

A Study into the Integration of Ideological and Political Education and College Students' Quality Development Training

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ABSTRACT. *Quality development training is a new experiential teaching method. Its unique teaching characteristics and advantages make it widely recognized and loved by college students. Ideological and political education is a discipline that is vital in the entire education system. The unique teaching advantages of quality education have positively promoted the upgrading and reform of college students' ideological and political education. Exploring the integration path of ideological and political education and college students' quality development training will contribute to the overall health improvement of college students' comprehensive quality.*

KEYWORDS: *Ideological and Political Education; College Students; Quality Development Training*

CLC No.: G41 Literature Identification Code: A

1. Introduction

“Ideological and political education is a purposeful, planned, organized, and socially organized organization of internal members in the organization with commonly recognized ideas, ethics, and political concepts. This is a social practice that allows members to form ideology and morality that meets the requirements of specific societies.” Ideological and political education is rich in content, involving individual ideals, social consciousness, national consciousness, national will, political consciousness, moral education, scientific world view, outlook on life, values and many other contents. Ideological and political education is the foundation of the stable and harmonious development of the country and society. It is an indispensable and irreplaceable element of national education. Ideological and political education runs through all stages of education in China, and the development of ideological and political education in colleges and universities is particularly important. Ideological and political education can help universities form

a stable and correct concept of thinking and help college students play a good quality role in social production and life.

2. Basic Theory of Quality Development Training

Outreach training originated in the United Kingdom during World War II. After the end of World War II, the expansion training was quickly promoted. Nowadays, the expansion training has become the most popular and successful outdoor experience learning method in the world. In 1995, China officially introduced expansion training, which was widely praised.

Quality development training has four distinctive features: First, the activities have comprehensive characteristics. All the activities of the extended training program activities require students to have certain physical strengths. The physical activity activities throughout the whole process of cognition, emotion, will, and communication of ideological and political education, and the goals and processes of physical activity are clear. The second is to challenge the limits. The quality development training program will raise the difficulty on the basis of the students' existing ability and level. Students need to constantly challenge their own limits, customer service fears, and do their best to complete the task. The third is the individuality in the collective. Outreaching training is generally done in groups, requiring team members to write and complete tasks, while leveraging their individual abilities and taking into account other members of the team. At the same time, mobilize the team and the team to gain strength and confidence, teamwork and student personality are simultaneously revealed. The fourth is self-education. Quality development training teachers only need to inform the students about the central content, educational purposes, knowledge control requirements, and safety matters that need to be paid attention to during the activity of the project before the project activities are carried out. It is necessary to respect the subjective status and subjective initiative of the students, and not participate in the activity narrative and discussion. In the after-school summary, it is only necessary to do so, so that the students can speak for themselves and achieve the purpose of self-education.

3. Quality Development Training Plays a Positive Role in Promoting Ideological and Political Education for College Students

First, the quality development training experiential teaching method can help college students achieve ideological and political education to realize the unity of knowledge, action, emotion and meaning. The construction of the content of the quality development training project must adhere to the ideological principle. The primary task of the project activity is to train and enhance the ideological and moral quality of college students into the quality development work.

Knowledge is the understanding, the basis of all emotions and behaviors. Teaching knowledge is not just a simple reasoning, but also needs to be combined with reality. The combination of knowledge and action can effectively activate

ideological and moral cognition. Emotion is the inner experience caused by people's judgments on the good and evil of certain ideological and moral behaviors. The expansion training requires all the students to participate in the practical activities. Get emotional experience in activity practice, form correct thoughts and emotions, and transform thoughts and emotions into ideological and moral beliefs. Meaning is the spirit of overcoming external difficulties and internal psychological obstacles in the process of practicing socialist political moral obligations and responsibilities. The performance in practice training is the spirit of perseverance and courage. ② Expanding the training and teaching can enable college students to gain cognition in practice, form a firm ideal and belief in practice, and move forward toward their own goals. Behavior is an important sign of behavior, action, and measurement of her ideology and morality when a person makes behaviors and actions in social production and life. Individual ideology and moral habits are gradually accumulating new cities in a long period of repeated practice. Quality development training will improve students' self-consciousness and cultivate students' ideological and moral beliefs through students' cognition of content.

Quality development training follows the objective laws of the formation and development of college students' ideological and moral character. In practice, students can not only exercise physical fitness, but also optimize their ideological and moral cognition, strengthen their ideological and moral integrity, standardize their behavior, and achieve comprehensive and healthy growth.

Second, it can strengthen the effect of college students' ideological and political education and improve their physical and ideological and moral qualities. It is necessary to use colorful practice classroom activities as a carrier, and use practical teaching methods to mobilize the enthusiasm of college students to participate in ideological and political education and learning activities, expand the participation and educational effectiveness of ideological and political education quality training in colleges and universities, and promote the overall and healthy development of college students.

