

Research on the Education System of “5-dimension education” in Colleges and Universities

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Abstract: *With talent training as the fundamental task, colleges and universities should promote the integration of morality, intelligence, physical education, aesthetic and labor through the establishment of the education system of "5-dimension education".*

Keywords: *5-dimension education; education system;*

1. Introduction

Colleges and universities should insist on the effectiveness of talent training as the fundamental standard for testing all school work. To overcome some one-sided behaviors such as emphasizing intellectual education and neglecting moral education, emphasizing scores and neglecting quality, colleges and universities should innovate procedural evaluation methods for morality, intelligence, physical education, art and labor, and improve the comprehensive quality evaluation system. We should build and improve the “5-dimension education” system by adopting the following strategies: “moral education to enhance ethnic practices” “intellectual education to better wisdom” “physical education to strengthen wellbeing” “aesthetic education to increase aesthetic ability” “labor education to hone will. In doing so, we can make holistic progress in the five dimensions, promote students' physical and mental health development in an all-round way

2. Grasp the basic connotation and internal connection of the 5 dimensions

First, people cannot stand without virtue, so the foundation of educating people in colleges and universities is to build morality. Morality not only exists as the core of human society, but also the soul of human spirit. Moral education is an activity that uses Chinese excellent traditional culture to educate and guide college students, enhance their ideological and moral cultivation, and encourage them to devote themselves to cause of our country. It plays a core role in guiding college students to strengthen their ideals and beliefs, enhance their moral cultivation, and establish a correct world outlook, outlook on life, and values. Second, wisdom is the general term of wisdom, knowledge and ability. Third, the body is the most real existence of people, second, wisdom is the general term for wisdom, resourcefulness, knowledge, and ability. The future of the country and the hope of the nation require the young generation to have ideals, capabilities, and responsibilities. Capability means to have "wisdom", which is a collection of knowledge, learning, skills, and wisdom. Intellectual education is mainly to teach students systematic scientific theoretical knowledge and basic skills, especially to cultivate students' critical thinking and creative thinking, to help and guide students to conduct scientific exploration independently, and then to promote students' intellectual development and improvement of skills. Third, the body is the most authentic existence of human beings, the material basis for human development, and the basic guarantee for the growth of young students. Physical education is an activity that strengthens students' physical fitness and mental health through physical exercises with respecting the growth and development of the body. It also teaches students the basic knowledge of sports and health, basic skills of sports and physical exercises, cultivates sports character, and promotes students' physiology and psychology so that the students can develop healthy behaviors to adapt to different environments. Fourth, beauty is the perceptual manifestation of ideas. It is not only the beauty of the external body and behavior, but also the beauty of the internal thoughts and soul, which is the harmonious unity of internal and external. Aesthetic education is about appreciation as well as sentiment and spirit. The core of it is the cultivation of aesthetics and humanistic qualities. It educates people through aesthetics and cultures in the form of art, so that students can establish correct aesthetics and improve aesthetic quality in the process of understanding, discovering, feeling, and

creating beauty. It is an important value of aesthetic education to guide students in pursuing truth, goodness and beauty, creating a beautiful life, and enhancing the enjoyment of beauty. Fifth, labor is the most basic and common form of human activities. Only through labor can the full development of human beings be truly realized. Labor education uses labor as the carrier, through productive labor, to achieve the purpose of educating and training people, enabling students to master the basic knowledge and basic skills of labor, inspiring innovation consciousness, and enhancing their ability to practice and creative labor. In terms of labor, we must work hard and use our power to guide students to develop the character of advocating and respecting labor, and establish correct labor values. This is the fundamental value of labor education.

The construction of the "5-dimension education simultaneously" aims to realize the comprehensive development of students' morality, intelligence, physical education, art and labor, and the five educations support each other to form a complete and comprehensive closed-loop education. The key to the "five educations" is their interconnection. Moral education is the prerequisite and plays a leading and leading role; intellectual education is the core, which consolidates the foundation of knowledge and intelligence; sports is the guarantee and builds the physical barrier; aesthetic education is the sublimation which enhances the state of becoming a talent; labor education is the only way for students to grow and become a talent.

