

## Research on the Countermeasures of Supporting the Disadvantages of College Students

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**Abstract.** With the popularization of higher education in our country, the proportion of vulnerable groups in college students has become larger and larger. Because college students have disadvantaged groups, it affects the students' talents and the development of colleges and universities. This paper studies the current situation and support strategies of disadvantaged groups among college students.

### Introduction

The disadvantaged group of college students refers to the students who are in colleges and universities because of economic difficulties, psychological barriers, physical defects, etc., which cause them to be relatively disadvantaged when they are studying higher education. The disadvantaged group of college students is not only an initial group, but a group derived from socially disadvantaged groups. Of course, it can also be said to be a product of socially disadvantaged groups in colleges and universities. The disadvantaged groups of college students can be roughly divided into three groups, physiologically disadvantaged groups, economically disadvantaged groups and psychologically disadvantaged groups. The vulnerable groups among college students are particularly large groups in colleges and universities. If higher education schools do not pay much attention to the problem of vulnerable groups of college students, they should treat the disadvantaged groups of college students with unconcerned and unconcerned attitudes. Then it will definitely affect the management of a higher education institution. In order to solve and improve the weak position of the disadvantaged groups of college students and ensure the smooth development of all kinds of work in colleges and universities, then for the society and colleges, it is necessary to constantly work hard and pay more attention to details, and seriously study The support measures for the disadvantaged groups of college students continue to improve the policy, and constantly explore and improve policies through practice to solve problems.

### The Current Situation of Disadvantaged Groups of College Students

**Economically Disadvantaged Group.** The economically disadvantaged groups mainly refer to those groups of students who have some difficulties in the economy. Most of these students are from remote areas and poor mountainous areas. They are aging, have more children, or live in cities. Parents have already reached the age of being laid off, and their own tuition and fees have become their main burden. At present, the number of students with economic difficulties in higher education institutions in China is still increasing. The current situation of family economic difficulties has seriously affected the development of students and schools. On the one hand, because of the economic difficulties, students are more difficult to live, and through the contrast with their classmates, they are psychologically vulnerable, sensitive and physically stunted, and so on, so they can not concentrate on learning. Instead of going out to work and subsidizing the family, all aspects of their own can not develop healthily, further leading themselves to a very unfavorable position in the fierce competition such as school examinations and graduation to find work. On the other hand, the phenomenon of arrears of tuition fees and miscellaneous fees for students who are studying in colleges and universities has reached a very serious level. So far, the poor students in colleges and universities have arrears of tuition and fees, and there are already nearly \$500,000 in

arrears. Compared with more, they are as high as four or five million and tens of millions. This has also affected the school's teaching order management and life order management to a certain extent.

**Physiologically Disadvantaged Group.** A physically vulnerable group refers to a student with a disability who is physically defective. Due to limited physical conditions, they are in a relatively weak position in the process of studying and employment. In order to not affect the future employment ratio of the school, the schools unconsciously reduced their admission, and even many schools have cancelled the inclusion of disabled candidates as much as possible. Those students who are physically deficient will be much later on the starting line of higher education than normal students, so there are very few gates for them to enter the university with luck. In the process of employment, the physically vulnerable groups are vulnerable to physical contempt, although our country has fully utilized the law to protect the rights of disabled persons to work, as much as possible to shorten the gap between them and normal people and discrimination, but most When recruiting talents in employment units, students who require physical health and have physical defects are often rejected. They were forced to choose positions with low pay and benefits or to start their own businesses, and their weak position continued from the school to the society.

**Psychologically Disadvantaged Group.** A questionnaire survey on college students' mental health was conducted in the school. The results show that nearly 35% of college students have certain psychological barriers. Communication difficulties, psychological stress, emotional fluctuations in love, and personal deficiencies are one of the four psychological problems that plague students.

The first category is those with difficulties in communication. Students have a strong feeling of desire for friendship between people during the university, and deeply understand the importance of learning interpersonal skills, but because they can not perfectly grasp the principle of interaction between students, Methods and scales can lead to frustration in communication. Once emotionally frustrated, it is easy to develop a serious mental illness that is suspicious or even self-enclosed. So during the university period, the communication problems between students became very serious.

