Construction of Psychological Education System for Vocational Colleges in New Era

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Abstract

The mental health education of college students in the new era needs to form a working pattern of education and teaching, practical activities, consulting services and prevention and intervention. The current psychological education system is lack of timeliness and systematicness, and can not connect teaching and education well. This paper constructs a "12345" mental health education system, which integrates schools, families and hospitals to jointly prevent and intervene students' mental problems, and forms a four-level mental health education network. Through teaching and activities, it can help students with psychological problems and actively create a healthy, happy and upward school atmosphere. The mental health education system provides theoretical basis and guidance for later practice.

Keywords

Vocational college; Psychological education; New era

1 Introduction

The development of mental health education [1-3] in colleges and universities has changed from "as an important part of moral education" to relatively independent "mental health education", and then to "mental education" under the framework of "three complete education". Psychological education has developed and improved from scratch and from weak to strong. There is a contradiction between the multidimensional causes of psychological problems of educational objects and the isolation of methods and means. There is a contradiction between the complexity and high standards of educational objectives and the lack of practical ability of educational teams. There is a contradiction between the overall pattern of "three complete education" and the lack of psychological education consciousness and ability of relevant institutions. These contradictions in psychological education limit and hinder the effective development of psychological education in colleges and universities in the new era.

American colleges and universities have special and independent institutions to do mental health education. These departments are not only many, but also very extensive. From the perspective of personnel composition, mental health education in American colleges and universities shows a tendency of high education and specialization. At the same time, from the forms and channels of mental health education, it is mainly reflected in the establishment of mental health courses, the establishment of mental health society and the establishment of health library, so as to complete the affairs of mental health education. Japanese universities have a mature mental
health education system, including mental health education activity system, professional mental health education staff, sufficient material guarantee system of mental health education and mature mental health management system. Japan's mental health education activity system improves the psychological quality of college students by carrying out rich and colorful activity guidance, so as to improve the psychological status of students.

Mental health education [4, 5] in vocational colleges in China is lack of guidance and has not been fully implemented. The curriculum of mental health education in vocational colleges is far from the specified standards, and there is a shortage of teachers. Vocational colleges do not pay enough attention to mental health education, so the work cannot be in-depth. College Students' mental health education needs the cooperation of university managers, psychology teachers and counselors. Colleges and universities should strengthen the education of mental health education and infiltrate the mental health education of college students in an all-round way. Colleges and universities should strengthen humanistic care and psychological counseling for college students, and solidly promote the implementation of psychological education [6-8]. In particular, vocational students should arouse their yearning for a better life and cultivate their positive and healthy psychological quality.

Mental health education [9, 10] in colleges and universities faces many challenges, which need to be studied and practiced from the aspects of concept understanding, policy system and implementation. Psychological education should solve the common psychological problems of college students, publicize psychological knowledge and carry out activities to help college students improve their personality, improve their psychological pressure resistance, and establish a correct world outlook, outlook on life and values. According to the characteristics of vocational college students' learning difficulties, reform and optimize the classroom teaching design of mental health education. Psychological education integrates students' interests with their psychological characteristics, innovates and breaks through psychological classroom teaching, and better serves students' mental health.

2 Deficiency of psychological education research

(1) The existing research is scattered and lacks the practice of overall planning. The existing part of the research is that the student management workers discuss the working mode of psychological education in vocational colleges from the perspective of practical work, through the analysis of the current situation and putting forward countermeasures. This part of the research is mainly some empirical discussion and communication, with similar ideas and similar contents. The other part analyzes the relationship and influence on the mode of mental health education from the perspective of student education management, such as "aesthetic education", "second classroom report card", etc. However, this part of research is superficial, in-depth research is not enough, let alone systematic.

(2) The timeliness of psychological education needs to be further strengthened. "After 00" college students have gradually become the main force of college students. The psychological characteristics of "after 00" college students are more flexible and avant-garde, pursue innovation, and have a more confident and optimistic personality. Moreover, their value orientation is more diverse, and their utilitarianism and pragmatism tendencies are obvious. They have stronger self-awareness, stronger awareness of safeguarding rights, weaker obedience to authority, and more difficult to mediate interpersonal conflicts and contradictions. Their mental health level is generally good, but nearly half of them have different degrees of psychological problems. Student management workers need to carry out targeted education in combination with the characteristics of the "after 00" college students.

