

Brief Analysis on the Teaching Strategy of College Students' Mental Health Education

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Abstract: With the development of social economy, people are busier than before and the requirements for high-quality talents are much higher. College students feel all kinds of pressure in life before they leave school, which leads to the increasingly prominent mental health problems. Therefore, this paper will discuss the significance, the current situation and the teaching strategies of psychological health education courses in colleges and universities in order to provide some enlightenment to the field.

1. Introduction

In the background of Internet era, the demand for high-quality and comprehensive talents is growing. In this situation, the employment pressure of college students is increasing, and various mental health problems are also highlighted, which directly affects the talent training plan of colleges and universities. Therefore, colleges and universities vigorously promote the teaching of psychology courses, strengthen the education of psychological quality, and strive to improve the teaching results so as to promote the development of students' physical and mental health.

2. The Significance of the Psychological Health Education Course in University

Mental health education refers to the maintenance of individual mental health by mastering the law of psychological activities and using various measures to promote their good psychological quality. With the development of society, the psychological problems of college students are on the rise. The opening of the relevant courses of mental health education has become an effective way for the colleges and universities to maintain their mental health and to improve their psychological quality. Therefore, the setting of mental health education curriculum is of great significance to the cultivation of quality talents in colleges and universities. [1]

2.1 It is Conducive to the Physical and Mental Health of Students and the Normal Operation of the School

Through the study of the course of mental health education, college students can realize the importance of mental health and understand and prevent mental health problems. In addition, by mastering the basic knowledge of mental health management and the method of mental health regulation, it can promote the overall development of physical and mental health of college students.

Besides, the campus competition is fierce, students are under multiple pressures, such as test scores, ranking of scores, promotion, postgraduate examination and employment, etc., and students are prone to anxiety. Therefore, the development of mental health education can maintain the positive mentality of college students, which has positive practical significance for the normal operation of the school.

2.2 It is Conducive to Avoiding Emergencies and Maintaining the Stable Operation of Society

College students, as the mainstream of the future society, are concerned by all walks of life. Because college students are in a stage of gradually maturing but not yet established psychological function. They are easily affected by the surrounding environment. Moreover, the mental health problems caused by various reasons of college students are becoming more and more serious, including campus violence, dormitory disputes, depression, emotional distress and suicidal tendency. If let go of the situation, it will have negative effects on the family, school and society. [2] Therefore, it is necessary to open the mental health education course in universities. Teachers can help college students find out psychological problems in time, guide them to accept the real self, and learn to adjust themselves to become better themselves. At the same time, it can prevent and intervene psychological crisis, avoid the deterioration of things and maintain social stability.

2.3 It is Conducive to the Development of Good Psychological Quality and Healing of Trauma of the Original Family

Parents are the first teachers of children. We find that the reason for the mental health problems of many college students is the deviation of the original family education idea or improper education methods. Among them, the primary family performance which is easy to cause psychological problems are: the parents' relationship is not good or divorced; children are too indulged; parents' education methods are too strict, etc. Therefore, the establishment of professional mental health courses in our colleges and universities can help to cultivate the students' good mental quality, improve themselves, stimulate their internal potential, and effectively heal family trauma, to know yourself correctly and become a better self.

3. The Current Teaching Situation of College Students' Mental Health Education Course

At present, college students are troubled by various problems, such as emotion, employment, examination, promotion, postgraduate entrance examination, etc. The development of mental health education can help them start from reality, eliminate inner confusion, and enhance the ability of frustration. At the same time, the Ministry of Education issued *General College Students' Mental Health Education Course Teaching Basic Requirements and* proposed “to open the College Students' mental health education compulsory course, covering all students”. The public compulsory course of “mental health education for college students” will be set up in the first semester, and relevant public elective courses will be set up in other semesters to form a series of courses system. Therefore, in response to the call of the Ministry of Education, many colleges and universities in China offer this course one after another for the sake of students' mental health. However, there are many problems in the practice of mental health teaching course, and its teaching effect is not as expected. [3]

3.1 The Teaching Staff is Not Professional

The curriculum of mental health education requires teachers' comprehensive ability, which

requires teachers to have a solid theoretical basis and practical skills of mental health. However, in terms of the strength of the teaching staff in colleges and universities, the teaching level needs to be improved. Teachers in some colleges and universities have not received professional training and are not engaged in psychology. They are just transferred to serve as temporary lecturers of this course, and their professional knowledge and skills are not up to the standard. Moreover, due to the unprofessional teachers and lack of mental health guidance skills, the education and teaching process can only follow the book, or be consistent with the teaching strategy of ideological and political course. In the process of teaching, teachers can not fully analyze students' psychological problems, nor can they guide students out of the predicament from the perspective of psychology.

