

Exploration on the Innovative Path of College Students' Mental Health Education under the Background of Epidemic Situation--Take the Psychological Salon as an Example

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Abstract: Under the background of epidemic outbreak and normalization of prevention and control, college students' mental health are facing new challenges. This paper attempts to take the psychological salon as an example to summarize the methods and experience in the practice of mental health education in colleges and universities through implementing project, strengthening system construction, building long-term working mechanism, summarizing and sharing, so as to explore the innovative path of college students' mental health education under the background of epidemic situation.

1. Introduction

The outbreak of COVID-19 has different influences on individual mental health. Shu Manling and Yang Xingjie [1][2] and other experts found that after the occurrence of COVID-19, the prevalence of depression and anxiety in some college students increased and mental health status was at a poor level. Zhou Min [3][4][5] and other experts summarized the major psychological problems of college students in the post epidemic period, including the worry about safety and order, the activation of original trauma, the worries about the future occupation development prospects, and trauma caused by major life events. This situation puts forward more detailed, in-depth and accurate requirements for mental health education in colleges and universities. Under the current background, accurately mastering the characteristics and needs of college students' mental health and exploring the innovative path of college students' mental health education are important issues faced by every mental health educator.

Combined with many years of practical work experience, we have explored and summarized a set of innovative mental health education model that uses the psychological salon to respond to students' psychological needs in time. The model has pertinence, timeliness and flexibility. Under the guidance of the concept of "health, happiness and enterprising", this model strives to create a "happy and enterprising" mental education atmosphere on campus, and puts forward a new idea of "coaching heart growth" in combination with the characteristics of science and engineering disciplines and students' thinking characteristics, so as to make the wisdom of psychology add wings to scientific thinking. The innovative model of mental health education takes "teacher XY's psychological salon" as the starting point, timely collects and studies the characteristics of

psychological activities under the background of the epidemic situation of college students, and establishes a working platform for the practical problems of college students' mental health education during the epidemic period, such as physical and mental imbalance, multiple stress, maladjustment, etc. The model can also establish long-term mechanisms such as system guarantee, timely relieve college students' psychological pressure and intervene their psychological problems, cultivate students' sense of responsibility through personalized coaching process, improve students' creativity, stimulate students' participation, initiative and love for life, and comprehensively improve college students' mental health protection ability. It's a psychological "gym" to exercise students' psychological quality and help students grow up during the epidemic.

2. Project Implementation Process

2.1 Build a "Three Way" Working Platform

2.1.1 Develop the Form of "Players" and Create a Relaxed and Pleasant "Healthy Heart" Environment

Teacher XY's psychological salon achieves "fun theme". For example, *Let's Plant A Flower* enables students to realize their responsibility for life through gardening experience, and *First Anniversary Buffet* uses ritualization to make students experience the beauty of life. The salon achieves "fun form". It uses the official microblog of the psychological center to accept registration, adopts hand-painted posters, provides snacks and tea, creates a relaxed and pleasant communication environment, and creates a warm and comfortable psychological "gym". Teacher XY's psychological salon focuses on the sense of experience in the form of "players", cultivates students' concentration and creativity, and stimulates students' love.

2.1.2 Focus on Individuality and Provide Expert "Coaches" for Students' Psychological Growth

Teacher XY's psychological salon attaches importance to students' personalized development, adopts a small and refined model for different psychological problems of different student groups, responds to students' needs, and ensures that each participant can fully share their views and make gains. During the epidemic, some students did not adapt well to online teaching, and some students' pressure increased, and senior students showed excessive worry and anxiety about employment. Teacher XY's psychological salon was held in time to focus on the mindfulness healing power in the epidemic situation, the psychological and action misunderstanding of personal protection in the epidemic situation, psychological construction in the epidemic background, career planning in the context of epidemic normalization and other related topics. The hosts of the psychological salon come from the field of mental health education. They are not only the hosts, but also the expert "coaches" of the psychological "gym", helping students exercise their own psychological quality.

