

Research on the Problems and Countermeasures of Ordinary Senior High School Career Planning Education under the Background of the New College Entrance Examination

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Abstract: Under the background of China's college entrance examination reform, high school career planning education is very important. Career planning education in high school is crucial to the development of students' life. Educators guide students to make effective plans and stimulate students' internal drive to make progress. It is an education that is related to the development direction and life-long happiness of students. Its core goal is to guide students to become adults and make contributions to society while realizing self-development. In this context, schools must do a good job in career planning education, so that students can make reasonable choices based on their own actual conditions, based on a full understanding of abilities and specialties, determine the majors they will apply for in the future, clarify their goals, and avoid selective errors. Students can develop better and meet the requirements of scientific talent selection.

Keywords: general high school; career planning; high school teaching; Chinese college entrance examination reform

Career planning education in senior high school is an education in which educators guide students to make effective plans, stimulate students' internal drive, and guide and support students to answer, "who am I", "where am I going" and "how am I going?" Education on three major issues. It is an education that is related to the development direction and life-long happiness of students. Its core goal is to guide students to become talents and make contributions to society while realizing self-development.

American career guidance expert Edgar Henry Schein regards career planning as a dynamic process, and everyone gradually forms their own career concepts based on their own talents, abilities, needs, attitudes and other factors. In the "National Career Development Guidelines" that has been implemented in the United States, the career planning of middle school students is clearly divided into three parts: self-awareness, education and career investigation, and career planning. Only let students have a clear understanding of themselves before graduation, know their hobbies, abilities, and what they want to do in the future, and form a systematic cognition. However, due to the high academic pressure and tight time in high school, the career planning class directly leads to a mere formality and does not really teach students. Students' weak awareness of career planning has seriously affected their future employment and life to a certain extent. Based on some relevant research in China, scholar Zou Wei believes that the career education of high school students should be divided into different stages such as academic career awareness and adaptation, academic career orientation and planning, academic career development and expansion, and academic goal adjustment and balance. Counseling and education should be targeted according to the tasks faced by students at different stages of their academic career^[1]. Zhang Ruiqin believes that career planning guidance in high school should include career orientation, career planning, career planning, financial planning, development strategies and evaluation strategies^[2]. It is very important for a high school student to combine his own advantages to choose his favorite subjects, fill in the college entrance examination volunteers, reasonably plan his university study content, make a good plan for his future career, and set up staged goals. Therefore, career education is particularly important.

1. The importance of career planning

1.1 Senior high school career planning education is an important content and carrier of moral education

High school career planning education is "an education that pays attention to the life development of each student and focuses on cultivating students' sense of responsibility for their own future"^[3], which is an important content and carrier of high school moral education. The essence of high school career planning education is a matching education, which is an education that matches self-needs with social needs, self-ideals and social ideals. The premise of matching is to allow students to understand and understand themselves, and at the same time realize that everyone must survive in society, realize their social responsibilities, and plan their lives in society. Therefore, high school career planning education also shoulders the responsibility of educating students on socialist core values, social ideals, and citizenship. Only such career planning education can cultivate qualified socialist builders and successors with a sense of social responsibility and mission.

1.2 High school career planning education should directly serve the college entrance examination

The college entrance examination is an unavoidable topic in high school education. The college entrance examination provides the maximum fairness for high school students and lays a good foundation for life for high school students. After the college entrance examination, high school students not only formally enter the ranks of adults in terms of age, but also experience an unprecedented baptism in body and mind. High school career planning education needs to directly serve the college entrance examination, and serve for high school students to choose universities, majors, futures and life rationally. For most high school students, no matter in the stage of preparing for the college entrance examination or in the stage of filling out their volunteers, they will get suggestions from all sides and be influenced by many aspects. Under such circumstances, in order to control oneself well, grasp the direction of progress, and make accurate judgments and decisive decisions, students need to continuously enhance their autonomy through career planning education in the process of studying. The college entrance examination and high school career planning education are complementary and mutually reinforcing, and their ultimate goals are highly consistent. On the one hand, the college entrance examination is a phased goal in the overall career planning. Schools should take the college entrance examination as an opportunity to guide students to better plan their studies and life, find the combination and common ground between the two, and strive to gain the support of students and parents. Recognition and support play a positive role in the development of career planning education; on the other hand, through career planning education, students have a clear understanding of themselves, clarify their goals, stimulate their enthusiasm for learning, and achieve ideal results in the college entrance examination. An ideal university lays a good foundation for future career development, which is also a sign of success in career planning education.

