

Research on the Ways and Methods of College Students' Mental Health Education

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Abstract: With the development of China's social economy, colleges and universities have paid more and more attention to the improvement of the overall quality of school students. The mental health education of college students has gradually become the focus of research in colleges and universities. With the gradual improvement of the social economy, the mental health education of college students in China has basically abandoned the single, cumbersome teaching mode of the past, instead of diversified and multi-faceted comprehensive teaching. The transformation of the teaching mode is conducive to the gradual improvement of mental health problems for college students, and to ensure that the psychology of college students is always in a healthy state. This paper summarizes the problems that arise in the process of reform and research of college students' mental health education, and proposes certain solutions to the problems that arise.

1. The importance of colleges and universities paying attention to the psychological health education of college students

The physical and mental health of human beings is the foundation of social progress. College students are the pillars of this society. They must pay attention to the mental health education of college students and put the mental health education of college students into the focus of national research. Today's society is changing with each passing day. China's economy and society are constantly improving. New cultures and old traditions are constantly instilling in the hearts of students. These cultural shocks have a major impact on students' mental health. In order to adapt to the development of society, colleges and universities must. It is necessary to pay attention to the mental health of students and to train college students into successors in this society.

2. The problem of discovering the mental health education of college students in colleges and universities

2.1 The management of colleges and universities does not pay much attention to the mental health education of college students

In this modern society that emphasizes the mental health education of college students, many colleges and universities have established the mental health education department of college students. This department is also the core part of school education management, but the school management and related mental health educators are on the mental health of college students. Education work is not well understood. Especially in the premise of China's rapid economic development, the school management only strengthens the management of the school's professional teaching and school environment, but does not pay enough attention to the mental health education department of college students. The teaching quality is good, the mental health education of college students can be less valued, and the quality of professional teaching is an important criterion to reflect whether a school is excellent. Because of this phenomenon, the school's understanding of college students' mental health education is extremely vague. Even some college administrators do not know how to carry out mental health education for college students. Therefore, the school will establish a mental health education department for college students. This department has no use for

the mental health education of college students, which affects the establishment of psychological quality of college students. It cannot be discovered in time when the students' mental health problems occur. Even if students are found to have psychological problems, they cannot be timely. Under such circumstances, the mental health of college students in China needs timely diagnosis and treatment. If not diagnosed and treated in time, it will affect the psychological quality of school students, which will seriously affect the healthy and stable development of colleges and universities in China.

2.2 The comprehensive quality of the staff of the mental health education department of college students is poor

As China's economy is in a stage of rapid development, professional teaching quality has become the focus of national teaching, and the control of mental health education for college students is not perfect, and there is no systematic integrated mental health education system for college students. . If you want to establish a perfect mental health education system for college students, it is not only the efforts of one or two psychological counseling teachers in colleges and universities, but also a large number of professionals to sort out and analyze the mental health problems of college students. Apply it to the mental health education of college students, and turn the mental health education of college students into a modern teaching management system. However, the current situation in China is not so good. The management of our school especially likes to focus on the quality of school teaching, so that the quality of school teaching becomes a living sign of the school, so that enough students can be attracted to the school to study. It can play an effective role in introducing new students, but it ignores the importance of the mental health department of college students. This kind of status quo makes the school not select the faculty and staff with professional competence when establishing the mental health education department of the university students. The only choice is to ask the faculty and staff with less salary, thus reducing the utilization of human resources in the school and reducing the labor cost. All other funds are invested in the professional education and teaching of colleges and universities. In this state, there will be the phenomenon that non-psychological teaching personnel will serve in the mental health education post of college students. The staff has no relevant work experience or has never studied special. The content of psychological counseling, these staff members' understanding of college students' mental health education is not in place. This phenomenon is a serious irresponsibility for the mental health of school students. The newly issued document of the state responsible for the teachers and students of the whole school shows that the finance department should strictly control the school's financial rights and realize sufficient schools. Funding for the life and service of teachers and students in colleges and universities, not only education, not other aspects.

