and students have paid insufficient attention to the education of life and education. Second, the ability to withstand the heart needs to be improved. According to the survey, more than half of the students think that they have psychological problems in their daily lives. Three-fifths of them think they have serious psychological problems, while the remaining two-fifths think that their problems are relatively minor. It can be seen that the psychological endurance of college students' self-regulation ability needs to be improved. Third, the phenomenon of utilitarianism is serious. The life goal of most college students is the acquisition of

social status and money. The standard of occupation is also good, and the salary is high.

At present, most of the ideological and political courses in colleges and universities do not specifically carry out life education courses, because the education of colleges and universities does not pay attention to the connection between life education and ideological and moral education. It is believed that the implementation of this education will affect the overall teaching progress, and life education is insignificant compared to other theoretical knowledge, thus making life education impossible to implement in the teaching spirit of colleges and universities. Secondly, college teachers are too ignorant of this type of knowledge. Most of the teaching content of college teachers comes from the content of textbooks formulated by the state. Only a small part is extracurricular and online information, and the proportion of life education content is smaller.

2. Student issues

First of all, the thinking of modern college students has been influenced by social thoughts, and their way of thinking has also shown diversified development. Many college students have set their own goals on the basis of monetary benefits and want to obtain them. Better living, without too much consideration for the value of life. Secondly, many modern college students have poor self-psychological adjustment ability, which has a direct relationship with the lack of psychological education in college education. Most students face a long-term downturn in the face of temporary setbacks, and even can not get out and pay the price of life. . Third, many modern college students are inconsistent in their daily life and morality, and they first think of their own interests in social behavior, rather than resolutely resist all uncivilized behaviors. This difference between actual behavior and moral cognition makes College students have certain cognitive misunderstandings about the value of life.

3. Initiatives to strengthen life education in university ideological and political courses

Psychological quality is an important part of the quality of a person. To implement quality education, it is necessary to increase the intensity of the cultivation of psychological quality of college students. To infiltrate mental health education, especially psychological quality education, in university ideological and political education, university teachers must have basic knowledge of psychology, education and mental health; vigorously publicize and popularize mental health knowledge, enable college students to know themselves and understand mental health The importance of becoming a talent, thus establishing a mental health awareness; to introduce a path to enhance mental health, to enable students to have a scientific learning method, to form a good learning habit, to actively develop intellectual potential, to cultivate innovative spirit and practical ability; to be good at discovering and Make full use of the specific content of psychological education in subject knowledge, and timely psychologically guide college students, so that college students can cultivate good psychological quality and sound personality in the subtle influence, thus eliminating psychological barriers, college students can feel a good life. .

The higher the level of civilization of the society, the greater the psychological pressure of people, and the issue of life education, especially the life education of college students, is not optimistic. Contemporary college students have higher self-expectation values and a stronger desire to grow and develop. The generation of psychological problems of college students is not caused by the day and night. The solution of mental health problems still requires the joint efforts of all sectors of society. As a direct intervention of college students in the field of mental health, the ideological and political teachers in colleges and universities carry an important duty that cannot be shirked. University ideological and political education is the core content of university culture. It can be said to be the soul of university culture and an important part of advanced socialist culture. University ideological and political education is responsible for spreading advanced culture, arming people with scientific theories, shaping people with noble spirits, inspiring people with excellent works, and guiding people with correct public opinion. This highlights the cultural function of university ideological and political education. This is not only the embodiment of the university's functional characteristics, but also the manifestation and objective reflection of the value of the university's ideological and political education. The period of long-term and long-term knowledge of college students is also the period when the psychological maturity and the world outlook and outlook on

life are gradually formed. The ideological and political education of college students is based on the psychological characteristics of college students, and follows a certain educational law to provide targeted guidance education. Help college students to avoid and reduce the blindness and tortuosity in the growth process. At the same time, it is necessary to strengthen the propaganda and popularization education of Marxist theoretical knowledge, so that college students understand that Marxist theoretical viewpoints and methods exist around them, and their specific work practices are closely related to Marxist theory.

Tagore once said: "The purpose of education should be to convey the breath of life to people." The ultimate goal of life education is to teach college students to value the value of life and learn to live. Life is the soil of life, and it is inseparable from the soil to grow healthily. Teachers should be good at digging into the life situation in the teaching process, let the teaching content close to life and go into practice. University life education is a very practical educational practice. Life education theory, knowledge and a large number of educational facts all come from practice. This requires that college students need to be connected with life practice when accepting life education, to understand people's life world, understand the meaning of life, and understand the value of life. Teachers should guide college students to actively participate in social practice, establish new emotions, attitudes and values in practice, understand the value of life, enhance their ability to protect themselves, and devote themselves to creating the beauty and happiness of life.

Today's university evaluation system has serious shortcomings, that is, the evaluation of college students is often "a good one," and "one bad" is of course "one hundred bad". A college student is often denied a total denial from school, family, and society because of poor grades. This kind of negation is unacceptable to a university student who does not have an objective and comprehensive understanding of himself and evaluates himself. Some college students choose the extreme way to relieve stress. Therefore, choosing the extreme method is often the most helpless choice for some college students. It should be understood by us, and it should also be a problem that should be highly valued by us. Life education for college students is to help them correctly treat their physical and psychological development. The basic goals of life education at the university level are: when college students encounter setbacks, give them a dependency; when they are confused, give navigation; when they are helpless, give help; when they need catharsis, give them a place. Through such life education activities, college students can correctly understand the value of life and life. To this end, we must fundamentally change the evaluation system of the university and establish a curriculum evaluation mechanism to promote the overall development of individuals. This is the pursuit of reform curriculum evaluation. A comprehensive evaluation system that combines the academic achievement and growth record of college students: The university should comprehensively use observation, communication, test, practical operation, display of works and self-evaluation and mutual evaluation according to the multi-objective, multi-disciplinary and process-oriented evaluation criteria. In various forms, a comprehensive and dynamic growth record manual for college students is established to objectively and comprehensively reflect the growth process of college students. The purpose of evaluation is not for the ranking of college students, but for their healthy development.

4. Conclusion

Life education in college ideological and political courses is an essential part of contemporary college students' education. The smooth development and implementation of this course is a major step forward in university education in China. At present, the psychological quality of college students in China is generally poor, their psychological tolerance is low, and their ability to guide and develop themselves needs to be improved. In view of this phenomenon, in addition to the psychological counseling of college students, teachers should also effectively combine theoretical education with life in the life education curriculum, and pay attention to discovering the humanistic care of the education curriculum to strengthen the guiding role of teachers.

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