1.3 The importance of career planning education should be increased in high school education

The content of career planning is very rich, including academic planning, career planning, health planning, love planning, marriage planning and so on. Career planning education in high school should be emphasized, and academic planning and career planning should play an important role in career planning education in high school. Ordinary senior high school students are faced with the choice of subjects and majors for further studies. Career planning education can provide students with scientific academic and career planning, guide and help students choose suitable courses, and form a relatively reasonable curriculum that suits their personal characteristics in the three years of high school. The study plan is designed to prepare students for knowledge and ability reserves for better university study and future career choices in the future. Through career planning education, students can gradually realize their interests and abilities in the process of understanding themselves and society, learn to turn interests into subject advantages, into career interests and career pursuits, and gradually clarify their career direction. In this way, we can be targeted when choosing courses in high school and college majors, stimulate the inner value and potential of individuals, and realize their own goals and ideals.

2. The meaning and level of career planning

High school education under the reform of the college entrance examination should clarify the

direction and content of the reform and do a good job of career planning education on this basis, so as to encourage students to make correct choices in terms of academic planning and career planning based on reality. Career planning is to guide students to plan their future career in high school. This is based on correct self-awareness, including self-awareness, ability, interest, personality, specialty, willingness, etc. Correct your position, and then make a reasonable career plan to ensure that it is compatible with your actual situation, so that you can be in the right place in your career and achieve self-optimized development while following your development interests and expertise. There are three main levels of career planning education, which will be introduced in detail below.

2.1 Self-knowledge

The purpose of China's current college entrance examination reform is to promote students to have an advance plan for their own future development path. Under such a goal, career education in high school is indispensable and inseparable from educating students to correctly understand themselves. This is because if high school students have problems with their self-awareness, their positioning will be biased, which will naturally affect their academic planning and career planning. Self-knowledge must first let students know who they are, what kind of person they are, what they want to do in the future, and what dreams they want to realize^[4]. If students understand themselves objectively and comprehensively, they will be able to make correct and optimal choices in their career planning by combining their own personality characteristics, abilities, personal strengths, interests, dreams, wishes, and values, so as to ensure that their potential and strengths can be maximized.

2.2 Academic Planning

Under the college entrance examination reform, academic planning is an important part of the career planning education process for high school students. Academic planning can make career planning more systematic, enhance the combination with various courses, help to clarify one's own advantages in subjects, make it better adapt to high school learning and learning, and finally choose majors and careers according to one's own situation choose. Academic planning can strengthen students' understanding and understanding of high school courses, and then combine their understanding of their own personality, interests, abilities, and specialties to develop interests and specialties in subject learning, further tap and release potential, and enable them to better conduct subject learning. And discover the points of interest, the subject learning effect will be better, and finally in the college entrance examination major selection and career planning, make a reasonable choice based on the subject performance. The college entrance examination can implement and implement the goal of scientific talent selection, and students will also achieve higher academic achievements and ensure optimal development in their future careers.

2.3 Career Planning

Career planning is a part of career planning. First of all, it is necessary to ensure that students can accurately position themselves and have a correct and comprehensive understanding of themselves. In addition, students should understand the social development situation and the requirements of different occupations and positions for talents in various aspects. In the case of a comprehensive grasp of the internal and external information of career planning, evaluate yourself, combine interests, specialties, academic conditions, abilities, etc., as well as your own ideals and values, etc., to make a good career plan, and formulate a learning plan for achieving goals. High school students determine their career direction and choose a major in a targeted manner according to their own skills, specialties, personal hobbies, and their own circumstances. This not only meets their own career development needs, but also promotes the best use of talents. The results of the selection of talents in the college entrance examination will be more prominent.

