Research on Project Management of Mental Health Education in Colleges

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Abstract. With the deepening of social transformation, the current social pressure and psychological pressure of college students are getting bigger and bigger. Correspondingly, the psychological and negative stress response of college students has increased greatly, which not only sounded the alarm to the current mental health education of college students, but also put out that the implementation of effective mental health education in colleges and universities is imminent.

Introduction

With the deepening of the reform of higher education system and the acceleration of the popularization of higher education, the number of college graduates has increased rapidly. The university students are no longer known as "favored" as in the past. On the contrary, The gradual improvement of the reform of colleges and universities and the intensification of social competition, the increasing employment situation and the continuous emergence of learning and marriage problems have caused a significant increase in the psychological and negative stress response of college students, such as college students Suicide, Liu Haiyang sulfur injury and other psychological events continue to be staged, coupled with the students in the group of some such as "excessive anxiety", "excessive depression" and other unhealthy psychological factors continue to appear, which are our college students' physical and mental health caused great The threat is also for the current university Health and ideological education, especially mental health education sounded the alarm. The development of mental health education in colleges and universities has become the main channel for college students to understand psychological knowledge, prevent psychological problems and prevent psychological crisis. In view of the complicated psychological problems of college students, under the increasing pressure of college students, colleges and universities should take the initiative, Take active and effective measures, through the mental health education to students to implement normal psychological counseling and intervention. As a college mental health education organizers and planners, mental health education center is a bridge between the psychological teachers and the majority of students. It not only related to the majority of students Survival and development, but also related to the stability of the University itself and development. However, college mental health education is also a complex work, in terms of time, cost, organization and quality have a very high demand.

The Current Situation and Problems of Psychological Health Education in Colleges

In the methods and technical aspects of mental health education in colleges and universities, it is gradually changing from individual counseling to group counseling. As the group counseling technology than the individual counseling can make the participants develop and experience good interpersonal relationships, enhance the sense of belonging, to experience mutual assistance and mutual benefit, the formation of a good development of adaptive behavior, access to "and others" experience and participation Exploration and self-growth, coupled with some psychological problems are common to most college students, and therefore also need to use community counseling techniques to effectively solve and digest. At the same time with the progress and

popularization of information technology, network and other new technologies are widely used in college mental health education, especially with the information technology closely integrated psychological evaluation software in the application of mental health education.

At present, universities attach great importance to mental health education, but from the operational level, there are still many problems:

The mental health education in colleges and universities is also largely subject to ideological and political education, and to a certain extent by the ideological and political education replaced. At present, the mental health education in colleges and universities has not been independent from the ideological and political education, the psychological problems of students are often regarded as ideological and political problems, with ideological and political work methods and means to be resolved. On the other hand from the mental health education staff in the professional background of the analysis, these staff in addition to a small number of staff is a professional psychology, the vast majority of the professional background of the ideological and political work from the field. Because of this, these staff in the actual work of the ideological and political work will often be brought to the psychological model of mental health education.

Mental health education teachers weak, low level of specialization, college mental health and psychological counseling organizations are basically still in its infancy. This point in the vocational colleges by the prominent, College, for example, the current full-time in the school engaged in mental health education staff only 2 people. It is not enough for such a number of people to be equipped with a school of nearly ten thousand students. Although there are also one mental health education staff at each of the secondary colleges, they can not devote themselves to the mental health education work of the school because of the drag of other work. Colleges and universities mental health education curriculum is still imperfect, teaching methods and implementation of a single way; as mentioned earlier, the current set of mental health education courses exist in three forms, but no matter which form can not make the current mental health education curriculum out of "Teachers in the above, students listen to the following "a single mode of teaching, and because of the venue, conditions and other objective factors, making the depth of mental health education in the middle of the different students also show different degrees, and the vast majority of students can only Stay in the initial level of awareness. At present, the biggest problem in the process of mental health education is the lack of standardized management system and scientific evaluation system. As the colleges and universities in the implementation of mental health education in the process of relying on the theory and the construction of different models, resulting in the evaluation system on the issue of no agreement. Some colleges and universities have constructed some evaluation systems according to the relevant documents of the educational administrative departments, mainly from the management and guarantee mechanism of college students 'mental health education, the implementation of college students' mental health education work, the construction of college teachers 'mental health education teachers, the effect of college students' mental health education The four primary indicators as the main basis for evaluation. Based on the overall evaluation system is still too general, can not really cover all the content and process of mental health education in colleges and universities.

First of all, the basis and content of education is different. Ideological and political education is a certain class or political group to achieve a certain political purpose, purposefully to the people of the ideological influence, to change people's thinking, shaping people's morality, and then guide people's behavior social practice.

