

Research on the Construction of Early Warning and Intervention Mechanism of Psychological Crisis in Private Colleges and Universities

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Abstract: The further development of the quality of education attaches great importance to the physical and mental health of college students. In the critical period of students' life, it is necessary to give full attention to the development of college students and actively carry out mental health education. Private colleges and universities are an important part of higher education in China. They play a positive role in training students' comprehensive quality and strengthening the country's constructive talents. This paper makes a comprehensive and detailed analysis and description of the importance of establishing a psychological crisis early warning and intervention mechanism in private colleges and universities, and the construction of a psychological crisis early warning and intervention mechanism for students in private colleges and universities.

1. Introduction

Private Colleges in the process of training students, teachers, mental health attention to the problem of insufficient, private college students are more likely to produce some anxiety, tension, easy to produce some psychological problems, for this situation, Colleges need to actively establish a psychological crisis warning and intervention mechanisms for college students to provide a more relaxed and lively learning and living environment, enhance the physical and mental health of college students, and promote the comprehensive development of college students.

2. The Importance of Establishing Psychological Crisis Warning and Intervention Mechanism in Private Colleges

College students' own life experience is shallow, the formation of outlook on life, world outlook and values are not mature enough, for life, society is full of high expectations, just enter university life, easy to face more problems, such as It is said that there is not enough adaptability to the living and learning environment, the relationship between teachers and students is not harmonious, the difference between self - cognition and others' evaluation, and the pressure of learning and employment. University students need to solve their own problems in life and learning process. Many students can not solve these problems in a positive and effective way and deal with the various situations in university. Students confused life is more obvious, there is no good mentor to help play a role, it is prone to some psychological crisis.

China's private Colleges compared to the general Colleges, their teachers are not sufficient, students usually bear the pressure of tuition under the larger, and many private college students in their own learning ability is not high enough, which Private college students are facing greater pressure on employment, learning pressure is greater. The psychological crisis is a combination of external factors and subjective factors, private college students in the process of life and study by the social pressure and family pressure is greater, more need to have a corresponding psychological teacher as a guide. However, many private universities are not strong enough teachers, the lack of specialized psychological education sector, the overall development of the students is very unfavorable. Private college students in the event of a psychological crisis, usually there will be a certain sudden, the need for timely guidance and ease [1].

3. The Construction of Early-Warning and Intervention Mechanism of Students' Psychological Crisis in Private Colleges

Private Colleges need to conduct a comprehensive observation and understanding of the daily performance of students, and actively establish a more reasonable and advanced psychological crisis warning and intervention mechanisms for students to some of the psychological problems in a timely and effective solution.

In the course of constructing psychological crisis warning and intervention mechanism, private Colleges need to have good mental health institutions as a guarantee. The establishment of mental health education institutions, schools and relevant departments need to collaborate, but also need their own departments to work together. Private universities can set up a more flexible form of organization and management according to their own construction and development. Small-scale private Colleges can set mental health education institutions in the management office of a certain college, or directly set up in some academic work and thinking Department, so that students in the event of psychological problems, in a timely manner to seek the help of teachers [2]. In some of the larger private colleges, a single mental health education institution can not effectively meet the actual needs of students, but need to be set up in each of these departments, while the school itself has a mental health education the head office, and the subordinate bodies that govern each college. School mental health education institutions, the need for students' daily learning and living conditions to conduct a comprehensive observation, for some major changes in life of students, proactive to the students psychological counseling. The various psychological education and health institutions are parallel to each other to deploy teachers to assist each other, while the total educational institutions can also these jurisdictions, effectively improve work efficiency [3].

The leaders of private Colleges pay more attention to the early warning and intervention mechanism of psychological crisis, and can effectively promote the construction of psychological crisis early warning and intervention mechanism, and provide good help for students. The current leadership of many private universities do not fully aware of the importance of early warning of psychological crisis, so that students can not be found in a timely manner some of the problems. It is necessary to make the school leaders understand and understand the difficulties of students 'work, the importance of students' psychological crisis, and strengthen the consciousness of psychological crisis construction work, in order to effectively promote the understanding of leaders of private Colleges. Second, the school leaders also need to learn some of the psychological crisis early warning and intervention mechanism of knowledge, understanding and actively introduce some effective support policies, and school leaders also need to actively organize school teachers and cadres to carry out psychological crisis warning and intervention mechanism construction meeting , For the work to take some positive and reasonable manner and measures [4].

Private Colleges to actively build a psychological crisis warning and intervention mechanisms need to actively do a good job in the prevention of psychological crisis, from the students' daily learning and life, using a special way and strategy to promote and popularize some mental health knowledge, We attach importance to psychological problems, and gradually enhance the psychological capacity of students.

