

# Research on the Way of Promoting Students' All-round Development through the "Five Education Simultaneously" Education Mode in Colleges and Universities

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**Abstract:** In practice, it has been found that the ideal pursuit of "five educations" is based on the ideal pursuit of possibilities, which tests our educational determination, and under the educational concept of "five educations at the same time", the ideological and political education of Lide Shu people tests our educational wisdom. Promote virtue and benevolence, and cultivate the spiritual outlook of students. Step-by-step through moral education theme activities is the practical need of Lide Tree people's practice. According to the individualized differences and group characteristics of students, the moral education resources are effectively integrated based on the growth trend, which effectively increases the breadth and depth of the overall goal of Lide Shuren and promotes the comprehensive and individual development of students.

**Keywords:** five education at the same time; Ideology; Educating people; Comprehensive development

## 1. Overview of "five education"

To further implement xi general secretary in the national education conference speech spirit, enrich optimization education carrier and method, efforts to improve the school ideological and political education work scientific, pertinence and effectiveness, training "moral, intellectual, physical, beauty, labor" all-round development of socialist qualified builders and reliable successors, based on the "five education and" education concept, form distinct education characteristics, is our general education workers need to think about the problem.

### 1.1 Start the truth with wisdom

Developing people's intelligence lays the foundation of moral education for the development of students' five education. Intellectual education is a method to cultivate students' study independently. Effectively strengthen the revolutionary traditional education, ecological civilization education and traditional culture education, strive to realize the synchronous supporting curriculum, enhance the academic grade of curriculum, enhance the connotation of curriculum brand [1].

### 1.2 To strengthen the body

To enhance students' healthy body, the body, as the carrier of spirit and knowledge, is the prerequisite for their all-round development. It is very important to establish the concept of "health first". At the same time, we should make reasonable use of the existing sports venues, open rich and colorful sports courses, and carry out various forms of sports club activities. For example, in the campus sports meeting, the fun projects and competitive events are organically combined, not only promote the spirit of sports competition, but also lead a healthy lifestyle, let students fully feel the fun of exercise, cultivate the character of hard work in physical fitness, and temper the indomitable will. In the daily physical education teaching, the moral education penetrates into the whole process of physical education, and takes the moral education as the guiding ideology. Physical education should always run through the moral education thought, to cultivate students' healthy psychology and good character. Due to the standardization, practice, competition and entertainment of school physical education, school physical education has a special role in cultivating students' mental health and moral quality [2].

### ***1.3 To shape the heart with beauty***

To enhance students' aesthetic appreciation, we will conduct research on characteristic courses in aesthetic education, summarize and extract effective ways of integrating characteristic courses and "Five Education" education. At the practical level, using diverse, happy, and beautiful activity courses as carriers, we will promote the integration of "Five Education" into daily life and promote the construction of characteristic courses. For example, elegant music, art, science, etc., enable students to fully develop in moral education [3].

### ***1.4 To work hard***

Ideological and political education under the perspective of the "five education" can improve students' spirit of labor. In life, students should be correctly guided to actively participate in labor activities, teachers should take labor education as a basic task, so that students better understand labor activities, teachers and students often have the understanding of labor education is very vague or not enough attention. Lack of labor education is not conducive to the healthy development of students' body and mind. Therefore, teachers should pay more attention to labor education and combine labor education with learning education. Cultivate students' sense of responsibility and teamwork ability in the process of labor.

### ***1.5 Promoting good with virtue***

Through the series of moral education theme activities step by step, strengthen the comprehensive training is the practical practice of moral education. Moral education should pay attention to students' social adaptability and mental health. Mental health education can cultivate students' humanistic feelings, and it is also the core of moral education [4].

## **2. The implementation principle of "five education simultaneously" education mode**

### ***2.1 Stick to the right direction***

Adhere to the educational ideology with Chinese characteristics in the new era and educate people, implement the fundamental task of cultivating people by virtue, and practice core socialist values.

### ***2.2 Adhere to the face of all***

The education mode of "five education simultaneously" serves the growth and development of students, mobilizing teachers and students to participate in it, practice it, and study together together.

### ***2.3 Adhere to seeking truth from facts***

The process of promoting the work of "five education simultaneously" adheres to the principle of seeking truth from facts, and requires a true record, fair evaluation and objective evaluation of students' "five education" behavior.

### ***2.4 Persisting in reform and innovation***

Based on the existing talent training system, adhere to the reform and innovation, and build a "five education" education system, both in the combination of knowledge and action.

### ***2.5 Steady progress was made***

Based on the reality, constantly summarize, establish the system, step by step, step of progress in stability, promote the plan, gradually promote.

