

How to Strengthen the Psychological Quality of College Students

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Abstract

At present, psychological quality has become an important part of College Students' comprehensive quality, which to a large extent determines whether college students can grow up healthily and successfully. However, according to the survey, at present, the ability of college students to bear setbacks is generally weak, many college students will have a great emotional response after encountering some small things, and they will even take extreme behavior for this, they can not face setbacks and failures with a correct attitude, which will affect their normal study and life to a large extent. Therefore, it is very important to strengthen the cultivation of College Students' psychological quality. On the basis of physiological quality, the psychological quality of college students is formed and developed through postnatal education and environment, which is closely related to the study, academic research and life practice of college students. Therefore, on the premise of understanding the law of psychological development of college students, on the basis of understanding the factors that affect the cultivation of psychological quality of contemporary college students, it has become the consensus of the cultivation of psychological quality of college students to take targeted measures and methods to cultivate their good psychological quality.

Keywords

Psychological quality; College student; Culture.

1. The Present Situation of College Students' Psychological Quality

At present, the psychological quality of college students in China is generally good, but there are many bad phenomena. Subjectively speaking, for example, taking is more than giving. A few college students think that altruistic behavior is only a means, and taking is the real purpose. For example, monetarism, some college students think that the first meaning of life is money, and things other than money are not important. For example, money is the only purpose, and some college students think that the first standard of choosing a job is economic income, not economic income Self development; for example, egoism. Many college students idealize a lot of things. They think more about adapting the society to themselves, rather than trying to adapt themselves to the society. For example, utilitarianism. Many college students have an unusual purpose to do things. For their own benefit, they may do them, but they have no interest, They may ignore and so on, these psychological qualities will hinder the development of college students to a large extent. Objectively speaking, at present, some colleges and universities in our country lack enough attention to the problems of the poor psychological quality of college students; secondly, the investment in the psychological quality education of college students is insufficient; thirdly, the teachers of the psychological quality education team of college students are relatively weak. The above subjective and objective reasons lead to the severe test of psychological quality cultivation of college students in China.

2. The Reasons for the Poor Psychological Quality of College Students

First, with the continuous development of China's economy, college students' Outlook on life, world outlook and values are gradually changing. The powerful information network and communication technology are easy to confuse the audio-visual of contemporary college students with some bad social atmosphere. In addition, the loss of traditional authority, the weakening of social control and the weakening of the binding force of social norms are easy to make college students lack of vertical understanding and tend to horizontal thinking, which will inevitably lead to some negative effects, which will directly lead to The psychological quality of college students is out of balance. First, it causes contemporary college students to take a broad view, shake their ideals and beliefs, and be confused or even anxious about their future; second, the imbalance of social development in the period of social transformation, and the increasing gap between the rich and the poor makes college students lose confidence in the future; third, non market factors such as diversified value orientation and "potential rules" of social competition make college students lose and confused, thus making college production A lot of psychological problems.

The second is the weakening of the quality education in college students' mind. China's education attaches great importance to political quality, ideological quality, moral quality and ignores the cultivation of psychological quality. So many college students will appear in the cognition as long as they have good political literacy and noble moral sentiment, they can do well in the socialist modernization construction. Under the guidance of this aim, college students will not pay attention to psychological stability and social maturity to a large extent. This kind of ideological deviation can easily lead to the desalination of College Students' psychological quality education.

Third, the impact of the reform of higher education on the psychological quality education of college students. With the continuous expansion of enrollment in Colleges and universities, under the condition that the training materials of psychological quality education remain unchanged, the per capita resources of psychological quality education for college students are decreasing, which will inevitably affect the work of psychological health education for college students. Today, after 00, it has become the mainstream of college students, so it is urgent to strengthen the psychological quality education of college students.

3. How to Strengthen the Psychological Quality of College Students

3.1. Strengthen the Investigation and Research on the Psychological Quality of College Students

In order to improve the psychological quality of college students, colleges and universities must organize and plan a general survey of the psychological quality of college students, so as to ensure that they can understand and solve the psychological quality of college students in time, and make them constantly improve their psychological quality. To achieve this, on the one hand, colleges and universities can establish a practical index system by means of questionnaire, online interview, psychological test and face-to-face interview, and carry out a comprehensive survey of the psychological quality of college students to understand and master the specific situation of the psychological quality of college students, so as to take targeted methods to improve the psychological quality of college students. On the other hand, most of the current crisis intervention mechanisms in Colleges and universities are still in the stage of remedy, and the preventive crisis intervention mechanism is not universal. The general psychological tests are mostly. Therefore, colleges and universities should establish a more comprehensive psychological crisis intervention mechanism, especially a preventive crisis intervention mechanism, in order to nip the psychological problems of college students in the bud.

3.2. Establish a Positive and Healthy Mental Model

The first is to have correct values. Values are the psychological mechanism that determines behavior choice. They play a filtering role in people's cognitive process of events. They can restrict people's emotional nature and change, and determine the trend and stability of personality development. Values are the core content of the deep basis or cognitive component of the formation of College Students' social responsibility. People have different views on all kinds of things in life, such as primary and secondary, right and wrong. Under the same objective conditions, people with different values have different views on bitterness and happiness: some people value power, some people value money, some people value status, some people value reputation, some people value love and justice, etc. In the face of different value needs, people show different attitudes, but different attitudes will produce different moods, different moods will produce different results, different results will affect people's different psychology. Therefore, the correct values determine people's good mental quality.

