

# Research on Psychological Construction of College Counselors in Response to Major Epidemic

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## Abstract

**Based on novel coronavirus pneumonia outbreak since the outbreak of the new instructor's work, this article analyzes the psychological construction approaches and methods of University Counselors in response to major epidemic situations from three dimensions: strengthening political psychology construction, strengthening academic psychological construction and innovating psychological work methods, so as to provide new ideas for developing university students' management and education in the context of normalization of epidemic situation.**

## Keywords

**counselor, major epidemic situation, psychological construction.**

## 1. Introduction

The novel coronavirus novel coronavirus pneumonia (COVID-19) has spread to nearly 200 countries and regions in a short time since the outbreak of the outbreak of coronavirus pneumonia (COVID-19). Up to July 25th, more than 15 million new cases of the global coronavirus pneumonia (COVID-19) have been infected, and the epidemic trend has not been effectively controlled. On the contrary, due to the appropriate measures to deal with the epidemic situation, adhering to the national game and taking joint prevention and control measures, the outbreak of the epidemic was basically effectively controlled within two months. However, due to the deepening of national exchanges and exchanges, the pattern of "you in me, I have you" has been formed. The international community's exchanges and exchanges will inevitably lead to cross infection or virus transmission. Therefore, as early as middle March, our country has put forward new measures for epidemic prevention and control of "internal rebound, external prevention and import". As a special place with high staff mobility and high personnel aggregation, in order to avoid the risk of epidemic infection or spread caused by student mobility, the Ministry of education requested that the school should be delayed in 2020 and issued the guidance on online teaching organization and management in Colleges and universities during the period of epidemic prevention and control (Jiao Gao Ting [2020] No. 2) , requiring colleges and universities to adhere to the policy of prevention and control of epidemic situation "Suspension of classes and continuous teaching, suspension of classes without suspension of school", take the combination of online and offline to promote the education and teaching work.

As college counselors, in the face of a major outbreak, they should not only quickly and correctly transmit the policies, notices and requirements of the central government and governments at all levels, education administrative departments and schools, but also pay attention to all kinds of pressures brought by students' epidemic prevention and control, online and offline learning, and being unable to return to school in time due to the impact of the epidemic situation, and closed campus management after returning to school. How to strengthen the psychological construction of college counselors becomes the key to the above work. Combined with the actual work and the needs of anti-epidemic, the author thinks that

to strengthen the psychological construction of college counselors, anti-epidemic should start from the following aspects.

## 2. Strengthening the Construction of Political Psychology

Through strengthening the study of anti-epidemic policy and anti-epidemic knowledge, we should avoid making political, scientific and intellectual mistakes. The outbreak of novel coronavirus pneumonia (COVID-19) is a major public health event. The outbreak of the outbreak has been more than six months. The problems of virus traceability, confirmation of the intermediate host of the virus and the research and development of the virus vaccine have not been solved. The current international situation is more treacherous and the conflicts between countries are escalating.

In the face of the new situation, as college counselors, they should first improve their political position, and always keep a high degree of consistency with the Party Central Committee in the face of epidemic prevention and control and the international situation. We should conscientiously study and understand the notices, documents and policies on epidemic prevention and control issued by the Party Central Committee and departments at all levels, and implement the spirit of the Central Committee and the higher authorities in accordance with the actual work. We should correctly understand the essence of international problems, understand the Cold War mentality of a few Western countries, and try to cover up their own problems by transferring the responsibility of failing to fight the epidemic at home to other countries. Therefore, we must always understand and solve problems from the standpoint of the state and the people and from the perspective of maintaining peaceful coexistence and mutual benefit and win-win situation among countries.

Secondly, novel coronavirus pneumonia prevention and control knowledge should be studied seriously. We should know the novel coronavirus pneumonia transmission way, and do some outdoors protection measures. Correct distinction between common cold and new coronavirus pneumonia, to avoid unnecessary tension or psychological pressure. In case of fever, cough and other symptoms, truthfully report whether there is a residence history in the high-risk area of the epidemic situation, and receive epidemiological investigation to ensure that the situation is grasped at the first time. Conscientiously study novel coronavirus novel coronavirus control knowledge manual, new coronavirus control knowledge manual, new crown virus pneumonia prevention and control "seven cases seven systems three processes", seven step washing techniques, proper wearing masks and other specific prevention and control knowledge and methods, to ensure safety at home and travel.

With a correct political stance and scientific knowledge and methods of prevention and control, we will not make political, scientific and intellectual mistakes. We will strengthen the construction of political psychology by familiarizing ourselves with policies and knowledge to ensure the implementation of our work.

## 3. Strengthening the Construction of Academic Psychology

In the face of the spread of new coronavirus pneumonia, we must take scientific methods to prevent and control. College counselors, as managers and educators who directly face the majority of students, must strengthen academic psychology in the process of epidemic prevention and control. They should do a good job in specific work with the concept of scientific research, pursuit of excellence and social service, implement the anti-epidemic work to the management nerve endings, and help students solve the learning difficulties, psychological problems and life difficulties caused by the epidemic situation.