The practice teaching of quality development training program emphasizes the creativity, initiative and collaboration of students. Every activity item is difficult and dangerous. In addition to requiring students to continuously strengthen their physical fitness, students are also required to constantly overcome their fear, exercise and improve their self-regulation and emotional control, and form a good quality of perseverance and courage. Quality development training can also effectively inspire the imagination of college students and cultivate their innovative spirit and innovative ability. A complete quality development training consists of many links and projects. Undergraduates can independently exert subjective initiative and self-worth in these well-designed situations, improve their imagination, establish innovative spirit, and exercise their practical ability to solve problems. Quality development training is generally carried out in groups, requiring team members to collaborate and accomplish tasks together, which help to cultivate college students' spirit of teamwork. When team members participate in the project activities, they will experience success and failure, and will also experience the role of individuals in the group. In the group cooperation and competition, they will continuously

improve their psychological adaptability, cultivate their sense of responsibility, and establish team spirit and overall awareness.

4. The Way of Integrating Quality Development Training with College Students' Ideological and Political Education

The first is the integration of quality education and the teaching process of college students' ideological and political education. Curriculum education is the most commonly used education model in higher education. It is a systematic and expansive curriculum. Implementing curriculum education is the foundation of ideological and political education for college students. It is also a new form of the combination of ideological and political education and development education for college students. The systematic and normative nature of this educational model can have a great positive impact on the overall development of college students. Therefore, colleges and universities can open specialized elective courses based on specific quality development training content. The curriculum should focus on self-awareness and quality development training. The course content is divided into three stages, namely, the pre-class preparation stage, the in-class organization implementation and monitoring stage, and the student ability exploration and assessment stage. ③ The pre-class preparation phase is the basic stage of education. Before the class, the ideological and political education teachers can be organized to carry out systematic training, set up appropriate teaching teams, and transfer all the equipment needed for the course teaching. Reviewing the teaching plans of the teachers and reviewing them after the teaching plans have been approved by other teachers of the team. In addition, colleges and universities should provide teachers with a correct view of curriculum education. It is required that the preparation of the lesson plans must be based on students, follow the teaching tenet of helping students to establish correct ideals and beliefs, and meet the teaching requirements of "helping and guiding students to correctly understand themselves, develop themselves, and improve their overall quality".

Colleges and universities can provide academic courses for quality development training, help students to explore their potential, gradually break through the self, and improve the importance of teamwork and awareness training in practical teaching. According to the focus of ideological and political education, arrange corresponding training programs, such as communication style test, post-book transfer course, etc. The purpose of the curriculum is to integrate the teaching content and teaching methods after the students complete the training project practice experience, and form a new learning concept to help the learning and absorption of the content of the ideological and political education of college students.

The second is the integration in the after-school assessment. The assessment of college students' ideological and political education quality development training course consists of three contents, namely, the assessment of students' classroom performance, the assessment of the completion of homework, and the evaluation of

the content after class. Through the evaluation scores of these three contents, the students are evaluated in the growth of ideological and political education quality training classroom teaching. College students' ideological and political course teaching can also improve the attraction of quality development training in college students' ideological and political education by promoting quality credit certification. To enhance the motivation of college students to participate in quality development training activities, the students should be given corresponding credits through the evaluation criteria set by relevant certification bodies, so as to improve the enthusiasm and initiative of college students to participate in ideological and political education quality development training activities. Moreover, this can expand the participation of students and improve their interest in learning and understanding of the content of ideological and political education.

The third is to set up quality development training program activities with ideological and political education as the core. There are many design contents for quality development training, and it is necessary to have a complete and sufficient training theme. The most important thing is that students can achieve certain learning goals by participating in outreach training. The establishment of college quality development training project activities must be based on ideological and political education, and the project activities should reflect the main body of ideological and political education for college students. What kind of teaching effect needs to be achieved in each project and each stage is a problem that teachers must pay attention to in quality development training design. Only by scientific design, reasonable choice, quality development training and teaching can attract more learning to participate, thus achieving the purpose of quality development training.

Colleges and universities should also continue to strengthen the training of teachers, hire high-quality teachers, and provide professional training for quality development training teachers. Moreover, it is necessary to change the teacher's educational concept, master the students' ideological dynamics and psychological characteristics, and strengthen the ideological and moral education for students from both life and learning.

5. Conclusion

Strengthening the ideological and moral education and quality education of college students is the main theme of education and teaching in the new era. Quality development training is a new type of teaching method. It can cultivate and strengthen students' self-cognitive ability and ideological and moral literacy, and cultivate students' innovative spirit, innovative ability and problem-solving ability, and form a correct outlook on life and values.

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