Secondly, we should have good personality. In the process of life practice, human personality is gradually formed under the interaction of subjective and objective. Good personality includes stable, broad and central interest, high and comprehensive ability, stable and coordinated mood, self-confidence without arrogance, enthusiasm without frivolity, tenacity without stubbornness, politeness without hypocrisy, always maintaining strong will, honest and upright style, modesty, openness, acceptance, help, diligence, etc. Therefore, a person's good personality is the basis of forming a good psychological quality.

Thirdly, we should have a positive and optimistic attitude towards life. Learn to look at everything with a smile and a calm mind, always keep a valuable common heart and common people's heart, and establish a healthy, happy and rich life mode. A positive and optimistic attitude towards life is not innate, but acquired and created by people. A positive and optimistic attitude to life can stimulate a person's potential, make a person happily accept unexpected tasks, adapt to unexpected changes, tolerate unexpected offenses, do what he wants to do and dare not do, and get more development opportunities than others. A positive and optimistic attitude towards life is easier for a person to cultivate good psychological quality.

The fourth is to accept the unchangeable reality and change the status quo that can be changed. Accepting the unchangeable reality is the important foundation of a successful life. It can make people understand the objective self correctly and do what they can. So as to avoid psychological conflicts and negative emotions such as inferiority, panic and anxiety, and create and strengthen the ideal self. To change the status quo that can be changed, we should not only change the status quo of dissatisfaction, but also establish and achieve practical new learning, work and life goals. To know oneself correctly, to develop oneself constantly, not to feel inferior, not to be discouraged, not to give up is the basis of one's continuous progress and the establishment of a strong heart.

Fifth, we should constantly learn, enrich and improve ourselves. The constant change of the external environment is the time to develop one's adaptability. Facing the new environment, one should have a good psychological state to break through, learn new knowledge, enrich himself, improve himself, arm himself and surpass himself. In the process of such a competition, one will grow and mature constantly.

The sixth is to have a broad mind. We should learn to face up to the reality with a tolerant attitude. We should not only tolerate others, but also ourselves. Don't hate others for a small mistake of others, and don't be unable to forgive yourself for a small mistake of yourself. No one is perfect, no gold is red. People should learn to forgive boldly and forget bravely. Forgetting is always good, forgetting bad things, remembering happy, happy things, relaxed mood will make a person's life full of joy. French writer Alexandre Dumas said: "life is a rosary made up of a

string of countless small troubles. An optimistic person laughs to finish the rosary." each of us should try to make ourselves laugh to finish the rosary of troubles.

The seventh is to develop healthy self-awareness. "People are not knocked down by others, but by themselves," this is the truth that many people agree. In order to achieve mental health, we must have a correct evaluation of the individual. We should not be humble, ashamed or arrogant. This is the development subject of "healthy self-consciousness". Self esteem, self-confidence, self-reliance, self-control, self-improvement and self love can be used as specific indicators for the development of self-consciousness; sincerity, understanding, trust, consideration, enthusiasm, friendliness, humor and openness can also be used as specific indicators for personality improvement, all of which can provide effective support for the cultivation of psychological quality. If we can combine the development of self-awareness with the improvement of the whole personality, and constantly carry out self-monitoring and self-education, then the improvement of psychological quality will be rapid.

The eighth is to lift the shackles of the secular. People are often shrouded in the secular world, unable to come out. For many things like step-by-step, can not do innovation. If you can't walk out of the mire of step-by-step in your study, work and life, you can't have broad mind and broad mind. Because we can't innovate in one thing, then we can't innovate in our own life or even in our own life, and we can't really live or make a difference. However, as long as we break through the shackles of the secular, think actively and take sincere actions, we can play an amazing potential and creativity.

3.3. Bringing Psychological Quality Education into the Classroom

Because there are few schools offering psychology courses in high school. Therefore, it is necessary for colleges and universities to set up a series of courses in general psychology, college students psychology, social psychology, psychological crisis intervention, etc. in accordance with the mode of Ideological and political theory course. Combine the psychological quality education with the moral education, teaching and management of the school, optimize the education way, provide the quality of university teachers in pedagogy and psychology, integrate the psychological quality education of college students into all aspects of teaching, through these measures, make college students accept the correct guidance of psychological quality, and make college students own psychological quality We should attach importance to the cultivation of quality.

3.4. Establish and Perfect the Management Network of Psychological Quality

The school can set up a special psychological quality education office, equipped with professional psychological quality tutors, at the same time, the student group organization should also set up the corresponding psychological quality management department, the class should be equipped with psychological quality committee members, and regularly hold special reports and lectures on psychological quality for the relevant personnel of the above departments, so as to fully integrate theory with practice and improve their psychological quality We should make full use of modern means, such as school radio, computer network, campus TV, etc. to publicize the knowledge of psychological quality through multiple channels and forms.