3. Career planning education path

3.1 Do a good job in the construction of the three-level target system

In the context of the reform of the college entrance examination, in order to promote career education smoothly and effectively, it is necessary to do a good job in the corresponding top-level design and specific implementation plan. First of all, relevant departments and educators need to adhere

to the fundamental concept of putting students first, and actively build a three-level target system. Senior high school education not only requires teaching and educating people, but also plans and prepares students for their future development, so that they have the knowledge, ability, character, values, ideals, beliefs, etc. required to participate in social activities and jobs, and to undertake social responsibilities and historical missions. In the three-level target system, the first level should allow students to recognize themselves, which needs to guide them to conduct self-analysis from various aspects. In education, it is also necessary for high school students to understand various occupations, to clarify the characteristics of different occupations from a broad perspective, as well as the requirements for knowledge and ability, and to understand the relationship and influence between them. In this case, the academic development goals will be clearer, which will help students complete their studies better and lay the foundation for career planning; the second layer is to guide students so that they have the ability of career planning. High school students are developing in all aspects, including body and mind, learning situation, hobbies, abilities, etc. In career planning, scientific adjustments and choices should be made according to changes; the third level of career planning education is self-social satisfaction, and high school students will develop in the future. Breaking away from the education system, currently, it is necessary to independently carry out career planning and determine the direction of development. Through education and guidance, students could integrate personal value, work value, and social responsibility, and finally make plans and choices in comprehensive considerations, so that their careers and lives can develop in the desired direction.

3.2 Education should be integrated and individualized

Career planning education must not only permeate the whole process, but also be personalized. First, the content of career planning education must be targeted and systematic. At the same time, education must be integrated into all stages of high school career and must be comprehensively covered. High schools should strengthen the analysis and research of relevant aspects, learn the content of career planning, introduce relevant experience, and determine the content of career planning education according to the actual situation of each student, the direction and requirements of the college entrance examination reform and the needs of social development. Career planning education should avoid being static, and the content of career planning education should be determined according to the development of students in each period, and services should be provided in a targeted manner. For example, in the first year of high school, let students understand the importance of career planning and awaken awareness in this regard. Guide students to self-analyze and self-position and provide educational services for college entrance examination selection^[5]. In the second year of high school, career planning education should be expanded to enhance students' understanding of university majors, including which majors can be chosen in liberal arts and sciences, and the ability requirements of different majors. Connect majors and occupations, do a good job simulation, and let them experience it, so that they can form a clearer understanding based on self-knowledge. In the third year of senior high school, the ability of students' career planning and design will be exercised, opportunities will be provided for them to design independently, and teachers will provide targeted guidance. In addition, career planning education also needs to design voluntary reporting, "three views" training, etc. Each student's situation is different, so high school students' career planning education must be personalized guidance. For high school students, their career planning ability is limited, and they are still in the process of exploration. Sometimes there will be deviations in career planning due to problems in self-knowledge. Based on this, we must respect differences, and we can teach students according to their aptitude in career planning education according to the situation of students of different genders, different achievement levels, different personalities, different abilities, and different specialties. Education can provide one-on-one consulting services to help students solve the confusion in self-awareness and career planning, so that they can clarify their own strengths and weaknesses, and then determine development goals based on actual conditions, and then carry out academic planning and career planning. Personalized guidance should implement dynamic tracking and provide targeted guidance according to the development and changes of each stage to promote students to better adjust their career planning. In addition to face-to-face career planning guidance, online communication methods such as WeChat and email can also be used to provide students with personalized career planning guidance services. Combining with the career planning situation of each student, it promotes relevant information and career information of colleges and universities, so that students can plan scientifically and rationally according to their own conditions, and finally choose their own strengths in career planning, which suits their interests, hobbies and specialties. Development is beneficial.

