

## **The Professional Psychological quality and its cultivation of College counselors in the New period**

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**Abstract:** With the continuous development of social civilization, the continuous improvement of economic strength and the rapid change of scientific and technological means, The communication and contact between people is becoming more and more convenient. The use of mechanical equipment such as mobile phones and computers makes people realize “no matter how far away they are from the ends of the earth”. However, the rapid social development has also brought a lot of drawbacks. The development of the rapid era makes people's physical and mental pressure too great, and many people begin to be impetuous, depressed and even in a confused state. This kind of psychological emotion is especially obvious in the college students. In recent years, the psychological guidance room and counselor's office in colleges and universities are the places that college students often visit. Counselors have done a lot of guidance on the management and guidance of students' psychological problems, life problems and learning problems, so the counselors themselves have also done a lot of guiding work. We should have some basic professional psychological quality, which is not only in the psychological health of students and the management of study and life, but also in order to dredge their emotions in the heavy work pressure.

### **1. Some problems in the professional psychological quality of counselors in higher vocational education now**

Although college counselors carry out a lot of management work and counseling for students' mental health for a long time, their experience in this field is more powerful than that of employees in other occupations. However, counselors are not a steel robot, counselors are also an ordinary person, so they will also have some shortcomings and deficiencies and emotional resistance to a large number of work, mainly in the following aspects:

(1) Lack of systematic management and psychological expertise. Counselors in colleges and universities in our country are generally undergraduate or master graduates who are selected directly after applying for employment in colleges and universities. The professional knowledge of counselors may not be linked to the colleges in which counselors are located. Therefore, counselors may have some defects in management because they do not understand the learning system of students in different majors in the process of different class management students. In addition, counselors generally do not major in psychology, coupled with their own lack of life experience, the lack of professional knowledge makes it difficult to effectively guide students in the guidance of mental health. Emotional work;

(2) Students have different personalities and many strange psychological problems. Counselors have to arrange all the management problems between freshmen and senior students, so counselors can't have enough time to study students' psychological problems, and students may be particularly paranoid about something because of their own personality problems, especially emotional problems, which are the most common problems encountered by college students. Therefore, counselors have to spend a lot of time and energy to deal with this aspect, but not necessarily effective, which also brings trouble to the work of counselors.

(3) The counselors themselves have psychological problems. The counsellors can also bring psychological rejection and boredom in the treatment of these students every day, especially when the mental health problems of the students may also influence the emotion of the counsellors

themselves. In the complex and complicated work, if the problem of the counselor's own emotion is likely to cause some adverse effects, such as the problem that the counselor's own work can't be completed or the job is lost or even the psychological health of the counselor itself is caused.

## **2. The higher vocational instructors should train psychological quality.**

First, it is necessary to increase the counselors' own work confidence and responsibility to the students. Counselors are managers who are in direct contact with a large number of students, and college students are the mainstay of the future of the country, so counselors should be full of love and responsibility for this job. Only an excellent counselor who loves and works hard will always put students' study and mental health in the first place, and accordingly, the healthy and happy learning and growth of students is the best feedback to the work of counselors. In this process, counselors and students can establish a deep friendship. Although the work of counselors is very tedious and complicated, counselors are also involved in the work of counselors. It is often difficult to alleviate fatigue, but counselors should carry out self-management and self-conditions under the guidance of strong sense of mission and love of occupation, establish firm work confidence and responsibility, efficiently shape students' outlook on life and values, and become the guide of students' life and the engineer of students' soul.

Second, counselors should cultivate their own positive personality. An optimistic and positive person's attitude towards life and work has a direct impact on the quality of life and work. Counselors work under great pressure, so it is inevitable that there will be a heavy burden. If counselors do not adjust their own mentality well, it is likely to affect the efficiency and quality of work, resulting in dissatisfaction between leaders and students, and again affecting the psychological feelings of counselors, thus another vicious circle. In addition, emotions are infected with each other and interact with each other. If counselors are optimistic and upward every day, this positive emotion will also infect students, so that students can improve their enthusiasm for study and life. Love, this is a kind of positive energy transmission.

Third, establish firm willpower and continuous learning. Another sense of education in the work of counselors is not the cultivation of knowledge, but the cultivation of moral education, so counselors should abandon their different sense of dignity from other teachers and interact with their classmates to become "friends". Therefore, counselors should continue to learn and understand students' interests and hobbies together with the time, so that students can get rid of their sincere communication with counselors. In addition, counselors work a lot of pressure, so counselors should have a firm willpower and never give up the determination, which is not easy to bow in the face of difficulties, to face difficulties.

## **3. The strategy of cultivating the professional psychological quality of counselors in higher vocational education.**

After some of the above descriptions, it is very necessary to strengthen the training of counselors' professional psychological quality in colleges and universities, which should be solved urgently. This kind of means and strategies for the training of college counselors are as follows:

### **(1) Proper self-guidance.**

Everyone will have their own adjustment methods in the face of problems that are difficult to solve quickly, so will counselors, so counselors should establish a kind of adjustment system suitable for their own psychological counseling in their own mind, and carry out their own tutoring work scientifically and efficiently. For example, ordinary people will be used to exercise, listen to music, read books, sing and other ways to vent pessimism and irritability, and so on.

### **(2) Psychological courses related to self-study.**

Most of the counselors are not from the background of psychology, so there are some defects in the education and training of psychology, so counselors can study continuously in their spare time and cultivate systematic psychological knowledge. In particular, the counselors who have just taught have not yet completed the effective transformation of their own role, and their own ability

has not yet been able to meet the needs of students' mental health. Therefore, counselors should continue to try, have enough patience in students, but also continue to accumulate experience, in order to more effectively carry out the next mental health guidance work. In the process, counselors It is necessary to complete the construction of students' cognitive ability and the training of their own will, and improve their self-cultivation and quality.

### (3) Self-positioning in the post.

The counselor is an administrator in the university, but not the full-time babysitter of the student, so the counselor should be in a dilemma, give the students the appropriate guidance, in some important events of the choice of life, must not help the students to make a decision, but to warn and remind the college students, The university students can make an evaluation on their behavior, and train the students' self-initiative and sense of responsibility. The university students may be in a confused state during the process of learning and before entering the society, and the counselors should guide the college students to set up their own goals. To make a plan for your college career, and to continuously train college students in the planning of any event Awareness and risk awareness.

## 4. Conclusion

Counselors are the guides and managers in students' study and life, the educators of students' mental health, and the norms of students' ideology and morality. Therefore, counselors are a very important identity in the university. In order to be responsible for this identity and responsible to students, under the background of the new period, we should constantly strengthen the cultivation of counselors' professional psychological quality. In order to meet the needs of higher education and complete the national requirements for college students in the new period.

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