

Research on Tasks and Thinking of Psychologists in Colleges and Universities

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Abstract: With the diversified development of social economy and the increasingly fierce social competition, people are facing more complex concepts, emotions and attitudes. In the individual physiological and psychological development, the university stage is a key period. Psychologists in colleges and universities undertake the important tasks of mental health education, counseling and scientific research. This paper analyses the specific content of the task, and gives relevant suggestions, which can provide reference for psychologists in colleges and universities.

1. Introduction

For a long time, the mental health of freshmen in colleges and universities has been a widespread concern in the educational circles [1]. More and more colleges and universities have realized the importance of psychological health counseling and education for freshmen, and have carried out a lot of work from their own reality. College freshmen are in the process of transition from high school learning life mode to university learning life mode. They are faced with various problems never encountered, such as living environment, learning methods, social relations, etc. If they can not establish a correct attitude to face these new situations and problems, college freshmen often have various mental health problems. All these have posed great challenges to the psychological quality of College freshmen. If these problems are allowed to exist, college freshmen will inevitably encounter serious psychological diseases, affecting their physical and mental health. Great changes in the living and learning environment have caused many freshmen to have various psychological problems, such as no longer being concerned by teachers, no longer top students in the class, to re-compete with students from all over the country, some students may lose their direction of development in the process of this change, resulting in unhealthy psychology. In the splendid University campus, the versatile students are more skillful and brilliant. In the past, the students who excel in high school performance often have a great sense of loss and frustration. Some freshmen with poor independence will feel great frustration when they see other's life arranged in an orderly and orderly way, while their study and life are in a mess. Students in the same dormitory and class come from all over the country. There are great differences in their family background, life experience, learning goals and personality hobbies. Students with poor family economic conditions inevitably have inferiority complex and bring about various psychological diseases in the process of contacting and communicating with other students. Psychological workers in colleges and universities play an important role in mental health education, counseling and scientific research [2].

2. Tasks of Psychologists in Colleges and Universities

2.1 Psychological Health Education

Through the teaching of mental health education course, the basic knowledge of mental health is popularized among college students. In order to maintain the knowledge base of college student's mental health, college students should learn the general knowledge and theory of mental health, understand the law of mental activities and master the standard of mental health. Through the teaching of this content, we can help college students to understand their own psychological characteristics, the relationship between psychology and thought, the relationship between

personality development and mental health and ideals, beliefs, outlooks on life and values, guide them to establish mental health awareness, psychological accomplishment and self-regulation consciousness, and guide them to understand the new environment, adapt to new life, establish new goals and shape a new shape. In order to enlighten life, cultivate mood, shape personality, and promote college student's mental health, image can be achieved. According to the psychological characteristics of college students, only in this way can we have a definite aim, prescribe the right remedy and make the work effective. Therefore, we should strengthen the training of psychological knowledge of Ideological and political workers, integrate mental health education into the whole process of Ideological and political education, and combine the two organically. Traditional ideological and political education only emphasizes student's understanding of society and country, but seldom educates students to understand their relationship with the people around them and learn to live correctly. There are fewer learning projects about how to make successful interpersonal communication, how to adjust emotional state, how to choose a career, how to design a life path and so on. Ideological and political workers should pay attention to the use of psychological laws to deal with and analyze problems among students, such as giving full play to student's specialties, creating conditions for everyone to show their opportunities. They will feel their own value and significance of existence. This kind of incentive will turn into a valuable internal drive to promote their comprehensive and healthy development.

2.2 Psychological Health Consultation

Psychologists in colleges and universities help students adapt to the new living environment of students as soon as possible, master new learning methods, learn skills and skills of interpersonal communication, and promote student's physical and mental health and harmonious development. At the same time, schools should integrate vocational education into mental health education, guide freshmen to do a good job in career planning, find learning goals and motivation, guide students to participate in colorful practical activities, exercise interpersonal skills, improve comprehensive quality, and adapt to school life as soon as possible. Every member of the mental health counseling network should have certain counseling skills and theoretical methods, especially professional teachers and counselors. They should learn to use various opportunities to counseling and counseling student's mental health. The professional quality and working attitude of counselors directly determine the level of student's mental health. When students encounter psychological problems and seek psychological counseling, they always hope that less people know less. They want to find a private place to communicate and communicate with trusted people and release their worries and pressures. However, in the process of psychological counseling and guidance in some colleges and universities, student's demands are often ignored. They hang up the brand of psychological counseling room directly in the office, and the work starts. When students need psychological counseling, they always worry about meeting other teachers and students, which leads them to cancel the idea of counseling, or feel nervous and inseparable. Therefore, colleges and universities should set up special psychological counseling rooms to create a good psychological counseling environment for schools from the perspective of humanized management [3].