3.5. Increase the Scientific Content of Psychological Quality Education

Colleges and universities should constantly innovate the means of education. Under the new historical conditions of information and network, colleges and universities should actively study the new situation and problems faced by the psychological quality education of college students, and constantly innovate and broaden the channels of psychological quality education. Colleges and universities should make full use of the "double-edged sword" of the Internet, develop their strengths and avoid weaknesses, take the initiative to occupy the online position,

and sing the main melody of online education. Taking advantage of the advanced nature and superiority of the network, we should pay attention to the combination of the Internet and the Internet. We should give full play to the positive effects of online psychological education and minimize its negative effects.

3.6. Increase the Flexibility of Thinking

The flexibility of thinking means that people can consider and evaluate problems from different perspectives. That is to say, we can not only see problems from a negative perspective, but also from a positive and neutral perspective; we can not only see problems from a static perspective, but also from a developmental and dialectical perspective. So as to form a correct way of cognition or change the distorted way of cognition, increase the flexibility of thinking, learn to think objectively, and do not dig into the corner. In the face of the same situation, there should be a variety of considerations and choices. Even if the problem has been settled, we can draw new conclusions and find new solutions. For example, Fengli, a marketing major in our school, was an active member of school activities when she was a freshman. She not only worked in the class, but also in the school student union. She also participated in a series of activities such as speech contest, debate contest, and won many awards. However, when she failed in the final exam of freshman, she became It was a huge blow to her that she was the only female student in her major who had been a part of the program. The situation that she fell directly from the peak to the bottom almost made her despair. At that time, she thought, my future must have gone, my life must have been destroyed, and my college education must have no meaning. At that time, she fell down and even faced the risk of dropping out of school. But she was very lucky. She met her head teacher. With the careful instruction of her head teacher, she quickly walked out of the dilemma, faced up to her own problems, and bravely faced the problem of hanging up. Then she worked hard to study. In her sophomore year, she won the national inspirational scholarship. In the final exam of her junior year, she ranked first in the whole major with a far leading credit score point. Now She works for a company in Beijing. She is creating new miracles in her job. She got out of the dilemma completely. It can be said that it was because of the one time she was suspended from the university that she was really strong, that she had the courage to stand alone in life, and that she really had the confidence to face the difficulties and setbacks in life. Just as the so-called problem itself is not a problem, how to look at it is a problem. If we look at it from another perspective, maybe this problem can be turned into an opportunity.

3.7. Carry out Group Counseling Activities for Theme Classes

First, design the preparation activities. Because they are classmates, they are familiar with each other, so it doesn't take too long to prepare for the activity. The preparation activities can be games, singing, etc. to create a relaxed and warm atmosphere, enhance students' interaction with each other, prepare for the main activities, and avoid some students' reactions of embarrassment, resistance and indifference. The preparatory activities can also be some activity-based teaching aiming at the theme, popularly explaining the knowledge related to the theme of the activity, so that students can acquire the psychological knowledge and skills related to the theme of the activity, such as the relationship between motivation and examination, the influence of self-awareness on self-confidence, the effect of learning strategies, etc.

Secondly, design and carry out formal class psychological counseling activities. The key to achieve the goal of class psychological guidance is to carry out activities. Activities can be carried out in a variety of ways, and we can talk about ourselves or others. For example, "how to know yourself" and "how to know others"; you can draw what you want to draw in your heart, or you can feel music; you can introspect and share, such as "lifeline" and "bitterness and joy sharing"; you can be real or simulated, such as "my real puzzles" and "role playing"; you can

tell stories, but also play games. For example, "positive psychological suggestion", select the students who are relatively not confident and brave in the class and divide them into group A, divide the remaining confident and brave students into group B, then let the students in group B encourage the students in group A in their daily study and life, and give them positive psychological suggestions, such as: "you are excellent", "you are great", "you are talented", etc. Wait, this is a long-term activity, which needs to be carried out. But if it is carried out, there will be unexpected gains.

3.8. Strengthen the Construction of Campus Culture and Enrich the Cultural Life after Class

Give full play to the group education function of College Students' community activities and their ability of self-education and self-management. This year, our campus has set up the "soul station" bulletin board and broadcast special reports. Enriching the after-school cultural life of college students, especially the collective activities, has a subtle education and adjustment effect on enhancing the cohesion of students, improving their self-confidence, strengthening their interpersonal communication, adjusting their mentality to adapt to the environment, etc., and is also conducive to instilling and imparting knowledge of psychological quality to college students in the way they like to hear and see, Carry out psychological quality education to guide the development of College Students' psychological quality.

4. Summary

In a word, to strengthen the psychological quality education of college students, we should grasp the scientific principle and adhere to the policy of focusing on construction and based on education. Based on the comprehensive understanding of the characteristics of College Students' psychological quality, the college students should face a series of problems in their growth, such as the coordination of interpersonal relationship, the adaptation of environmental changes, etc. Therefore, colleges and universities should ensure the correct direction of psychological quality education, actively guide students and promote their healthy growth..

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