3. Practical path of building the "5-dimension education" system.

3.1 With "moral education to enhance ethnic practices" to guide students to shape great morality, observe public morality and acquire strict personal morality

The most basic requirement for a person to succeed is morality. For college students, "morality" includes three aspects: nationally speaking, they should work for the rejuvenation of the country and the nation; socially speaking, they should strictly observe the public morality to serve the society and the people; and personally speaking, they should strictly practice self-discipline. First of all, students should be guided to establish the great virtue of seeking rejuvenation for the nation. We will guide students to establish patriotic morality, consciously practice core socialist values, and shoulder the mission to build a stronger country. Secondly, students should be guided to strictly observe the public morality of serving the society and the people. Colleges and universities should strengthen ideological and political education with ethnics education as an important part. They need to integrate ethnic education into practice, guide students move toward "people-centered" philosophy through volunteer service activities so that they can achieve their life goals in serving the society and the people. Finally, students should be guided to be strict with their own discipline. Finally, we must guide students to be strict in self-cultivation. Colleges and universities should strengthen the construction of teachers' morals, and teachers should influence students with their noble virtues and academic morals, and be the guide for students to grow healthier. It is necessary to clarify the moral education goals, content and carriers of moral education for students at different stages, and explore the establishment of a process moral education evaluation system involving multiple parties from schools, society, and families. Through ideological guidance, publicity and education, cultural influence, etc., we can cultivate a campus culture atmosphere of virtue and kindness, so that students can consciously strengthen their ideological and moral cultivation, embrace patriotism, dedication, honesty and friendliness, button the first button of life, and grow into newcomers of the era with good morals and inclusiveness.

3.2 With "intellectual cultivation to better wisdom" and guide students to grow knowledge, skills and focus on innovation

In order to enlighten the students, it is necessary to build a high-quality and high-level talent training system, improve students' awareness of innovation, enhance their innovative thinking ability, and cultivate high-quality talents. First, we should deepen professional education. We will scientifically formulate plans for the construction of majors in universities, implement supply-side structural reform of majors, and establish and improve a mechanism for dynamic adjustment of majors. It is necessary to educate and guide students to learn professional knowledge well, and have extensive knowledge reserve and advanced professional ability. Only by understanding the basic knowledge of the discipline deeply, can they further extend and expand, enrich their learning fruits, increase their knowledge and ability. In addition, we should also guide students to involve in extensive multidisciplinary knowledge, so that they can have good logic, judgment, discrimination, analysis, decision-making and other abilities. Second, we should strengthen the academic atmosphere. Colleges and universities should

strengthen the construction of academic atmosphere by improving the "five" rate, namely class attendance rate, class head-up rate, academic integrity rate, academic qualified rate, advanced study rate. We can guide students shift from "want me to learn" to "I want to learn" by awarding the typical, advanced students so as to build a hardworking and competitive academic atmosphere. Third, we should strengthen innovation education. College students are imaginative and creative, therefore they are the most active group of innovation and entrepreneurship. Colleges and universities integrate innovation and entrepreneurship education into the whole process of talent training, strengthen cooperation with the government and enterprises through the integration of industry and education, cooperation between schools and enterprises, and strengthen cooperation with students through various platforms such as innovation and entrepreneurship competitions and entrepreneurial project incubation. We strengthen the cultivation of innovative spirit and entrepreneurial awareness to improve their innovative and entrepreneurial capabilities and become innovative talents.

3.3 With "physical education to strengthen wellbeing" to guide students to build up their bodies, strengthen their spirits, and exercise their bodies and minds

Colleges and universities should adhere to the concept of "health first", and enable the students to enhance their physical fitness through physical exercise. We should realize the importance of physical education for sports can not only improve students' physical condition, but also contain the physical spirit that can reshape students' personality. First of all, schools should have enough physical education classes. It is necessary to comprehensively improve the quality of physical education and teaching, with sufficient physical education courses, excellent professional physical education teachers, and complete physical exercise facilities and equipment, so that students can enjoy high-quality sports resources in the school. In addition, it can improve student participation and sense of gain, and enhance students' physical fitness, lay a physical foundation for growth and entrepreneurship. Secondly, we must organize all kinds of sports events well. Through campus sports competitions, it is not only possible to create a sports atmosphere on the campus of diligence in exercise, but more importantly, let students realize the sports spirit of persistence and unity. Physical education not only teaches students how to win under the constraints of rules, but also teaches students how to withstand setbacks with dignity and dignity. While strengthening their physique, they also enhance their awareness of rules. Finally, we must guide young students to develop the habit of lifelong exercise. Life lies in exercise, and exercise lies in persistence. Maintaining a healthy body is inseparable from persisting in exercise. Colleges and universities should strengthen the integration of physical education and ideological and political education, build physical education and ideological and political courses, run ideological and political education throughout the whole process of physical education, guide young students to adhere to regular exercise, establish correct sports concepts, and strive to become lifelong athletes.