3.3 Combination of in-school and out-of-school education

Under the college entrance examination reform, in order to do a good job in the career education of high school students, we must first do a good job in the school's education work as well as strengthen out-of-school education to improve the educational effect through the combination of the two. On-campus career planning education can carry out various experiential activities, and special clubs can be established to take students as the main body and make them design and organize activities related to career planning. For example, career planning knowledge contests can be organized regularly, students can also be organized to learn professional etiquette, or career planning and design opportunities can be provided for students to analyze and summarize experience. Comprehensively, through various on-campus career planning activities, students' experience and career planning ability can be enhanced. What needs to be emphasized is that it must not only involve comprehensive quality training, but also integrate into the requirements of career planning education in the reform of the college entrance examination. In high school career planning education, the classroom is the main front, and the content of career planning education should be determined according to the requirements of the college entrance examination reform, and the learning theories and methods should be guided. In addition, through actual cases and simulated experience, etc., enhance perception and strengthen self-knowledge, clarify the career that is suitable for oneself. The fun of career planning education will be improved. By simulating specific situations, students will be actively involved in exploration, and career planning will be formed in the process. In addition to on-campus career planning education, resources and forces from off-campus career planning education should also be introduced to form a joint force to jointly promote the effectiveness of career planning education. Strengthen school-enterprise cooperation in education, provide practical opportunities, so that they can deepen their understanding and understanding of the profession in the process, gain social experience, and carry out career planning in practical perception. Parents should play a role in career planning education. Parents of students are engaged in different occupations. They can invite them to introduce their occupations. They can usually lead students to familiarize themselves with the working environment of different occupations, provide support for students' career planning, and enhance students' understanding. It enables them to make correct decisions in terms of academic planning, professional choice, and career planning.

3.4 Do a good job in resource protection and management

In the process of career planning education for high school students, special institutions should be established to be responsible for career planning consultation, service, guidance, education, etc. Schools must work hard in this area, starting from the reform of the college entrance examination, analyzing the needs of career planning education, doing a good job in institutional construction, and clarifying functions and responsibilities, and at the same time integrating education and services to meet the needs of students' career planning. Establish a career planning committee, which is mainly responsible for collecting information, communicating with external parties, communicating with parents, etc., and comprehensively managing students' career planning and providing related services. Career planning should do a good job in the construction of teachers. It is necessary to strengthen the training of teachers in the school to strengthen their career planning education ability, and to let some professionals join the career planning of high school students through external recruitment. Career planning education should be four in one, based on teaching and research to compile career school-based teaching materials, and provide reading materials related to career planning education. These should be guaranteed with special funds. In addition, career planning assessment should be carried out to help students optimize in time.

4. Conclusion

To sum up, the effective development of career planning education can enable students to correctly understand themselves and can play a good role in guiding academic planning and career planning, helping students make correct choices, and ultimately enable them to achieve better development. The reform of the college entrance examination strengthens students' independent choice and is committed to improving the selection of talents and implementing the goal of scientific selection. Based on this, we must do a good job in career planning education for high school students. High school career planning education needs to be designed and carried out around the future development and happiness of students, and it is a job that every teacher should consciously participate in. The school's moral

education cadres, class teachers, ideological and political teachers, psychology teachers, and subject teachers should take the initiative to undertake the main tasks and responsibilities of career education in high school, but in addition to schools and teachers, individual students, parents, and even the whole society also need to further enhance the importance of career teaching and learning. Reach a consensus on the point of working together to build a comprehensive career education. Schools and families should support each other in career planning education. The important position of family in career education is irreplaceable, it can be said to be an important supplement to school education, and in many cases even plays a decisive role in the development of students themselves. Only in this way can we really promote students to better plan their lives. Continuously improving career education is a new requirement and challenge to adapt to the current reform system of China's college entrance examination, and it is a new attempt to promote the healthy growth of students. It is an education that awakens students' inner strength and stimulates students' internal driving force; it is an education that helps students understand the relationship between study and career, study and life more deeply; it helps high school students establish a positive and healthy world outlook, strengthen the application ability of cultural learning, and further optimize students' outlook on life and values. The exploration and research of high school career planning education are still on the way, and we need to work together to continuously promote and develop in depth.

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