

Ways and Practice of Cultivating College Students' Sound Personality

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Abstract: At present, training objectives of colleges and universities for college students pay more attention to the all-round development of students, learning ability is important, but excellent personality is more important, which is the basis of entering the social survival. According to the social evaluation of graduates, generally speaking, the personality of college students in our country can be affirmed and meet the needs of society. However, because the college students' mind is not mature enough, and with the deepening of social openness, college students are very vulnerable to adverse environment erosion, affecting the sound development of personality, which also puts forward higher requirements for colleges and universities. By summarizing the existing problems of college students' personality, the author analyses the ways to cultivate their sound personality and promotes their comprehensive quality to be improved in an all-round way.

1. A Sketch of College Students' Sound Personality

1.1 Definition of personality and healthy personality

Personality refers to a person's personality, accomplishment, morality, skills, temperament and so on. It is a distinct feature different from others. The cultivation of personality is the sum of personal growth and social influence. With the increase of experience, personality is constantly changing, reflecting social development and change. To be able to adapt to the development of society, to play an appropriate role in society, and to make due contributions, are called to have a sound personality.

1.2 Standards for the sound personality of college students

1.2.1 Be able to recognize oneself objectively

Whether college students have a sound personality, the most basic thing is to have an objective and rational understanding of themselves, which is to face their own advantages and disadvantages correctly and reasonably, and understand their interests and hobbies. In learning, activities and life, we can overcome the shortcomings as much as possible, develop our strengths, and try to correct the shortcomings. Do put yourself in the right position in the family, school and society, regulate your own behavior, do things in line with your identity, and strive to make yourself an excellent person in all aspects to meet the needs of social development.

1.2.2 Have strong environmental adaptability

After the hard learning experience in high school, college students need to experience different experiences brought by the external social environment as much as possible in college. Through participating in activities and social practice on campus, they gradually feel the social environment. The competition in society is cruel. Once students really enter, they will inevitably have to face it. College students should enhance their ability to adapt to the environment, cope with various possible challenges, learn to actively change their existing ideas that do not conform to the correct values of society, and try hard to contribute to social development.

1.2.3 Have good emotional regulation ability

College students are in a vigorous age. They do not know the immensity of the heaven and the earth. Generally, they are easy to do things impulsively, regardless of the consequences. They are easy to shrink back when they meet difficulties and dare not take the initiative to deal with them. In

this way, they often encounter obstacles everywhere when they enter society. Therefore, during the University period, we should cultivate our good psychological adjustment ability, keep good psychological treatment as far as possible when meeting urgent matters, adhere to the correct principle and remain firm, solve the difficult problems flexibly, and summarize them in time afterwards, so as to make ourselves grow continuously.

1.2.4 Have good interpersonal skills

College students often need to communicate independently, which is of great significance to cultivate their interpersonal skills. Through communication, college students can find that others have different opinions on things, and they can also learn from other people's strengths. Good interpersonal relationships can also ensure that college students are happy and positive in dealing with problems. College students should also learn to work together with others, develop the power of teamwork, in order to solve all kinds of problems smoothly, and provide convenience for study and life.

2. Main Problems of College Students' Personality

2.1 Have false values

Many college students think that after going through the college entrance examination, they have accomplished the most important task in life when they are in campus. They can graduate even if they don't study, get their diploma and find a satisfactory job. Therefore, they should enjoy themselves in time. In this way, they become eager to enjoy themselves and indulge in recreational activities every day. It has become a common practice for them to "fail to study" and not to mention to use their spare time to improve their self-quality. As a result, they find that they have nothing to do after they really enter the society.

2.2 Mentality tends to be unbalanced

College time is relatively relaxed, and college students have enough time to arrange for themselves, but some college students often appear spiritual decadence when they are in school. They feel a lot of frustration. Depression is often their mantra. These college students can only place their energy in online games, TV dramas, KTV and other entertainment activities. This invisibly aggravates the formation of students' bad habits.

