

Problems in College Students' Psychological Guidance and the Choice of Solutions

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Abstract: In recent years, various psychological problems have arisen among high-school students in China, which seriously affects their learning and health. The application of psychological counseling method in college students' ideological and political education is conducive to improving the scientificity and effectiveness of education and eliminating the negative impact of network on College students. Therefore, colleges and universities should attach importance to the development of this work in the future, and establish the status of student counseling in Colleges and universities. At the same time, we must work hard to create a counseling model that suits our own characteristics, so that psychological counseling can really play its due role. This paper analyzes the problems existing in college students' psychological counseling, and puts forward corresponding countermeasures. It hopes to provide reference for relevant educators.

1. Introduction

At present, quality education has become a new educational thought in Chinese universities and has been widely recognized. That is to say, higher education should not only impart knowledge and skills, but also make students strive to achieve the all-round development of "morality, intelligence, physique, beauty and labor". With the continuous development of society, the requirements for college students are also increasing [1]. College students should not only have perfect cultural knowledge and healthy physique, but also have healthy psychology and good emotional communication ability [2]. In order to ensure the physical and mental health of College students, the state stipulates that colleges and universities should set up psychological counseling institutions, at the same time, they should regularly give students psychological health lessons. Psychological counseling refers to educators following the rules of human psychological activities, using psychological knowledge and skills, adopting language and non-verbal communication methods to unblock people's psychology and thoughts, and guiding people's behaviors in order to reduce or relieve bad mental state and improve psychology. The purpose of health level and social adaptability [3]. The quality of psychological quality directly affects people's behavioral experience, human cognition level, human morality and righteousness, and also affects the healthy growth of human body. Therefore, improving students' psychological quality is the key to developing quality education. This paper attempts to analyze the problems and solutions of college students' emotional communication from the perspective of psychological counseling of college students, in order to benefit the development of college students' good psychological quality.

2. Problems in College Students' Psychological Counseling

2.1. The counseling work is vague

Due to various reasons, the work of psychological counseling in Colleges and universities is relatively vague, but the most critical reason should be that colleges and universities are not clear about the psychological problems of students, so they can not find direction in the development of psychological counseling in Colleges and universities. Although many colleges and universities have set up relevant institutions of psychological counseling, but the content of psychological counseling is too single, only to guide and solve students' psychological and emotional problems, not through

this way to infiltrate the ideological and political education of college students [4]. Colleges and universities have not really recognized the work of student counseling, and counselors can not find their own position in the establishment of school institutions, let alone specialization and institutionalization. The work is relatively passive. Most colleges only set up a psychological counseling room in the school. Only when students are willing to consult, they only carry out psychological counseling for students [5]. The inability to fully meet the counseling needs of students makes many students unable to get timely and effective solutions when faced with psychological problems. In general, the work of tutoring in the Mainland is still in my teaching. I say that you listen to the model, the method of teaching is difficult to achieve good results, and because of the limitations of the staff, the work often floats on the surface, not specific, not deep, not flexible. Therefore, some college students are silent when they have psychological barriers. They are unwilling to educate them to psychologically guide them, and they will not conduct psychological counseling.

2.2. Colleges and Universities do not attach importance to psychological counseling

In fact, the reason why the psychological counseling work in colleges and universities is blurred is that colleges and universities do not pay much attention to psychological counseling work. Most colleges and universities in China are seriously lacking in the understanding of the importance of college psychological counseling. The most important reason for the slow development of college student counseling work is the conceptual reasons. The counseling work is regarded as dispensable. There is no support system in the society, and students lack understanding [6]. Psychological counseling is a profession with more specialized knowledge and needs strong professional quality. However, most of the college's psychological counseling teachers are non-technical students, which are serious in professional ability, resulting in unsatisfactory counseling results. Without the school's attention, how can we do a good job of psychological counseling in Colleges and universities? Without the school's attention, it will not pay too much attention to this aspect. The psychological problems of students will be ignored, and the working attitude of psychological counselors will naturally be arbitrary [7]. Therefore, colleges and universities must attach importance to moral education while paying attention to intellectual education, and strengthen the friendly relationship between teachers and students, so that ideological and political education can play a role in the joint efforts of teachers and students.