2.3 Psychological Health Research

Psychological workers in colleges and universities must grasp the relevant professional knowledge of psychology and pedagogy, and require a certain breadth and depth, which is the key to the competence of teachers of mental health education in schools. Theoretical psychology is a branch of psychology that studies the fundamental nature of psychology, also known as systemic psychology. It not only can explain, predict and consciously control people's behavior and psychological activities, but also can guide the research of various branches of psychology. It is a discipline that studies psychological phenomena and explores the basic principles of psychological science. It pays attention to the essence, mechanism and process of psychological phenomena, and pursues universal explanation, scientific theory and anticipated guiding force. Theoretical psychology uses the method of theoretical thinking. In nature, it is not an empirical subject. Empirical psychology mainly uses

empirical methods such as observation and experiment, which are different from theoretical psychology. But the relationship between them is not antagonistic, but complementary. The former provides guidance for the latter, while the latter provides material for the former. All empirical studies are based on certain theories and assumptions. At the same time, the construction of theories must be based on certain facts. Therefore, they are interdependent and inseparable. The division of labor between them is only for the development and deepening of psychological science, not for the perpetual divergence and non-correlation. Without empirical psychology, theoretical psychology becomes pure subjective speculation. Without theoretical psychology, empirical psychology will disappear from the forest and become an operation without thought. The fragmentation and division of contemporary psychology is the inevitable result of belittling theoretical psychology. Psychological workers in colleges and universities must attach importance to the scientific research of psychology and promote the development of psychology [4].

3. Thinking of Psychologists in Colleges and Universities

3.1 Upgrade Path of Psychological Health Education

In the course of subject teaching, through the courses of physiology, psychology and hygiene, we can teach students the knowledge of adolescent mental health and emotional regulation, strengthen the infiltration of mental health education in classroom teaching, and improve the knowledge system of student's mental health education. In view of the general psychological problems and development characteristics, we should select and develop psychological health education textbooks suitable for the characteristics of the students in our school, with emphasis on strengthening psychological guidance in students' cognition, learning, interpersonal communication and leisure, so as to enable students to master basic psychological adjustment methods, understand the social orientation and training objectives of higher vocational education, and complete the adaptation to the new environment as soon as possible. The course of mental health education should adopt various ways, insist on the combination of knowledge inculcation and practical activities, let students actively participate in the analysis and discussion of psychological problems, combine classroom teaching with lectures, organizing and watching psychodrama, and carrying out activities beneficial to mental health, and fully mobilize student's enthusiasm to participate in mental health education. At the same time, schools should strengthen the construction of optional courses of mental health education, so that more students can systematically master mental health knowledge, and use it to guide their lives and learning, and constantly improve themselves. At the same time, we should broaden all kinds of propaganda channels to enable more students to understand psychology, create a good learning atmosphere, and shape student's good character. In addition, teachers should also conduct mental health surveys on freshmen, make a comprehensive understanding of their mental health status, identify students who may or may have psychological problems, give key psychological counseling, establish psychological files for freshmen, and enhance the pertinence of mental health education.

3.2 Upgrade Path of Psychological Health Consultation

The establishment of mental health files is the necessary basis for mental health education and the necessary record for students to receive individual psychological counseling. The establishment of mental health archives not only helps teachers to understand student's psychological characteristics and dynamics more clearly, teach students in accordance with their aptitude, improve teaching quality and teaching effect, but also helps managers to improve the pertinence and effectiveness of management and education. At the same time, it is also conducive to students' self-understanding, self-awareness, active prevention, and a good grasp of their future. Psychological counseling is a form of psychological service for counselors through consultation, conversation and guidance between Counselors and college students, using the principles and techniques of psychology, aiming at the adaptation and development of normal people and mild mental disorders. Psychological counseling is an important part of mental health education. It has significant effect in helping and

guiding students to reduce inner contradictions and conflicts, enhance frustration tolerance and develop their own potential. Psychological counseling can take outpatient counseling, letter counseling, telephone counseling, publicity counseling and so on. Psychological workers in Colleges and universities can also print psychological consultation tabloids or popular science materials and distribute them to classes or dormitories for door-to-door service. Traditional archives management mainly relies on manual work, heavy workload and cumbersome workflow. Therefore, we should adopt modern information technology to improve the management level of college student's psychological archives, and introduce professional software and database systems such as information analysis and storage. Colleges and universities should effectively improve the level of information of psychological archives management, and lay a solid technical foundation for efficient and safe use of psychological archives.

3.3 Upgrade Path of Psychological Health Research

At present, there are many problems in the research team of mental health in Colleges and universities, and the professional quality of the staff cannot be guaranteed. Most of the psychologists are counselors and members of the League Committee. The construction of college student's psychological archives has not been propelled properly, and many colleges and universities have not even arranged this work at all. Every year after freshmen enter the university, they will carry out mental health census of freshmen, collect mental health data of college students and form personal psychological files by issuing psychological questionnaires and self-psychological personality analysis reports. For students with obvious mental disorders and diseases, psychological research staff help them to eliminate anxiety and stress and establish a positive attitude through interviews and scientific research. College psychological research centers should do a good job of keeping information confidential. They should not arbitrarily divulge the information and situation related to college student's psychological research, avoid harmful effects on individuals, and create good conditions for encouraging college students to accept psychological research services. In order to establish a systematic project of psychological research for college students, the key is to learn to make use of Internet technology and establish a service channel of psychological research by using modern information technology and means, so as to facilitate college students to apply for psychological research. Because the network psychological research needs active communication between the two sides, instead of just watching and listening, it can achieve scientific research results, but also learn to think and practice bravely, in order to receive good work efficiency. Therefore, psychologists should be familiar with the network culture and the information needs of college students and serve the psychological research under the condition of socialist market economy.

4. Conclusion

At present, the professionalization of psychologists in colleges and universities is not high. Psychological counseling teachers are mostly part-time counselors, which are characterized by amateur, compulsory, low level and weak strength. This paper analyses the main tasks of psychological workers in Colleges and universities, gives suggestions from three aspects: mental health education, counseling and scientific research, and refines them as much as possible and makes them operable.

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