The second category is people who are psychologically overstressed. With the rapid development of our society and the constant changes in the economy, in this period, how can contemporary college students put themselves in such fierce and cruel competition without being eliminated, how to realize their own value and grasp their own in this period The opportunities have become a huge pressure on their hearts. Freshmen who have just entered the university and graduates who are about to enter the society are groups with more concentrated psychological pressure.

The third category is the psychological problem of love. Students in this category have two main parts. Part of it is a person who broke up because of a strong love after a strong love. Part of it is a person who likes a person silently, but who does not dare to confess it for some special reasons. Due to the continuous development of students' physical and psychological, the phenomenon of college students falling in love has become a very common group. In love, if two people deal with many things that are not good in life, it is easy to produce resentment, jealousy and imbalance, and even excessive behavior.

The fourth category is the problem of personality defects. Poor students generally have a strong inferiority complex. Because of their inferiority, they gradually become autistic, often suspicious of others, sensitive to everything, depressed, etc. Obtaining reasonable catharsis and not releasing it in time will lead to their psychological obstacles becoming more and more serious. The most serious ones will lead them to completely self-centered and completely ignore other people's lives and anti-social extreme psychology. In the case of the Ma Jiajue, which shocked the whole country, the reason for guiding his crimes is ultimately because he has a psychologically distorted view of life and his own personality-centered personality defects.

### **Supportive Measures for High-Efficiency and Vulnerable Groups**

The help and support for vulnerable groups is a very complex and extensive system engineering

involving many aspects. Further increase support and help for vulnerable groups, which is a reflection of the correctness of China's socialist system from the side, and also a major measure for stability and development, which is rare and stable. In view of the particularity of the disadvantaged groups of college students, we must earnestly study how to solve difficulties and down-to-earth to increase the support for this group's difficulties. This also affects the security and stability of higher education and the rapid development of the country. Can truly practice the "people-oriented" scientific development concept, whether it can truly implement the educational policy of serving the people and more effectively serving the socialist modernization service.

**We Must Attach Great Importance to the Support of Vulnerable Groups in Schools from the Perspective of Fully Implementing the Outline of Education Planning.** We will comprehensively solve the problems of the disadvantaged groups in higher education schools and ensure that they can successfully complete their studies. This is a concrete manifestation of promoting education equity and ensuring the education of the people. Education is an important force to rapidly advance China's advanced productive forces and the rapid development of science and technology, especially higher education. This is also an important part of China's development of advanced culture. Higher education is also implicated in thousands of households, showing the fundamental interests of the broad masses of the people. At present, the competition in this era we are in is the competition of talents owned by countries, and the competition among talents can actually be said to be competition in education. The most important competition in education is competition in higher education. In order to ensure that more high-level talents with ideologically positive, mental health, strong physical fitness and excellent comprehensive level can be cultivated, this is the responsibility that every university must fulfill. Colleges and universities should further improve the work mechanism, continuously explore, and take the most reasonable actions in a timely manner, taking the financial assistance work of families with financial difficulties as a very important task, and doing a good job to ensure that students with very difficult family economy are All aspects have reduced the disadvantages, and all the places that should be helped have done their best to help.

**We Must Constantly Improve Our Policies, Lead and Drive More Teachers and Students, and the Power of Society to Participate in this Work.** Due to the wide range of vulnerable groups and the associated departments, it is proposed that the Student Affairs Office and the Communist Youth League should organize and coordinate other relevant departments to participate. Special departments can be established, such as social work groups such as the work-study department, the mental health counseling center, and the volunteer service agency. At the same time, we should try our best to strive for and attract more social groups to contribute their own strength to participate here. It can attract friendly organizations with social cooperation to establish positions for students to study part-time and attract socially successful people. Help donate money or provide some help as much as possible; encourage teachers with rich experience in the school to contact and introduce more opportunities for work-study; encourage experienced teachers to take some spare time to psychic students Consultation and guidance; further guide students to carry out some mutually supportive activities in life and so on. Only through this, can we carry out the implementation of organizational management and other aspects of joint efforts, in order to better help to support the vulnerable groups, in order to provide the greatest help.