First, we should do a good job in data statistics of epidemic prevention and control. According to the requirements of the epidemic prevention and control department, accurately grasp and timely fill in the basic information of the students under their management, so as to achieve accurate data and smooth communication for each student under their management. Through the daily report and zero report system of students' activities and health status, we can timely and accurately grasp the changes of students' itinerary, their travel history since the outbreak of the epidemic and whether they are infected, suspected or isolated. When it comes to students in high-risk areas, it is also necessary to report timely whether the students themselves and their families are infected and whether they have other diseases.

Second, we should do a good job in the management and guidance of students who are not suspended from classes. Due to the impact of the epidemic situation, most students will not be able to return to school at the beginning of school in 2020. According to the requirements of the higher authorities, the school adopts two ways of online teaching and online and offline mixed teaching to promote the "suspension of classes without suspension". This new teaching method, because most of the students participate in online teaching in most cases and most of the time, and lack of the sense of perception of offline teaching, which increases the difficulty of student management. Therefore, it is necessary to make full use of the existing Wechat, Weibo, QQ, telephone and other management means, and actively develop new management tools, such as Tencent conference, superstar learning link, nailing, and other software functions, and give the Teachers should establish a real-time connection mechanism to ensure that they can grasp the situation of students in class at the first time. For the students who do not attend the online teaching on time, master the specific situation to avoid the lack of management.

The third is to do a good job in the related work before and after returning to school. Before returning to school, according to the requirements of the school and the higher authorities, do a good job in grading and classifying the back to school statistical work, do a good job in the preparation of epidemic prevention and control before returning to school, and remind the students of various preparations when returning to school. When students returning to school, do a good job in receiving students back to school, so that service, care and safety are in place. For individual students due to travel fatigue and other high body temperature, timely take epidemic prevention and control measures, do have temperature care. After students return to school, do a good job of prevention and control measures, including students do not gather, canteen meals do not pile up, dormitory does not visit the door, dormitory ventilation, etc. Adhere to the system of combining teachers' temperature measurement in students' dormitories three times a day and students' self-examination, timely and accurately grasp students' physical conditions, and minimize the risk of cross infection and clustering infection. For the students who can't return to school for various reasons, we should do a good job in the guidance of study, examination, party and League work and student activities to ensure the smooth development of various work.

Fourth, do a good job in statistics of students' participation in local or community volunteer services during the epidemic period, and strengthen the collection and publicity of typical cases. After the outbreak of the epidemic, nearly 30 students in our college actively participated in the local or community epidemic prevention volunteer service activities according to the call of the local or community, "take part in the anti-epidemic with the party emblem", participate in the activity of "volunteer service of the vanguard of Party members", participate in the distribution of community publicity materials, the management of community personnel in and out, and the voluntary duty of the village community. This vivid case is a good teaching material for strengthening ideological and political education, party spirit education and voluntary service spirit education of self-help. We all strengthen safety

guidance and service awareness education for students participating in voluntary service at the first time, and report it in time.

Fifth, help students with difficulties accurately. This epidemic is a severe test for our work. For example, our college enrolls students in 27 provinces (cities and autonomous regions), including 49 students from Hubei Province and 5 students from Wuhan city. For some students in Hubei Province who are unfortunately infected with the disease, we arrange counselors and class tutors to directly track and contact the student, timely grasp the situation of the student and his family, and timely give psychological counseling and emotional comfort for the repeated illness in the process of treatment. Finally, he was cured and discharged. There are 39 Jilin students in our college, and 1 student is at high risk. The counselor should keep in touch with the students at any time to resolve their worries. In addition, due to the impact of the epidemic, students with family life difficulties will be given financial assistance through the school funding management center. In addition to financial assistance, the linkage mechanism of counselors, school work office, general Party branch and school mental health education center should be established to provide timely psychological assistance to students who encounter difficulties in family accidents.

Through careful work, collect and sort out the students' basic information and basic information, and timely report them to the college's leading group for epidemic prevention and control, and carry out the notices and requirements issued by the higher authorities, so as to ensure that there are no omissions and dead ends in the work.

#### 4. Innovative Psychological Work Methods

Due to novel coronavirus pneumonia novel coronavirus pneumonia, psychological problems, mental illness and other psychological problems, the study shows that the proportion of college students with anxiety and the proportion of depression has increased, which indicates that the COVID-19 epidemic stress state of College Students' depression and anxiety are highly positively correlated. [2] Therefore, in the face of the psychological problems of college students after the outbreak of the epidemic, counselors can effectively improve their own mental health status by innovating psychological work methods to promote college students' mental health education and psychological crisis intervention.