### **3. The implementation path of "five education simultaneously" education mode**

#### ***3.1 "Integration of five education" into the socialist core value system***

The socialist core value is an important embodiment of the socialist ideology. In the practical teaching, teachers should combine the thought of building moral education with the socialist core value system, and carry out the education work of the construction of moral culture. In the process of teaching guidance, teachers should adhere to the socialist core values. So that students can understand and master, improve students' cognitive ability, enhance students' correct social logic thinking consciousness. Teachers should actively communicate with students, understand students' real thoughts and interests, expand teaching methods, and use the optimized teaching guidance to make students learn, to avoid causing students' learning pressure. At the same time, teachers should also pay attention to the innovation of ideological and political education teaching mode, and be good at transforming the socialist core value system into the independent pursuit of ideological and political education. It also enumerates the integration of corresponding teaching cases and real life, actively expand the learning methods of students' moral education, stimulate students' enthusiasm for moral education, and make students realize the importance of independent learning of moral education. Teachers should focus on social pressure and learning pressure, improve students' psychological endurance and self-regulation ability, guide students to face the difficulties in life and learning with a normal mind and a sound personality, and pay attention to improving their psychological quality. In the history of modern Chinese education, "simultaneous development of five education" is the first educational thought that fully embodies the social value and human development value, and pursues people's freedom and harmonious development. The education of "five education" is the harmonious development of morality, intelligence, body and beauty, which meets the requirements of the historical development at that time and is a great progress in the history of educational thought. In terms of talent training, it also conforms to the educational law of the all-round development of people [5].

#### ***3.2 Strengthen civic education and organize social practice activities***

Give full play to the main channel advantages of ideological and political theory course to guide the teaching. Improve students' cognitive ability, enhance students' learning enthusiasm, so that students can better improve their moral quality in the process of ideological and political learning. In the teaching process, the teacher should be associated with the students' real life, pay attention to the students' learning status and state of thinking, guide the teaching, the practical problems in social life and the students' learning content, enhance students' learning interactive, enable students to actively into the classroom learning, improve the teaching quality of ideological and political education teaching. Moral education lies in emphasizing the moral education of qualified citizens, which is a necessary course to be strengthened and practiced before students enter the society. Teachers should pay attention to moral cultivation and cultivate students' self-education and self-discipline management in study and life. In the process of strengthening moral education, and carry out the corresponding practice, practice should pay attention to students' differentiation and personalization, respect the students' individual differentiation, attach importance to the mining each student's best, according to the differentiation degree of different students like to each student, actively carry out moral education activities, fully arouse the enthusiasm of students to participate in the activities of moral education teaching.

Through holding social practice activities, from the perspective of the practice content of moral education, cultural quality education is an important measure to form good habits. Moral development needs to strengthen the ties with the relevant social organizations in the course of the activities. With the active cooperation of social organizations, students can participate in social practice activities related to improving their personal moral quality, and improve the comprehensive effect of moral education under the effect of practical experience. For example, we can arrange students to participate in social public welfare activities to ensure that students improve their understanding of moral quality in social practice activities, promote the formation of personal moral habits, promote the improvement of social practice ability, so as to obtain good moral awareness and social moral experience.

Extracurricular practice activity is a good platform for carrying out mental health education. For some students with low self-esteem and bad emotions, extracurricular activities can let students as the main channel of psychological catharsis, which can improve the negative emotions of self-suggestion and depression. In the heavy learning task gap, we should actively carry out rich extracurricular practical activities, increase the communication between students on topics outside the classroom, open the gap between students and teachers, promote students' psychological sense of belonging, and cultivate a sound

and positive psychology and personality.

### ***3.3 Build a comprehensive evaluation system of "five education simultaneously"***

Starting from the top-level design, the school constructs a "five education" evaluation system with the semester cycle, pays attention to the growth and development of every student, and makes scientific, orderly and steady progress.

#### ***3.3.1 Establish a "Student comprehensive performance data platform"***

Establish the "student comprehensive performance data platform", and timely record each student's participation, performance, positive list and negative list in the five aspects of "moral, intellectual, physical, aesthetic and labor" according to the design project.

The "Five Education Simultaneously" office is responsible for managing the operation of the platform. The Practice and Modern Education Technology Center provides technical support for the platform, and the office, secondary colleges, and other departments set up platform administrators. The administrator is responsible for inputting and updating raw data for students, supervisors, and others. Students can upload their personal "Five Education" performance data themselves, or the activity organization department can uniformly upload it to the "Student Comprehensive Performance Data Platform". The supervisor is responsible for data preliminary review, and the counselor conducts data review. Students use their student ID as their registration number, set their own password, and submit and view their own data.

The reviewed student performance data of the platform will be extracted into the "Five Education Comprehensive Performance Card" to file the students' personal files. If students have doubts about the records of "student" five education "comprehensive performance card" (Table 6), they can question or appeal to the group leader online. The group leader is responsible for verification, and feedback the verification results to the office, and the office will correct the improper records. The platform sets up the functions of error correction and audit. If there is any error or omission, it can be corrected in time and confirmed after verification.

#### ***3.3.2 Set up the class "five education" evaluation group***

Establish an evaluation team, with the counselor as the leader, the head teacher as the deputy leader, the monitor, the league branch secretary and 3 class student representatives as the members. At the end of each semester, in the class "five education" summary and reflection meeting, the evaluation team conducts a scientific, reasonable, fair and just evaluation of students according to the data record and reporting of students' performance.