**Establish and Improve a Diversified Funding Policy System, and Increase Assistance to Economically Disadvantaged Groups.** At present, the state has increased the funding for students with financial difficulties in the family, such as scholarships and student loans. In addition, universities must establish and improve scholarships, work-study programs, special hardship subsidies, tuition fee reduction, and social A diversified policy system with donors as the main body. First, universities need to further strengthen and improve the organization and management of the "green channel" work. "Green Passage" is the most direct and effective measure to ensure the smooth entry of new families with financial difficulties in higher education. It is able to make the application and eligible students with financial difficulties in the family pass this policy and enter the school smoothly. Secondly, liberate new ideas, use their brains, and fully and rationally use the

resources inherent in the school to strengthen the relationship with the outside world, so that the work-study work can be extended from the school to the outside, and the new situation of hard work and study is promoted. More student positions. Third, institutions of higher learning should further increase the intensity of communication, adopt effective measures, actively encourage and support social fund-raising to help students, expand channels for school funding sources, and establish more relevant systems that are conducive to helping economically disadvantaged groups. Reasonably increase the incentive policy for outstanding students in economically disadvantaged groups.

**Create an Atmosphere of Self-Reliance, Mutual Help and Mutual Love, and Care for Physically Vulnerable Groups.** Physically disadvantaged college students should change their perception of the weak from the perspective of understanding. Educate them to cherish this opportunity to go to college, and strive to eliminate self-esteem, complaints and other emotional emotions, and exercise their self-confidence, self-reliance and self-reliance. While carrying out ideological education, schools should also provide opportunities for physically disadvantaged groups to help others, so that their personal values can be reflected. The same school, the same department, the same class, especially among the students in the same class, the school's Communist Youth League can also encourage the support of students to establish a society similar to the volunteer service. Organize and use their spare time to take care of students with disabilities and help those who need help. There is a positive participation in the classmates who are in a class. It is necessary to train each student to have a dedication and love. Helping the students who need help is to help our own good habits and encourage mutual help among the students. , hand in hand to the front. The biggest reason for the disadvantaged groups in daily life is that they are unable or lazy to take care of themselves. They are very different in their independence, autonomy and adaptability in adapting to the new living environment and different from the previous learning environment. In the daily study life, the students unite and love each other, help each other, and build a united, friendly, harmonious and livable living environment and learning atmosphere, which can make each person's character free, fully comprehensive and perfect. development of. This is also a reflection of a good school building with a good study style.

**Strengthen and Improve Mental Health Education, Improve Students' Psychological Quality.** Strengthening and improving the psychological health education of contemporary college students is the most important way to promote students' healthy growth and cultivate more excellent and comprehensive high-quality talents. It is also a higher education institution to improve the quality of education in higher education from all aspects, and constantly strengthen and improve. The important task of college students' ideological and political education. First, we must give full play to the importance of classroom teaching in students' mental health education. Most of the time students and teachers are in the classroom, effectively use the students' understanding of the classroom, which helps to solve the students' psychological problems more effectively. Schools should, according to the actual situation of the school, organize and implement the corresponding education and teaching activities as much as possible, so as to further ensure that college students can receive comprehensive mental health courses during their school years. Secondly, a psychological counseling room for college students is specially set up. When students have psychological problems, they can provide correct help to students in a timely manner, and help students to clear the psychological burden in a timely manner. Frequently ask people with experience on campus or outside the school to consult and counsel students. Third, establish a psychological crisis warning and help mechanism for college students. Using advanced psychometric tools at home and abroad, we will build a real-time and effective diagnostic system and evaluation system for college students' psychological problems, conduct psychological tests on a regular basis, and find problems and solve them in a timely manner.

All in all, as the disadvantaged groups accompanying the development of the times continue to expand, the support work of the disadvantaged groups has become a very important part of the work of managing students, and has attracted the attention of many education managers. According to the relevant policies and regulations promulgated by China, all colleges and universities need to reasonably formulate targeted measures according to their specific actual conditions, and take

different actions to assist the students of the disadvantaged groups as much as possible. At the same time, every school must carefully and carefully investigate the leak management holes of vulnerable groups, and develop more comprehensive management measures through continuous discussion and research. Persevere in exploring new contradictions arising from the support of vulnerable groups in the new situation and new ideas for resolving contradictions. Focusing on the issue of treating vulnerable groups in a comprehensive and systematic way, we will continue to expand our thinking, scientifically and rationally formulate effective support policies and implementation methods, and make every vulnerable group Students can accept the care and help of the party and the government, complete their studies satisfactorily, and educate them to become useful pillars for building the motherland.

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