2.1.3 Innovate Multiple Service Modes and Enrich Training Programs

In teacher XY's psychological salon, "XY" has two meanings. One is to represent the characteristics of science and engineering colleges. The other is to say that the salon is organized in the form of guests and hosts. The guests are to be determined, which makes the students look forward to. According to the students' needs and topics of interest, teacher XY actively developed resources in the school, insisted on "inviting", and invited famous teachers, experts and excellent student representatives to enter teacher XY's psychological salon as guests. Among the many psychological salons that have been held, the hosts include well-known experts from colleges and

universities across the country, front-line teachers in the fields of learning and development and employment planning, and psychology masters who have won Freud Award. Innovating multiple service modes, teacher XY's psychological salon adheres to "going out", enters colleges, designs customized psychological literacy training projects for the college according to the characteristics and different psychological needs of students, guides the college psychological counseling station and student associations to develop work, and jointly participates in students' mental health education.

2.2 "Three Closeness" of Content Design

XY teacher's psychological salon has been successfully held for several times. The topic sources are diverse, including students' practical difficulties, campus hot spots, current affairs news, art and psychology. Especially after the outbreak of COVID-19, psychological salon, which is aimed to be close to students' daily life, psychological needs and the reality of students' growth, is organized according to students' different psychological stress stages and whether they have online classes.

2.2.1 Focus on the Things Around Students, and Teacher XY's Psychological Salon is Close to Students' Daily Life

XY teacher's psychological salon starts from things around him, such as school opening, graduation and separation, New Year, year-end summary, interpersonal relationship, psychological impact of COVID-19, and how to improve the efficiency of online education. The salon shares the psychological meaning behind the neglected daily life with the students through the things around them, and gets close to the students' daily life.

2.2.2 Exercise Students' Psychological Quality, and Teacher XY's Psychological Salon is Close to Students' Psychological Needs

As a psychological "gym", teacher XY's psychological salon aims to enhance students' psychological quality and provide participants with targeted psychological "exercise projects", such as facing procrastination and anxiety, getting out of confusion, building self-confidence and self emotional management during the epidemic period, so as to help students correctly understand themselves, learn emotional management and alleviate stress and anxiety, establish self-confidence, treat procrastination correctly, and be close to students' psychological needs.

2.2.3 Meet the High-Level Psychological Needs, and Teacher XY's Psychological Salon is Close to the Actual Growth of Students

In teacher XY's psychological salon, you can not only talk about the daily or psychological problems around you, but also talk about art, love, growth, psychology, etc. Students can also become salon owners from participants. The psychological "gym" makes psychology more meaningful and closer to the actual growth of students.

3. Strengthen System Construction and Build a Long-Term Mechanism

3.1 Standardization of Activity Process

After XY teacher's psychological salon theme is selected, the recruitment articles, handwritten posters, psychological center WeChat push, online registration are arranged in the fixed time of the week. After the event is completed, the final article is written by the official account of WeChat, and

the topic is changed from Sharon share to online discussion. The salon has standardized activity process, well-placed publicity and promotion, in-depth and meticulous discussion, and timely and effective interaction, ensuring that teacher XY's psychological salon can be held effectively for a long time.

3.2 Team Building and Stabilization

Teacher XY's psychological salon is led by a stable host team and a mobile guest team. A relatively stable student service team assists in publicity. The salon members are from all grades and colleges of the university. The combination of stability and liquidity ensures that salon activities are always new.

4. Project Summary

Teacher XY's psychological salon has a variety of topics, meeting the needs and having comfortable and free environment, novel and interesting forms. It is loved by the students. The psychological "gym" function has achieved remarkable results, continuously increasing the "coaching growth" to with great results in the college, guiding the community to develop activities with remarkable incubation function. The efficacy of "gym" in improving the level of mental health is also great. The personalized growth mode of psychological salon is very popular. At the key nodes of students' success and growth, such as examination, graduation, job search and employment, colleges, associations and student unions continue to contact and make appointments for psychological salons. After the outbreak of the COVID-19, timely and effective psychological salon played a great role in the prevention and intervention of psychological problems in post epidemic era. The salon is close to students daily life, meets students' psychological needs, and achieve remarkable results in improving students' mental health quality. In the next work practice, teacher XY's psychological salon will be summarized, deepened, innovated, further strengthened and improved. By analyzing and studying the contents of previous salons, we can summarize the psychological needs of college students in the new era, form educational suggestions, feed them back to the college student work managers, further summarize the psychological laws of college students and assemble into a case set as a guide for students' psychological "gym" exercise. At the same time, on the basis of summarizing the law of students' development, we can develop more available resources, design more themes in line with the law of students' development, and provide personalized services for more students.

Innovation: The salon can give further play to the role of salon incubator, cooperate with college level psychological counseling stations, student associations and student unions, and incubate more projects.

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