

Research on the Countermeasures of College Students' Mental Health Education

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Abstract: *The Notice of the General Office of the Ministry of Education on strengthening the management of students' mental health clearly points out that we should further improve the pertinence and effectiveness of students' mental health work, strengthen professional support and scientific management, and strive to improve students' mental health literacy. It is necessary to deeply discuss the importance and countermeasures of mental health education, so that college students can better adapt to society and life and make career planning such as employment and entrepreneurship.*

Keywords: *College students; Mental health education; Countermeasures*

1. Introduction

It is necessary to pay more attention to moral education and strengthen students' mental health education to promote education for all round development in an all-round way. Student supervisors in colleges and universities, as ideological and political educators, are playing an increasingly important role in strengthening students' mental health education. Therefore, college student supervisors should assist school mental health education institutions to carry out mental health education to conduct preliminary investigation and guidance on students' psychological problems, organize publicity activities on mental health knowledge to cultivate students' rational, peaceable, optimistic and healthy mentality, and create a harmonious and healthy campus environment.

2. Current situation of mental health education for college students

College students, as the backbone of China's comprehensive construction of socialist modern country and the realization of the great rejuvenation of the Chinese nation, their psychological quality not only affects their own development, but also relates to the improvement of the quality of the whole nation. At present, college students' mental health problems are on the rise that some college students do not have strong psychological qualities in the face of problems in life and study, but psychological problems such as fear, anxiety, neurasthenia, and depression.

2.1 Focus on treatment over prevention

New college students are easy to be confused and tend to be influenced by some bad thoughts with relative lacking social experience as well as a greater curiosity and awareness of development, which requires adjustment of the scope of mental health education. We can't wait for problems to arise, but to do a good job in advance of the "psychological prevention". At present, mental health education in most colleges and universities is only a simple solution or referral work for students' psychological problems limited to eliminating temporary psychological problems of students. The purpose of this passive mental health education model is to treat symptoms, but it is difficult to help college students to enhance their psychological quality and mental abilities, neither enable them to conduct psychological counseling and troubleshooting, nor can it help college students develop awareness of psychological prevention^[1].

Students' mental health education should not only focus on the students who have psychological problems, also should pay attention to those who don't have or have unobvious symptom with active prevention to promote the healthy development of their psychology and realize the organic combination and unification of solving mental problems, preventing mental problems, developing mental quality and mental abilities.

2.2 Focus on management over education

With the continuous development of higher education in China, education has entered a stage of "supply side" reform. College education needs to pay more attention to the psychological state of students and guide them to maintain a positive attitude. At present, although colleges and universities have issued a series of mental health education courses, propagandizing and popularizing the study of basic theoretical knowledge, conducting psychological screening for college students, providing case consultation and intervening psychological problems, etc. from the perspective of student management, they mostly ignore the essence of mental health education for college students [2]. Immersed with multicultural Internet, college students' mental health cognition gets more important, it is advocated to establish scientific, reasonable and effective mental health education innovation mechanism, create a positive campus culture atmosphere to cultivate and educate, stimulates students' potential to discover, research, solve the problems, continuous learning and practice skills, form a complete college mental health education system.

3. The significance of mental health education for college students

3.1 It is the realistic need of the healthy growth of college students

The development of new network formats makes college students' self-consciousness awaken rapidly. More and more college students pursue personalized development and seek independence and maturity. The traditional and single education mode has fallen out of date. Many factors bring the pressure to the students, for example, part of college students' poor individual psychological quality and inaccurate individual self-positioning, extreme family education environment, discomfort changes in learning styles and interpersonal relationships under new learning environment, emotional fluctuation by emotional experiences and fierce social competition pressure, the psychological health problems will undoubtedly become a stumbling block to the healthy growth of college students.

The importance of mental health education is becoming more and more prominent. As the realistic need of realizing the healthy growth of college students, mental health education helps to shape the healthy personality of college students. The balance of positive mental health state is beneficial to college students to devote themselves to life and study with full mental state and enhance their happiness.

3.2 It is the connotation need of college students' all-round development

In the process of pursuing all-round development, college students should follow from four aspects of ideological and political quality, humanistic quality, ability quality and physical and mental quality. Physical and mental quality includes physical quality and psychological quality, which means college students should not only reach the standard of knowledge and ability, but also maintain physical and psychological health. It is an important part of the overall development of college students, but also the cornerstone, which can help college students effectively balance their psychological state in the golden period and achieve all-round development [3].

The connotation needs of cultivating all-round development of talents in the new era include strengthening the mental health education of college students, improving the ability to deal with various mental health problems, and promoting the benign development of personality and psychological quality.

3.3 It is the inevitable requirement of college students' ideological and political education

Ideological and political education and mental health education have an inseparable internal logical relationship, the formation of good ideological and political moral quality is closely related to their mental health status. Ideological and political education for college students is a practical activity that purposefully guides and educates college students to strengthen their own moral and political qualities and establish an optimistic and positive attitude towards life [4], with a certain political system and moral concepts which focuses on external infiltration from inside to outside. Mental health education is to help college students better face all kinds of pressure, calmly to solve all kinds of psychological problems, and then solve real problems and better plan the life.

3.4 It is the basic project of promoting education for all round development in our country

The report to the 18th National Congress of the Communist Party of China made it clear that " Education is the cornerstone of national renewal and social progress. We must give high priority to developing education, implement the Party's education policy to the letter, ensure that education serves socialist modernization and the people, take fostering integrity and promoting rounded development of people as the fundamental task of education, and train participants of and successors to the socialist cause who develop morally, intellectually, physically and aesthetically. We should provide well-rounded education for all students, deepen overall education reform, focus on improving the quality of education, and cultivate in students a sense of social responsibility, a spirit of innovation and the ability to acquire practical skills. " All these need mental health education as an intermediary. Mental health education can guide college students to perfect their cognitive, emotional and will process, improve their psychological quality, fully tap their potential, cultivate their positive and optimistic psychological quality, and promote the sound development of their personality.