2.3 The mental health education system of colleges and universities is not sound enough

Many colleges and universities do not consider the actual situation of students when they are teaching and educating college students. They do not focus on the comprehensive quality of students. They are based on the tasks of the school. They all have time constraints, heavy tasks, and insufficient preparation. The phenomenon has led to the mental health education of college students based on the instructions of the principal. There is no teacher representative, no student representatives participate, and there is no good communication between the various departments of the school. This will make the psychological counseling plan formulated by the school have no important basis, so that the psychological counseling work of the university students has no effect. This requires schools to pay attention to the monitoring of the school's teaching plans and to strengthen the supervision of the school by the education supervision department when carrying out education-related work. To achieve unified supervision within and outside the school, and to effectively monitor higher education institutions. Then there is a poor ability to coordinate work between various departments of colleges and universities in China. Many of our teaching staff believe that it is unrealistic to solve the psychological problems of college students by relying on only a few psychological adjustment methods. The psychological problem is that people have been for a long time. The problem of formation cannot be solved by relying on a few simple

psychological counseling. It is necessary to configure a professional team, a standard psychological testing instrument, and avoid the situation that is more important than the form of the teacher team. It is necessary to avoid the phenomenon of mutual shirking and trouble in the work, ensure coordination and cooperation among various departments, and let the mental health education work of college students be implemented.

3. The solution to the problems found in college students' mental health education

3.1 Improve the overall awareness of the management of higher education institutions

In the process of the development of mental health education for college students, it is necessary to truly realize the role of the mental health education department of college students in the daily life of college students. The intensity of this consciousness is related to the mental health education of college students. The degree of development in the institution. When carrying out work, first of all, the management of the school should pay more attention to the mental health education of college students, not only to grasp the professional class education, but also to grasp the type of logistics work of college students' mental health education. When the management's awareness of mental health education for college students is improved, each faculty and staff of the mental health education department of the university students can strengthen the guidance of mental health education, and give their own reasonable opinions to the mental health education department of the university students. Students with health problems should provide psychological counseling to students in a timely manner. Secondly, it is necessary to actively construct a reasonable mental health education department for college students. After establishing a professional department, it will be beneficial to the faculty and staff of the mental health education department of the university to carry out reasonable work, and then have the conditions to timely take care of the physical and mental health of the university students. During the review, when a student with a problem is found, the teacher can promptly notify the teacher in the psychological counseling room to carry out rationalization work, so that the psychological problems of the student can be promptly resolved. Let the mental health education department of college students fully exert their value in the school's teaching system, so that higher education institutions in China can have better development prospects, and the school education and school logistics and finance will be successfully developed.

3.2 Improve the overall quality of the faculty and staff of the mental health education department of college students

Under the background of continuous optimization of the economic modernization construction environment, colleges and universities should pay more attention to the application of mental health counseling in the daily work of the school. When constructing the mental health department, we must pay attention to the selection of professionals with professional qualities, only in the professional quality. Under the leadership of talents, it is possible to establish a perfect and effective use of the mental health education department of college students, and lead the faculty and staff to plan a reasonable mental health counseling work for school students to help students solve psychological problems. Therefore, how to build an increasingly perfect mental health education department for college students is a problem that colleges and universities must focus on. First of all, we must first improve the professional quality of the mental health education teaching assistants of college students, train the existing team members, improve their own abilities, improve their mental health education and counseling skills, and improve their college students. The communication and coordination skills of the mental health education department's teaching assistants can always pay attention to the students' emotions when communicating with mental health students, and develop a reasonable psychological counseling plan for the students. These psychological counselors are regularly trained to notice the defects of each person during the training process, and to make up for the shortcomings of these assistants in a timely manner, so that they can all have a comprehensive improvement in quality. The second is to absorb fresh blood and improve recruitment requirements. Don't just focus on academic qualifications when recruiting, pay attention to whether they have