2.3. Lack of timeliness in psychological counseling methods

With the continuous development of society, the psychological problems of college students are more diversified and complicated. However, many psychological counseling centers in colleges and universities still use the traditional model, and the psychological counseling teachers are mostly psychology teachers, and the content of ideological and political education. If you don't understand it, the psychological counseling method will not be effective. This single method of emotional communication is difficult to arouse the interest of contemporary college students. The communication effect is limited, and it is difficult to touch the inner feelings of college students and cannot solve students [8]. In this process, teachers and students often only regard it as a form. Teachers' teaching mode is single and students are perfunctory. Psychological counseling activities are too monotonous, usually focusing on finding and solving students' psychological problems, often ignoring the continuity of problem solving. It can not play a role in the moral and personality cultivation of students. With the increasing complexity of students' psychological problems and the increasing importance of mainstream ideological education, these traditional models and methods in Colleges and universities have been derailed from the times. Daily work does not know how to listen to the voice of students, easy to ignore the emotional communication and communication with college students, lack of sympathy with students from the heart to the emotions, unable to meet the actual needs of college students emotional communication and become mere formality.

3. Specific Strategies for Improving the Effect of Psychological Counseling in Colleges and Universities

3.1. Strengthening the training and training of professional talents

In order to fundamentally improve the effectiveness of psychological counseling in colleges and universities, we should start from solving the problem of talents, not only to train a larger number of professional talents, but also to improve the overall quality of psychological counselors. The psychological counseling of college students' ideological and political education is an all-round comprehensive education for educating and cultivating the mind. It must be equipped with a professional psychological and psychological education team for ideological and political education. Therefore, on the basis of establishing a special campus psychological counseling department, colleges and universities have increased the professional level and hiring of personnel. In the process of building up the teaching staff of psychological counseling, it is necessary to clarify the importance of psychological counseling in Colleges and universities and the status of the staff, at the same time, to properly improve the treatment of psychological counselors. Secondly, psychological counseling teachers in Colleges and universities should constantly improve their professional quality, combine theory with practice, communicate with other colleagues, explore the feelings of practice together, and achieve common progress. Utilizing social resources to train talents and guide work for colleges and universities will make the psychological counseling work of colleges and universities develop rapidly. Therefore, we should seize the great opportunity for development at present. If we miss the opportunity again, the psychological counseling work of colleges and universities may fall further and further away from the world trend.

3.2. Improving students' identity of psychological counseling

In order to make college students have a sense of identity for psychological counseling, we need to constantly carry out universal education. Through the window, board newspaper and other forms of publicity, so that students gradually feel the importance of psychological counseling in the subtle. Therefore, colleges and universities should set up websites or web pages on the theme of Ideological and political education psychological counseling, and show them in flexible and diverse forms, so that college students can easily absorb and accept them, thus consciously forming a positive and upward orientation of campus public opinion. In this way, students can use this platform for psychological counseling; colleges and universities should also strengthen the construction of psychological counseling rooms, and introduce some advanced hardware equipment. In the psychological curriculum, we should also focus on the basic knowledge of psychology, explain the role of psychological counseling, and reduce students' misunderstanding of psychotherapy. Conduct online psychological counseling services. Educators should make full use of modern scientific methods and online platforms to expand channels of ideological and political work, and innovative ways of working to help college students effectively improve their psychological problems and improve their ability to regulate their emotions.

3.3. Optimizing the method of psychological guidance for college students

In the face of the current psychological diversion methods leading to poor educational results, we can improve the working methods to achieve results. Incentives and guidance should be used to maximize the psychological barriers of college students and to mobilize their enthusiasm and creativity. It is necessary to guide the wrong values formed by students and correct the career development direction of students. It is necessary to cooperate with the various departments of the school, exchange information, and use the resources of all aspects of the school to infiltrate the counseling work into teaching, management, campus culture and other aspects. Educators enter students' learning life, pay close attention to students' ideological dynamics and psychological conditions, and immediately mobilize close classmates around them to solve problems for the educational object. The combination of Chinese traditional culture and Western counseling thoughts can bring better effect to students' psychological counseling. Strengthen the Sinicization of

psychological counseling. Communicate with students, provide students with different methods and suggestions in time, especially psychological counseling, guide students' employment, career and life outlook regularly, in order to prevent the formation of students' bad ideas.

4. Conclusions

In a word, college psychological counseling is of great significance to the future development of students. Faced with the problems existing in the current psychological counseling work in Colleges and universities, we must actively find solutions, give full play to the role of psychological counseling, and promote the better development of College students. Strengthen communication and communication with students, always from the characteristics of students to consider and deal with problems. In the constant collision of teachers and students, students are psychologically generated with a sense of trust and warmth. As a practical method, psychological counseling has been proposed by the academic circles. It is a combination of the scientific theory and practice of ideological and political education. Therefore, we can rationally use this method to promote the effective implementation of ideological and political education for college students.

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