Research on the Application of Project Management in Psychological Health Education on Colleges

In the current college students continue to face a variety of pressure and the existence of a large number of students under the dual challenge, in-depth understanding of the basic psychological needs of college students to serve the healthy development of college students to improve the effectiveness of mental health education and coverage, to create a positive and healthy The psychological quality of students has become one of the urgent and important tasks of mental health

education in colleges and universities. At the same time, college mental health education is also a complex system engineering, with its specific norms and processes:

Psychological health education in colleges and universities need a co-ordination and arrangements, the need for students to understand and make a preliminary judgment on the basis of the entire mental health education to do a detailed plan. This is the basis for doing a good job in mental health education in colleges and universities. At the same time, in order to improve the relevance and sustainability of mental health education, we must always adhere to the principle of people-oriented work in the work, study the psychological pressure and the root of the students, and explore the way of education and psychological counseling This way of stress, improve the sound of students to cultivate the mechanism and a good carrier. In order to achieve the above objectives, we must also in the implementation of mental health education in the process of building education and training, psychological counseling, information platform three team system.

College mental health education preparatory work requires the implementation of various departments to attack. The preparatory work of mental health education in colleges and universities is mainly to conduct a thorough investigation of the basic mental state of students in batches. In the process of thoroughly, mainly through the S C L - 9 0 and other psychological test scores to understand the psychological state of the students.

The process of mental health education in colleges and universities should ensure orderly and smooth progress. The work of mental health education in colleges and universities mainly includes carrying out mental health education courses, carrying out routine psychological counseling for students with psychological problems, and carrying out psychological assistance and treatment for students with serious psychological problems. Of course, for some extreme psychological problems of students, we have to prepare the corresponding plan to prevent the occurrence of crisis. At the same time in order to ensure the smooth development of mental health education, we must also follow the mental health education and psychological counseling their own laws, the relevant student information confidential.

College mental health education work in a stage to be completed after the relevant follow - up work. Mental health education departments and personnel need to sort out and analyze the data obtained and form a report. These data reports can provide directional advice on the next step in mental health education. For the existence of (serious) psychological problems of the students can be combined with the secondary school students and parents in accordance with the existence of their psychological problems and the extent of follow-up to the necessary help. For the general psychological problems of students, we can intervene in the long-term observation and guidance, and for more serious problems of the students, we have to contact the relevant psychiatric institutions through the treatment of their patients to help recover.

The implementation of the project management of mental health education in colleges and universities is conducive to the coordination of various resources in the college, to break the gap between departments and enhance cooperation. It is conducive to the realization of information transmission in the system from the pyramid structure to the flat shared structure transformation, Sex and sharing; is conducive to improving the implementation and management of mental health education, mental health education to promote the overall quality control; is conducive to play the psychological health education center management and guidance.

Suggestions on the Application of Project Management in Psychological Health Education in Colleges and Universities

In any one project, "people" are the core of the key factors in the mental health education project is no exception. A good mental health education team is concerned by the mental health education work of the school leadership, capable of strong mental health education full-time staff, attention to mental health education secondary school leadership and in the first line engaged in mental health education work political cadres As well as students. Various types of mental health education personnel from different dimensions and direction in the mental health education work to play their different roles to ensure the smooth development of mental health education. In this

process, the role of various factors can form a whole, both to have a high degree of attention and concern, but also the relevant functional departments and secondary schools of active cooperation and implementation, as well as teachers and students to participate. In addition, mental health education should also actively seek the relevant institutions, groups and individuals to support and cooperate with the community, to be able to carry out good mental health education.

Mental health education is a prominent feature of the students need to keep abreast of the needs and confusion, which makes the timely grasp of the reality of the students become a very important work. In the past, College has established some very good management of the actual situation of students through the effective work of the pipeline, such as: class system, under the bedroom system, psychological census mechanism and the psychological commission system. Through these channels, College has a large number of students first hand situation, for the mental health education work carried out a lot of information and information. In the future work, we should continue to maintain these existing pipelines to ensure the smooth flow of the pipeline, making it the cornerstone of the entire mental health education.

Mental health education itself is a whole process of education, is a complex system of education, covering philosophy, psychology, education and medicine and other disciplines, for every student's life development is of great significance. The mental health of college students is influenced by many factors and different in different periods. Therefore, the mental health education of colleges and universities must always run through the whole process of university education so as to maintain and develop the mental health level of college students. The whole process to carry out mental health education in colleges and universities. It is such a mission, but also engaged in college mental health education teachers put forward higher requirements.

Conclusion

The paper is based on the project management way to carry on the research to the university mental health education work. Based on the analysis of the present situation of mental health education in colleges and universities, this paper analyzes the working system of mental health education in colleges and universities, and analyzes the project management theory in the mental health education of colleges and universities by means of project management theory. The feasibility of the work, to explore the project management in the psychological health education in the application of research, and to provide mental health education in colleges and universities of the strategic recommendations.

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