professional competence, whether they have the ability to learn and think, and whether they can be qualified for college students' mental health education. Conduct certain assessments at the time of recruitment, especially the assessment of work ability, and test whether the assistants can provide reasonable opinions for the psychological treatment of college students. Finally, under the leadership and management of the school leadership, the corresponding assessment system should be formulated to punish those who have the ability to work but are not motivated in their thinking and who are extremely unskilled at work. From all aspects to improve the comprehensive quality of psychological counselors in colleges and universities, the psychological and physical health of college students in China can be realized after the comprehensive quality of teaching assistants is improved.

3.3 Build a sound mental health education system in colleges and universities

First of all, the faculty and staff of colleges and universities must strictly abide by the laws and regulations enacted by the state, and gradually establish and improve the internal control of the school so that each system of the higher education institutions can be effectively implemented, and the school system cannot be hanged on its lips. It is necessary to implement it in the school's work, strengthen the understanding of the faculty and staff on the mental health education of the university, actively play the role of the supervision department, establish a post responsibility system, and clearly distinguish between rewards and punishments, so that each teacher can remain effective. Cooperation, mutual restraint, mutual supervision, when there is an unreasonable psychological counseling phenomenon, the punishment of the wrong teacher, and timely replacement of psychological counselors, to maintain the body and mind of the university students always maintain a healthy state. Only by continuously strengthening the system construction of the school and always ensuring the physical and mental health of the students of the school can we truly reflect the high quality of the students of the university, so that the school can take the lead in the fierce competition of colleges and universities, and China can always become a wave in the emerging field. Second, we must pay attention to the external monitoring of the school. External monitoring can generally maintain its legitimacy, objectivity and effectiveness. Actively exerting the functions of external monitoring of the school, it can effectively strengthen the teaching management of higher education institutions under the supervision of external supervision, so that the teaching work of the school can be effectively improved, and the construction of the mental health education department of college students in China can be effectively realized. Only after the school's internal and external supervision system is perfected can China's college students' mental health education achieve a truly perfect development. Finally, it is necessary to establish three unified mental health education systems for college students, such as "school, society and family". The mental health education for college students is a big project. It is only because the school itself cannot achieve meticulous education, and it is necessary to combine multiple social levels. To create favorable conditions and environment for college students' mental health education, in the school to build a special psychological counseling center for college students, and timely educate college counselors and teachers to find students with psychological problems, and timely send psychological students to psychological counseling centers. Accept the test and conduct simple psychological counseling, followed by the role of the social psychological counseling center. The social psychological counseling center should be able to contact the school teachers several times, and give lectures or lectures on certain psychological counseling courses for college teachers and students. Psychological counseling is given to students with psychological problems, and after the lectures, certain psychological counseling trainings are given to ordinary teachers in colleges and universities to achieve multi-faceted monitoring. Then it is to play the role of the student family. The student's family is a safe haven for the students. Parents should pay attention to the child's psychological problems in a timely manner, pay attention to whether the students have abnormal phenomena, and communicate with the teachers when they find the suspected problems to protect the students' psychology. The problem can be discovered in time and resolved as soon as possible. The comprehensive protection of the three aspects can effectively maintain the psychology of college

students in a healthy state. The three aspects of the treatment cover all aspects of student life in the horizontal direction. In terms of vertical degree, the students will face various life. Level, the effective implementation of this method provides an effective guarantee system for college students' mental health education. It is the stability of the mental health of college students, which enables the future successors of China to develop together and provide support for the sustainable development of China's effective and stable economy. .

4. Conclusion

In summary, China's society is undergoing tremendous changes, and the impact of modern culture has a violent impact on the physical and mental health of college students. College mental health counseling staff should keep up with the requirements of the times, pay attention to the problems of college students' physical and mental health in real time, do their utmost to realize the psychological health of college students, and ensure that college students can obtain sufficient knowledge during school.

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