#### ***3.3.3 Set the "five education" level***

All performances are divided into five aspects: "moral, intellectual, physical, aesthetic and labor". The grades are divided into three grades: unqualified, qualified, excellent, based on the evaluation indicators and positive list and negative list. Each semester is required to be qualified. If there is unqualified, it needs to be rectified and qualified.

#### ***3.3.4 Establish a rectification mechanism and set up the rectification content***

If one of the "five education" semester is not qualified, the following semester can be given students one or two opportunities to rectify within a time limit. The rectification content is designed according to the idea of "where to fall, where to get up", the rectification meets the requirements, and the next semester is all "qualified" or above, the grade can be adjusted from the original semester "unqualified" to "qualified", but all the rectification items shall not be "excellent".

#### ***3.3.5 Establish the students' "five education" comprehensive performance card***

The "five education" comprehensive performance card is filed in the student file as important as the students' course scores. The course score table reflects the learning effect of students 'theoretical knowledge and professional skills, and reflects the situation of students' "knowledge". The comprehensive table of students "'five education" focuses on recording the performance of students' transformation into "action" through course learning.

#### ***3.3.6 The application of the "five education" level***

The "moral, intellectual, physical, aesthetic, labor" five grades as an important conditions for students to evaluate, evaluation, award. "Intellectual education", "physical education" and "aesthetic education"

reach the "qualified" level, "moral education" and "labor education" reach the "excellent" level, are the important conditions for evaluation, evaluation, evaluation.

### ***3.4 Establish the education platform carrier***

#### ***3.4.1 Moral education***

Organize reading classic activities. The school will provide a reading list, requiring students to read at least two books per semester during school classes, and to fail to complete the negative list. Every semester, the class will hold no less than one reading exchange meeting. Students will take turns to share their reading experience, spread positive energy, and exercise their expression ability. Organize moral education-related activities. Students will participate in various kinds of ideological selection or competition activities, such as "cultivate one's morality and aspire to serve the country" activities and other activities.

#### ***3.4.2 Intelligent education***

University-level science and technology innovation festival, university-level and university-level innovation and entrepreneurship competition, career planning competition, mock recruitment competition and other competitions, and implement training programs for college students, "Challenge Cup", "Internet +" college students innovation and entrepreneurship competition and other academic competitions.

#### ***3.4.3 Sports***

Physical fitness tests were performed. Establish the student physical fitness health test center, and strictly carry out the physical fitness test once every academic year. Promote hiking. Every academic year, I have a hiking activity with other classes, hiking, fitness, relax body and mind, meditation, temper will, and cultivate team spirit. Promote the running activities. Students were monitored for weekly running times and mileage with the running APP.

#### ***3.4.4 Aesthetic education***

University-level cultural and art festivals, various cultural performances, special activities of form training, language training activities, and class speech activities. Cultural and art performances, club carnival and community Open Day will be held.

#### ***3.4.5 Labor education***

Carry out professional public welfare labor. School etiquette, language, sports league and learning organizations that use their own interests and specialties to improve or guide students' manners, expression and physical exercise will be regarded as professional public welfare labor and can be included in the positive list of the organizer. To carry out social practice activities such as "three to the countryside" for college students in summer vacation, organize various volunteer service activities, and carry out related activities such as practice and training and professional services according to the characteristics of disciplines and majors.

## **4. Conclusion**

It is the inherent requirement of human's comprehensive development to comprehensively promote the "five education development simultaneously". At present, in order to carry out the project of moral education and human cultivation in the new era, build an education system of moral, intellectual, physical, aesthetic, and a high-level personnel training system, we need to focus on firm ideals and beliefs, cultivate patriotism, strengthen moral cultivation, increase knowledge and knowledge, cultivate the spirit of struggle, and enhance the comprehensive quality. Set up the education concept of health first, help students to enjoy the fun in physical exercise, enhance physical fitness, sound personality, and temper the will.

It is an inevitable choice to complete the fundamental task of college education in the new era. The rejuvenation of the nation depends on talents, and the people who shoulder the great responsibility of national rejuvenation must be those who have both political integrity and ability and have all-round development of morality, intelligence, physique, beauty and labor. In higher education, it must be its fundamental task to cultivate moral integrity and cultivate people, uphold the guiding position of Marxism, the socialist direction of running schools, and education serves the people, the governance of

the CPC, the consolidation and development of socialism with Chinese characteristics, and the reform, opening up and socialist modernization.

It is a major theoretical and practical subject for the reform and development to promote the development of colleges and universities. Since the National Education Conference was held, the majority of colleges and universities have made many effective explorations around the "five education of morality, intelligence, physique, beauty and labor", and achieved fruitful results, but some educators lack the theoretical understanding of the internal connection and interaction between the "five education". In terms of educational measures, most of them are strengthened in certain aspects of moral, intellectual, physical, aesthetic and labor, lack of system integration and the formation of "five education integration" talent training system. College education workers should take the initiative to adapt to the country to speed up the construction of "education and" education system of the trend, deeply grasp the basic requirements of college education system, build education system leading mechanism, collaborative education mechanism, resource integration mechanism, evaluation mechanism, comprehensive build integration of ideological and political work system, fusion power, promote students, for the comprehensive development for students to provide the best environment and the optimal atmosphere.

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