According to the regulations on the construction of College Counselors (Ministry of education Decree No. 43), one of the responsibilities of college counselors is "mental health education and consultation". To assist school mental health education institutions to carry out mental health education, conduct preliminary investigation and counseling on students' psychological problems, organize and carry out publicity activities on mental health knowledge, and cultivate students' rational, peaceful, optimistic and healthy mentality. "Novel coronavirus pneumonia is a new mental health condition is aimed at general psychological work. On this basis, it superimposed the new mental health status after the outbreak of new crown pneumonia. Generally speaking, the groups of college students with mental health problems that need to be paid attention to include the students from Hubei Province, Jilin Province and other high-risk areas of epidemic situation; the groups of infected, suspected or isolated observers due to the epidemic situation; the groups with family changes, economic difficulties and learning difficulties due to the impact of the epidemic; the groups with increased psychological pressure due to other diseases and themselves. There are groups with psychological disorders, psychological problems or mental diseases. These groups of students need classified guidance.

The first group is students from Hubei Province, Jilin Province and other high-risk areas. The vast majority of these students are not infected with diseases, nor do they have other physical diseases or psychological problems, just because they come from high-risk areas of the

epidemic and may be discriminated against by other students. Counselors should do a good job in two aspects. Novel coronavirus pneumonia is a correct understanding of the new crown pneumonia epidemic situation, and clear the high-risk areas of the epidemic, especially the people in Wuhan, Hubei, has made positive contributions to the national anti-epidemic work. Wuhan has been recognized as a heroic city, making this voice the strongest voice. Second, through caring for the students from Hubei and Jilin, we should strengthen the psychological construction, reduce the psychological sensitivity, and avoid negative psychological emotions because of the words of others. Third, once the students in other areas have similar discriminatory behaviors or words against students in Hubei and Jilin Province, we should stop them in time and strengthen guidance and education.

The second category is from the infected, suspected or isolated observers. This part of students are most vulnerable to discrimination and isolated attack. Counselors' work is to reduce the scope of knowledge as far as possible, not to publicize the details of these students who have been troubled by the epidemic situation, and do a good job of confidentiality of students' information and protection of students. Novel coronavirus pneumonia is the key to the disease. Secondly, we should do our work well and do our best to eliminate the fear of the new crown pneumonia and enhance the understanding and support of the healers, suspects or segregated people, and accept them to avoid discrimination. Three, novel coronavirus pneumonia epidemic will be weakened after the students return to school, and publicity and education should be strengthened to enhance the prevention and control of epidemic diseases and knowledge.

The third group is the group with family changes, economic difficulties and learning difficulties due to the impact of the epidemic. This kind of students should solve problems in different categories. For the students with family changes, especially those who have family members' death and Family Divorce, we should strengthen psychological counseling, so that students can get out of the shadow of family changes and return to normal life as soon as possible. For the students with family financial difficulties caused by the epidemic, we should make full use of the national funding system, including national student loans, national grants, school love funds and other means to solve the financial difficulties as far as possible; secondly, actively arrange work study posts to obtain certain subsidies; or, if conditions permit, arrange part-time jobs as far as possible to solve the positive difficulties. If the economic difficulties are relieved, the psychological pressure will also be reduced or resolved. For the students with learning difficulties, due to the impact of the new crown epidemic, we have to strengthen the application of e-learning technology. On the one hand, we can strengthen the guidance and training of e-learning technology to solve the technical problems. On the other hand, through patient and careful heart to heart talk, we can master the causes of students' learning difficulties, and then solve them pertinently.

The fourth group is the group with increased psychological pressure due to other diseases. This part of the students should strengthen the contact and communication with their parents, and actively cooperate in the treatment of their physical diseases. During the treatment, make full use of the online system to make up for the learning difficulties caused by the absence of class. Coordinate with teachers, do a good job in students' submission of course assignments and participation in course assessment. If a very small number of students have the problems of delayed examination and make-up examination, they should actively help solve them and solve their worries.

The fifth category is the group with psychological obstacles, psychological problems or psychological diseases. This is the top priority of psychological work. We should make full use of the existing mental health education and psychological crisis intervention mechanism, that is, to use the linkage mechanism of dormitory psychological liaison, class psychological members, student union psychological work department, college psychological work leading

group and school mental health education center to timely grasp the abnormal changes of students' psychology, and once psychological intervention is needed. In addition, it can intervene in the first time. Counselors usually strengthen the care of these students, encourage them to actively cooperate with the school psychological counseling, if necessary, to the specialized mental health hospital for psychological counseling or psychotherapy. If it develops to the degree of suspension treatment, timely contact and communicate with parents, do a good job of home school co management mechanism, and timely solve all kinds of psychological problems.

In short, novel coronavirus pneumonia is a new type of college student counselor. Under the background of the global spread of the new crown pneumonia and the normalization of the domestic epidemic situation, we need to strengthen our psychological construction from the political level, academic level and psychological level to do well in student work. Only with excellent psychological construction and good mental health, can college counselors effectively carry out the management and education of college students and truly become the life tutors of college students.

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