2.3 Lack good moral characters

Although the education that college students received on campus from childhood is the overall situation-oriented, and their individual interests are subordinate to the collective interests, this quality has been seriously lacking. Some college students show excessive selfishness in their study and life. They do things without considering the interests of others or the collective, and only from their own point of view, even if they do harm to the interests of others. For example, long-term occupation of library or classroom learning resources, destruction of desks on campus, sharing bicycles and other public facilities, all affect the normal use of others. Some students have serious honesty problems, and the most common one is cheating in examinations. They will use various ways to copy, or even choose to find others to substitute for examinations. There are numerous falsifications in graduation thesis. There are also students who fabricate experience when making graduation resumes, which affects the judgment of employers.

2.4 Lack good interpersonal relationships

The scope of interpersonal communication among college students is generally narrow. Although there are many students in the same class and major in the dormitory, they lack communication with each other and seldom participate in activities organized by the school or class. Some college students are even used to going alone and never communicating with others. These college students are either lonely and dislike dealing with others; they are arrogant and disdain to communicate with others; or they are timid and afraid to communicate with others. Whatever the cause, it will have a

negative impact on the growth of College students. Man is an emotional animal. Without communication, there will be no emotion. The world without emotion is dull. Finally, the whole society will become cold.

3. Reasons for Personality Defects of College Students

3.1 The impact of rapid economic development

Since the reform and opening up, especially after the implementation of the socialist market economy, the rapid development of the national economy has brought about a rich material life, and also has made some people rich first. But the gap between the rich and the poor in society has also widened. Many people begin to envy the luxurious life of those who have a lot of wealth and use their minds to make money. Influenced by this unhealthy atmosphere, college students also begin to yearn for "overnight wealth", greed for pleasure, and believe in "the omnipotence of money". Having seen the fierce competition in the market, college students feel the pressure of employment. In order to improve their employment chips, they spare no effort to obtain scholarships and honors such as excellent student titles by various means, which has brought bad ideological guidance to students and polluted the pure school atmosphere.

3.2 The influence of bad external information

Influenced by the invasion of foreign cultures, western capitalist ideas are highly respected in University campuses, resulting in college students advocating personal interests, excessive openness, pursuit of Western-style "freedom and equality" and "democratic human rights", and hedonism and luxury even can be heard without ends. The influence of these decadent ideas on college students is imperceptible, which will make college students feel spiritual emptiness and lose the motivation of struggle. At present, pornographic and violent information in the Internet can easily poison college students and induce them to commit crimes. The Internet is a virtual world. College students can hide their emotions on the Internet, but in reality they need to communicate with others. In the long run, they will split their personality. There are many new and interesting things on the internet, and college students have more leisure time. They are especially easy to become addicted to, and even get stuck in it.

3.3 Insufficient education in Colleges and Universities

Although colleges and universities have set up special ideological and moral courses, more is theoretical teaching, which after the completion of the examination will no longer be pursued. But the quality of students needs to be nurtured bit by bit in daily life. Most colleges and universities seldom pay attention to the personality education of students. Schools manage students according to traditional teaching concepts, pay too much attention to students' academic performance, mastery of professional knowledge and employment situation, but do not realize students' ideological fluctuations, or pay attention to students' emotional needs. Even if problems are found, there is no suitable channel to help students solve, which results in students' ideological problems becoming more and more serious.

3.4 The reasons of college students

College students do not pay attention to the cultivation of their psychological quality in their daily study and life. In the past, they relied too much on their parents to solve everything with the help of their families. After entering university, whether in study or in employment, when faced with difficulties, the ability to resist pressure is insufficient, and the mentality is prone to collapse. College students are mostly only children. They are accustomed to others' paying for themselves when they are young. They have developed selfish qualities. It is difficult for them to achieve normal communication with others in life.

4. Ways and Practice of Cultivating College Students' Sound Personality

Our country has a 5000-year history of civilization and countless moral models. It is an example for contemporary college students to learn from primary school. College students are in a critical period of personality formation, and they are active and energetic, curious about all kinds of new things, and like to try and explore. After several years of experience, they have grown up and improved their literacy, but problems inevitably arise, which requires college students to find timely solutions.

4.1 Promote socialist core values in ideological and political education

To cultivate college students' personality, the most fundamental thing is to establish a correct outlook on life and values. In our country, first of all, we should adhere to Marxist thought, which is the guidance of all kinds of behavior. At present, the content of socialist core values summarized according to Marxist thought has made specific guidance for the cultivation of College Students' correct values. In order to strengthen the ideological and political education of students, colleges and universities must innovate teaching methods, which should not only be not limited to the study of theoretical knowledge in the classroom, but also strengthen practical education, organize ideological and political education activities regularly, so that students can integrate theory with practice, pay attention to strict demands on themselves, and start from the small things around them. As University teachers, they should also be good teachers, pay attention to their own image, set a good example for students, and actively regulate their own behavior. They should set a typical example in College students, and take it as an example, call on college students to learn their advanced deeds together.