(3) There is a lack of effective connection between mental health teaching and mental health education. There are generally two forms of mental health education institutions in colleges and
universities in China. One is in charge of the student work office, under which there is a mental health education guidance center, which is especially responsible for the teaching of mental health education in the whole school. The other is managed by two competent departments respectively. The teaching and research department of ideological and political education is mainly responsible for mental health education courses and psychological counseling. The mental health education guidance center is in the charge of the student office or the youth league committee, which is responsible for the publicity and activities of school mental health education. Due to the weak and unbalanced strength of teachers and different focus of work, the phenomenon of "two skins" between mental health education activities and mental health teaching is caused. The creative integration of the two will greatly improve the effectiveness of mental education.

(4) The research on mental health teaching curriculum evaluation is insufficient. The teaching method of mental health in vocational colleges "basic requirements for the teaching of mental health education courses for college students" points out that the mental health education course for college students is a public course integrating knowledge transfer, psychological experience and behavior training. A large number of studies have discussed the innovation of mental health teaching methods and means, and curriculum evaluation is a relatively weak link. Using curriculum evaluation to force the improvement of mental health teaching quality is worthy of further discussion and research.

3 Construction of mental health education system

According to the previous analysis, we would build the "12345" mental health education system, which is shown in Figure 1.

![Figure 1](image-url)

Figure 1 The "12345" mental health education system for psychological education in vocational education.

"1" refers to a set of mental health education management system. It includes the management system of college students' mental health education, the treatment scheme of students' psychological crisis events, the construction and service scheme of psychological counseling station of secondary institute, the training scheme of psychological committee members, etc.

"2" refers to two centers. It includes the guidance center of college students' mental health education and the teaching and research department of mental health education courses. The guidance center of college students' mental health education is responsible for carrying out mental health education activities and psychological counselling services. The teaching and research office
of mental health education course completes the course design, teaching and scientific research, and can cooperate with each other and form a joint force in the work.

"3" refers to the linkage of schools, families and hospitals. Establish long-term school doctor cooperation with professional psychiatric hospitals to open up the channel for students' referral and diagnosis. We should open up a green channel in the cultivation of college students' mental health education team and the referral and diagnosis of students with mental disorders. It should be able to systematically pay attention to and track the progress of students' mental health through the cooperation between the school and the hospital. On the basis of following professional ethics, we should share mental health education information, carry out psychological supervision, provide students with psychological assistance, and promote students' physical and mental recovery. We should improve the school hospital family tripartite linkage mechanism, post-treatment identification mechanism and regular interview mechanism through "a letter to parents" at the end of each semester and counsellors communicate with parents regularly. Finally, we should actively build a crisis prevention and intervention system with active prevention, whole process follow-up, comprehensive coverage and seamless connection.

"4" refers to four mental health education teams forming a four-level mental health education network. The four mental health education teams are the school mental health education center, the school student mental health association, the mental health workstation of the secondary institute, the class counsellor, the psychological member and the dormitory director. By publicizing and popularizing mental health knowledge and carrying out theme education activities, we can help students with mental problems and actively create a healthy, happy and upward school atmosphere. When students have sudden psychological problems, the four-level network mechanism could find, report, help and treat them in time, give play to the role of teachers' psychological assistance and peer assistance, and prevent the occurrence of tragic events.

"5" refers to the five aspects command key work of annual mental health education. Through the annual survey of students' mental health, a compulsory course of mental health education, a series of mental health education lectures and group counseling, a perfect mental health education publicity platform and an annual college students' mental health festival, we can solidly promote the work of school mental health education. In the four-level network mechanism of college students' mental health education, from the functional departments of the school to the students, all levels give full play to their advantages and cooperate with each other.

4 Conclusions

Psychological education should deeply build a "five in one" mental health education pattern of education and teaching, practical activities, consulting services, prevention and intervention and platform guarantee. We should focus on cultivating the rational, peaceful and positive healthy mentality of teachers and students, and promote the coordinated development of teachers and students' mental health quality, ideological and moral quality and scientific and cultural quality. By analyzing the shortcomings of psychological education in vocational colleges in china, the "12345" mental health education system was constructed to form a systematic mental education system, which lays the foundation for later practice.

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