In the course of carrying out psychological crisis health education, private Colleges can actively use their own media, such as school broadcasting, website, window, school newspaper, newspaper newspaper and so on, to publicize some mental health education knowledge, Students how to prevent mental problems, psychological problems after how to resolve self-psychological, as well as looking for school teachers, mental health education institutions to help the way [5].

Private Colleges need to address the common psychological problems of students, and actively carry out a number of specialized lectures, so that students listen to the following professional psychologists talk and suggestions, but also to elective courses in the form of active students into mental health Education, learning the corresponding mental health knowledge. Private Colleges also need for each class to set up a special mental health nurses, especially some class cadres, and actively play the role of students and organizations advantages. To carry out some mental health training activities, so that students learn to deal with some unexpected problems, effective response

to a variety of interpersonal relationships and learning problems [6].

Private Colleges need to integrate mental health courses into the overall curriculum teaching system, which will be calculated into credits, so that students can fully participate in the study of mental health. Through classroom teaching, students can be more open and comprehensive education, so that students can self-education, self-management, self-development and self-service, so that some students are not willing to accept the help of mental health education institutions can also Get some help. Classroom teaching, need to be fully integrated with a variety of forms of education, this can enhance the scientific and systematic psychological education. At present, many private Colleges in the process of mental health education, it can not give full play to its role, the need for teaching methods, content, nature and the form of classroom organization continue to explore, but also the teachers themselves comprehensive quality constant Promotion, which can effectively promote the psychological crisis early warning and intervention mechanisms for the smooth construction. In the course of carrying out classroom mental health education, teachers need to form a more comprehensive psychological problem form for each student's performance, give attention to some students with potential psychological problems, track the development of students, Provide good help [7].

In order to solve the psychological crisis, it is necessary for the private colleges to set up a reasonable and perfect early warning mechanism so that students can discover and solve in time when the students have a psychological crisis. The early-warning mechanism needs to include four levels: the first-level early warning mechanism is the dormitory and class early warning, this level early warning mechanism mainly refers to the students in the class cadre, class counselor, class teacher and dormitory counselor, psychological information help , The timely detection of the psychological problems of students, and the use of psychological expertise to actively carry out some training and guidance. The second quarter early warning mechanism is the department early warning, this level early warning mechanism mainly is each class instructor, the class teacher when receives in the quite special student situation, needs and the institute own psychological organization person in charge to carry on the communication and the contact, simultaneously and Parents of students to contact, contact the psychological experts actively involved in the student's mental health education, and actively intervene. The third level early warning mechanism is the student department and psychological counseling center early warning, this level early warning mechanism is mainly to actively play the student office and passive psychological counseling and education institutions of the role and advantages, for students of professional psychological assessment, when the students appeared more serious Mental illness or psychological problems, you need to contact some of the more professional psychological institutions or hospitals for psychological treatment. The fourth level of early warning mechanism is the leadership of the school early warning, this level of early warning mechanism refers to the psychological problems in the process of dealing with students, if there is a crisis, you can promptly informed the leadership of institutions, and leadership of the leadership of the school management [8].

After the psychological crisis occurs in private Colleges, we need to use early warning means and actively intervene. Generally speaking, the intervention of the private Colleges for the psychological crisis, are followed by early warning mechanism, when the early warning work is completed, and the need to carry out appropriate interventions, there is more overlap between the two parts. Specifically speaking, the intervening mechanism of psychological crisis in private Colleges is similar to that of early-warning mechanism. It is still divided into four intervention mechanisms, namely, dormitory and class intervention, department intervention, student department and mental health institution intervention and institutional leadership intervention mechanism . In this process, if students have psychological problems, first of all students of the class cadre, counselors and class teacher for psychological counseling, and second class counseling is not effective when the need for mental health education institutions at the department level to carry out interventions, Need to special school-level mental health institutions, to provide students with good help, and ultimately solve the psychological problems in students if there is a more crisis, the need for school leaders to organize and deal with. In the effective solution to the psychological problems

of students, the need to actively contact the parents of students, schools and parents work together [9].

4. Conclusion

It is easy for students of private Colleges to have a negative impact on the overall development of the students. It is necessary to actively adopt effective ways to deal with them and improve their psychological health. It is necessary to set up the institutions of psychological crisis early warning and intervention mechanism to enhance the understanding of the psychological crisis early-warning and intervention mechanism of the leaders of private Colleges. At the same time, we should actively use some media to strengthen the training and teaching role of the advantages, so as to effectively play a role in psychological crisis warning and intervention mechanisms.

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