4.2 Deepen the reform of college teaching and broaden the way of Cultivating College Students' personality

According to the goal of moral education for Cultivating College students, many teaching concepts in Colleges and universities can no longer meet the requirements of improving the overall quality of students, which hinders the cultivation of students' sound personality and requires timely reform and adjustment. No matter which course has teaching objectives, teachers should teach according to the content of the textbook, but they can also make full use of the existing knowledge in the textbook, extract the content of Cultivating College Students' ideological and moral cultivation, and subtly cultivate students' good behavior habits. For example, when learning accounting related knowledge, teachers need to constantly instill the requirements of accounting professional ethics system into students' minds and become part of their work, so as to avoid any illegal and irregular behavior in future financial work. With the acceleration of information technology updating, the Internet has become an indispensable part of people's lives. Network is a double-edged sword. Although it affects the normal study and life of some college students, it can be used for me and become a convenient means to cultivate college students' healthy personality. For example, students majoring in construction can make full use of online resources and learn the most advanced construction methods. Although these contents are not required by textbooks, they may have unexpected effects on improving their understanding of the major, training their own skills, increasing employment opportunities and self-confidence. This is also an effective way to cultivate students' personality. ◦

4.3 Strengthen the education of students' psychological safety and health

The reason why college students have psychological problems is inseparable from their lack of necessary psychological knowledge. In order to improve college students' understanding of psychology, colleges and universities should offer selective courses of psychology every semester, and encourage college students to take these courses, especially those who are interested in psychology and feel confused about their own psychology. We hope that they can solve psychological problems by learning these courses and help others to solve these problems. Colleges

and universities should set up special counseling rooms, invite professional psychological teachers, regularly open to students, encourage students to put forward their own problems, alleviate psychological pressure, and achieve emotional exchange. Through these ways, we can solve the psychological problems faced by students to a certain extent, and promote the cultivation of sound personality.

4.4 Encourage students to learn self-education

First of all, we should strengthen the education of students' correct values. The most important thing to cultivate healthy personality is to learn to dedicate, strengthen their sense of social responsibility in their daily behavior, and strive to learn to contribute their strength to society. Only in these meaningful things can we improve ourselves. In order to learn self-control, face the temptation of society, face the attraction of network and entertainment activities, college students must find a suitable way to adjust themselves and find a more suitable channel for their abundant energy. For example, in their spare time, college students can participate in sports activities, go to the library, read books, participate in school community activities, listen to schools or society according to their actual conditions. In this process, we should cultivate our healthy and meaningful interests and hobbies, develop the awareness of lifelong learning, cultivate the idea of unity and cooperation, and train our quality of enterprising.

4.5 Encourage and lead college students to participate in social practice

College teachers should create opportunities for college students to participate in social practice, and college students themselves should create conditions for active participation. By participating in social practice activities, college students can apply their knowledge learned in school to practice, improve their ability to integrate theory with practice, feel the development and change of society, and exercise their psychological quality and consciousness quality. In this process, college students can increase their understanding of society, so that they can really care about the development of society, enhance their sense of social responsibility, and strive to contribute to social progress. In practice, college students can really realize the gap between themselves and the needs of society. Only when they return to campus can they have the motivation to make up for it. According to the needs of society, they can strengthen ideological and moral construction, improve their mental state, enhance interpersonal communication ability and improve their personality.

5. Conclusion

College students have their own personality defects due to their own reasons, but they are more influenced by the outside world. The times they live in determine that they will experience these problems. Especially because the current social environment in China is undergoing complex changes, college students are very vulnerable to the influence of bad atmosphere, thus affecting the formation of sound personality. At present, colleges and universities should put the cultivation of College Students' sound personality in a more important position. To cultivate college students' sound personality, we need to make them develop healthily from moral, intellectual, physical, aesthetic and other aspects so as to complete the tasks as college students' roles and lay a good foundation for entering the society ahead of time.

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