3.4 With "aesthetic education to increase aesthetic ability" to guide students to understand, discover and identify beauty

Aesthetic education is to guide students to understand, discover, and identify beauty, as well as adhere to the correct aesthetic view, and be a person with aesthetic feeling. First of all, we should strengthen the construction of aesthetic education curriculum system. It is necessary to open good general art courses and humanities and social science courses for all students, build an aesthetic education curriculum system, give play to the function of the main channel of the course, promote students to form artistic hobbies, and improve students' aesthetic quality of feeling, appreciating and creating beauty. Secondly, we should launch rich forms of aesthetic practice activities. It is necessary to make full use of the traditional culture with local characteristics to carry out artistic practice activities, such as by organizing visits to revolutionary memorial sites, historical and cultural institutes, and hosting "Elegant Art Entering Campus" activities to guide young students to experience Chinese excellent traditional culture, revolutionary culture, and advanced socialist culture, enabling students to form a correct view on history, nation, and culture and enhance cultural self-confidence. Finally, we must guide students to identify beauty. The study period in colleges and universities is a key stage for a person to grow into a talent and establish correct values. The rapid development of the Internet provides a convenient way for college students to quickly increase their knowledge and obtain information. But tons of information make it difficult to tell right from wrong. It is necessary to strengthen the approval of the content of aesthetic education to prevent students from falling into "deep pits", and at the same time to improve the ability of young students to identify fakes, evils and ugliness and pursue truth, goodness and beauty.

3.5 With "labor education to hone will" to guide students to understand labor, be willing to work and love labor

Labor education has a basic, leading, and overall status in the education system. Colleges and universities should give full play to the comprehensive education value of labor education to build morality, increase intelligence, strengthen the body, and cultivate aesthetic, promote the spirit of labor, and educate and guide students to advocate and respect labor. They should incorporate labor quality into the comprehensive quality evaluation system of students, and guide students to establish correct labor values. First, we should provide comprehensive labor education courses. It is necessary to scientifically plan the labor education curriculum system, prepare labor education teaching materials and reading books, strengthen the publicity and education of labor concepts and labor spirit, incorporate model labor deeds and labor spirit into the classroom, teaching materials, and enter the mind in order to educate and guide students to understand labor, respect labor, and know how to work. The second is to continuously strengthen labor practices. It is necessary to create a campus cultural atmosphere that advocates and respects labor, expands the platform for students to participate in labor practice, and strengthens the substantive process evaluation of young students' participation in labor practice. We can organize campus greening, civilized dormitory, voluntary service activities and other forms to allow students to improve their labor skills, temper their will, strengthen responsibility, and cultivate students' spirit of hard work. Third, it is necessary to deepen research on labor education to give full play to the education function of labor education. The research of labor education theory is a major bottleneck so we must work hard to increase labor education theoretical research, develop labor education subject group base construction, and widely absorb students to participate in labor education scientific research projects and prepare labor education. Extensively attract students to participate in labor education scientific research projects and compile labor education practice instruction manuals, forming a batch of labor education theoretical research and practical innovation results. This will allow students to understand the true meaning of labor in theoretical research, understand the "what, why, and how" issues of labor education, and continuously deepen the recognition on labor.

4. Conclusion

In the education system of "5-dimension education simultaneously", morality, intelligence, physical education, aesthetic and labor are a logical whole interconnected and supported, which must be promoted simultaneously. By building and constantly improving the "5-dimension education", we can promote the high-quality development of higher education, and cultivate socialist builders and successors with comprehensive development of morality, intelligence, physical education, aesthetic and labor. This is the key to promoting the implementation of educational evaluation reform in universities, and also the mission of universities to cultivate people by virtue.

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