4. Countermeasures to strengthen college students' mental health education

4.1 Strengthening the cultural concept of college students' mental health education

Colleges and universities should uphold everything from the perspective of the healthy growth of students' physical and mental health, follow the laws of student growth and psychological development, aim to promote the overall development of college students, create a good mental health education environment, and strengthen the cultural concept of mental health education.

While strengthening the classroom teaching of mental health education, we should actively carry out psychological group counseling activities, give full play to the important role of physical education, aesthetic education, labor education and campus culture, and comprehensively promote the development of students' mental health. Strengthen daily psychological early warning and prevention and control, improve the "school-department-class-dormitory/individual" four-level early warning network, relying on class cadres, student party members, the backbone of the student league, the head of the student dormitory to provide timely assistance to students with high-risk tendencies. Adhere to the idea of differential prevention, each student's personality characteristics, growth environment, educational background and individual needs are different, so it is necessary to pay attention to the difference guidance, get in-depth and detailed understanding of students, take the initiative to carry out targeted mental health education and support ^[5]; We will carry out regular assessments of students' mental health, improve screening and early warning mechanisms, and carry out targeted interventions as early as possible. Promote the establishment of "one person, one file" psychological filing mechanism.

4.2 Strengthen the construction of college students' mental health education team

High-quality and professional mental health education teachers are an important guarantee to effectively solve and prevent the psychological problems of college students. Colleges and universities should increase the introduction of professional psychological counseling teachers, first of all, employ sufficient number of college students' mental health education teachers with reasonable allocation of professional and part-time teachers as well as training and learning opportunities, and constantly improve the psychological quality and professional level of mental health teachers to provide professional mental health counseling and guidance for students; At the same time, the recruitment and selection of part-time mental health education teams should be carried out, the training of basic knowledge and skills of mental health education should be fully covered, and policies should be inclined in salary and job title evaluation to ensure the professionalism and stability of the mental health education team ^[6].

Student supervisors, as the organizer, implementer, and instructor of the daily ideological and political education and management of college students, combined with the work responsibilities of mental health education and counseling, should give full play to the role of college supervisors in solving students' psychological problems. The Professional Competence Standards for Student Supervisor in Higher Education Institutions (Interim) is taken as standard for student supervisors to perform mental health knowledge training and build platforms actively to create better guarantees for the team of student supervisors to improve the professional level of mental health education. So that student supervisors can accurately and effectively grasp the students' psychological dynamics, guide students to carry out psychological self-regulation, self-management, and play a two-way role in promoting ideological and

political education and mental health education of college students. Specialized and part-time psychological supervisors should use classroom teaching, club activities, psychological team support, etc. to widely publicize and popularize mental health education knowledge and improve students' mental health quality.

4.3 Strengthen the construction of mental health education curriculum

General Secretary Xi Jinping clearly pointed out at the National Conference on Ideological and Political Work in Colleges and Universities, "We must make good use of the main channel of classroom teaching. The ideological and political theory courses should be strengthened in improvement, and the affinity and pertinence of ideological and political education should be enhanced to meet the needs and expectations of students' growth and development. Other courses should also perform their own duties to make various courses and ideological and political theory courses go in the same direction, forming a synergistic effect". Colleges and universities should set up compulsory courses of mental health education, play the role of the main channel of classroom teaching of mental health education, help students to master the knowledge and skills of mental health, establish the awareness of self-help and mutual help, learn to rationally face setbacks and difficulties; Colleges and universities should offer targeted elective courses for mental health education, emphasizing modernity, science, knowledge and accuracy, and the organic combination of experience, exploratory, practical and interesting. Pay attention to arranging various forms of life education, frustration education, etc., combine classroom guidance with group training, and pay more attention to experience-based teaching, case-based teaching, and practical participatory teaching.

4.4 Enhancing the joint force of family, school and society to educate people

Mental health education for college students is a complex systematic project. Good moral cultivation and excellent psychological quality are not formed in a short period of time, nor are they formed simply by school education. It requires the close cooperation and joint efforts of family, school and society to gradually cultivate and realize, give full play to the advantages of overall cooperation, and better care for the mental health of college students.

Parents should establish correct educational concepts, actively adjust the methods of family education, create a healthy and harmonious family environment, and give play to the positive role of the family. Colleges and universities should provide necessary office space and equipment for mental health education and counseling, set up psychological counseling room, group activity room, mental health education function room, etc., to provide high-quality real-time field services for individual psychological counseling and group psychological counseling. Besides, colleges should formulate psychological emergency work plan to improve the school's emergency handling capacity. All sectors of society should make full use of radio, television, online media and other platforms and channels to spread mental health knowledge and actively create a green and harmonious social environment conducive to the healthy growth of students^[7]. Education departments and mental health institutions at all levels should participate in the cooperation and establish designated cooperation relationship with schools to provide guarantee and support for school mental health education and psychological crisis intervention.

Family, school, society from all walks of life together to strengthen the propaganda and popularization of basic knowledge of mental health education, change the public prejudice and misunderstanding of its existence to make more people attach importance to mental health education, optimize the environment of public opinion, guide students to love themselves and cherish their own life, to promote college students' healthy growth and development.

5. Conclusion

College students are the backbone of the country, their mental health is related to the improvement of national quality and the construction of socialist modernization in the future. Only by improving the overall level of college students' mental health and "sustainable development" can they promote their better development and become the socialist builders and successors of the comprehensive development of all round way.

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