3.2 The Teaching Mode is Too Traditional

Most colleges and universities in China only use the traditional face-to-face teaching and online teaching. The singleness of teaching mode leads to the lack of interest of students in class. Moreover, the traditional teaching mode is mainly teaching, which can not interact well with students, so that students have little sense of experience and participation. In addition, the teaching atmosphere is rather dull, and students' awareness of autonomous learning is not strengthened. In addition, due to the tense arrangement of class hours, students in some colleges and universities carry out mental health education in the form of online courses, which can not arouse the attention of college students to this course. The course becomes a mere formality and becomes a tool for credit, which not only makes students misunderstand the mental health education course, but also is not conducive to the cultivation of students' positive psychological quality.

3.3 The Teaching Effect is Not Obvious

The teaching material of mental health course in some colleges is obscure and difficult to understand, which is mainly based on theoretical knowledge teaching, so that students can not fully understand the textbook knowledge, and their learning enthusiasm is not high. In addition, due to limited class hours and space, teachers do not have enough time for students to experience, feel and digest the difficult knowledge of textbooks. Moreover, the lecturing mode is mainly lecturing, and the classroom interaction is less. As a result, students are not interested in the teaching content, and there are more “heads-down tribe” in the classroom. In addition, teachers pay more attention to theory than practice, without the guidance of methodology, which leads to some college students' failure to solve the problem effectively when they find psychological problems.

4. New Path of the Reform of the Course of Mental Health Education for College Students

The teaching reform of the course of mental health education is an important link for the university to carry out mental health education and train high-quality talents. Through the analysis of the current situation of mental health education courses in colleges and universities, the author reveals some problems existing in the practice of mental health education. In view of this, colleges and universities need to reform and innovate from the aspects of teachers' team, teaching mode and teaching content.

4.1 To Update Teaching Mode

There are still problems in the mental health education course of university in China, which requires teachers to change their teaching concepts and add teaching activities to the teaching process. First, teachers should make clear the course orientation. Mental health education courses

include the teaching of psychological knowledge, the experience of psychological activities, and the training of psychological adjustment skills, which are comprehensive courses integrating knowledge, experience and training. The course should pay attention to the theory and practice, and pay attention to the cultivation of students' practical application ability. At the same time, according to the characteristics of the school, the teaching outline is written, and the talents training programs of all specialties are combined to carry out teaching in accordance with their aptitude. [4]

4.2 To Strengthen the Faculty

The establishment of professional teachers' team is the key to solve the teaching problems in the mental health education course of university colleges and universities. It can be improved from the following aspects. First, the colleges and universities can formulate training system on the construction of teachers' team, provide training opportunities for teachers regularly, invite some experts in mental health education to hold lectures on site, and give theoretical and practical guidance to teachers so as to improve the professional ability of teaching teachers. Secondly, the evaluation mechanism of teachers is formulated and the teaching effect is evaluated by various means, such as peer supervision and after class evaluation. According to the feedback, teachers are given special rewards to stimulate teachers' enthusiasm for teaching.

4.3 To Enrich Teaching Content

In view of the problem that the teaching effect of mental health education course is not obvious in university colleges, teachers need to take various means to enrich the teaching content. First, teachers can collect materials from daily life and combine psychological theory to inspire students to think about problems actively in specific cases. Secondly, teachers can design small activities in the classroom, such as scene simulation, psychological games and other forms to enrich the teaching content of the classroom, let students actively participate in the process of learning and improve their learning enthusiasm.

5. Conclusion

In summary, with the change of the times, the psychological problems of college students are more and more complex. This paper discusses the significance and status of the mental health course of college students, discusses the teaching mode, teachers' team and teaching content, and puts forward a variety of teaching improvement measures. College students are the main force of the future society. The college students' psychological quality can be improved and the growth of them can be promoted by the university to carry out mental health education.

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