

Research on the Value of educational psychology in the Reform and Development of Higher Education

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Abstract: With the rapid development of social economy and higher education, China's higher vocational education has also been developed significantly. However, due to the lack of certain historical precipitation and insufficient teachers compared with ordinary colleges and universities, higher vocational education has led to the problems of low teaching quality and poor learning effect of students, which are increasingly prominent. In this situation, educational psychology is an emerging discipline with unique advantages, which can provide effective solutions to the problems existing in higher vocational education. From the perspective of educational psychology theory, this paper analyzes the problems faced by higher vocational education and the role of educational psychology in solving these problems, aiming to explore the role and value of educational psychology in the process of development of higher vocational education in China.

1. Introduction

With the continuous progress of society and the development of technology, higher vocational education has become one of the important ways to cultivate talents. However, higher vocational education is also facing many challenges, such as unreasonable curriculum and backward teaching methods. In this background, educational psychology, as a discipline, has important theoretical foundation and practical significance. It can help us better understand students' needs and development rules, so as to provide more scientific and reasonable guidance programs for higher vocational education. At the same time, educational psychology can also promote the professional development and socialization of teachers and improve the quality and efficiency of education. Therefore, this paper will analyze the problems of higher vocational education and their solutions from the perspective of educational psychology, and explore how to apply it to higher vocational education in order to realize the comprehensive reform and development of higher vocational education.

2. Educational Psychology Overview

Educational psychology is a discipline that studies the process of human learning and teaching, which explores the process of human-environment interaction and how human behavior can be changed through education. The study of educational psychology includes knowledge from

cognition, sociology, biology, and neuroscience, and aims to improve teachers' understanding of their students so that they can better contribute to their development. The core concepts of educational psychology include learning theory, psychological measurement, educational technology application, and so on. Among them, learning theory refers to how people acquire new knowledge and the ability to use that knowledge; psychological measurement refers to the method of assessing an individual's mental state; and educational technology application refers to a way of using modern technology for teaching and learning. Educational psychology has a wide range of applications, not only to help teachers better understand students' needs and developmental patterns, but also to provide a reference basis for schools to develop a reasonable curriculum. In addition, educational psychology is also involved in many other fields, such as psychology, educational management, educational policy, and so on [1]. Therefore, educational psychology is of great significance in promoting changes in the development of higher education.

3. The value of educational psychology in the change of higher vocational education development

3.1. Promote the Psychological Health Development of Higher Vocational Students

In modern society, with the continuous progress of society and the improvement of people's living standard, people's needs for themselves are getting higher and higher. As for the higher vocational students, they not only have to face the pressure on their studies, but also have to deal with various challenges in their lives. Therefore, how to help higher vocational students better manage their emotions and mindset has become an important issue. Educational psychology, as a discipline, focuses on human learning and development processes and the influence of physiological, cognitive and social factors associated with them. In this regard, educational psychology can provide effective support and guidance for higher education students. First, by assessing students' psychological states, teachers can identify and address students' emotional problems in a timely manner, thus alleviating their anxiety and tension and enhancing their self-confidence and self-esteem. Secondly, educational psychology can also help students master certain self-regulation skills and enhance their emotional and interpersonal skills by conducting targeted psychological counseling activities, such as psychological counseling and psychological guidance. In addition, educational psychology provides a series of psychological intervention programs for different types of students, such as guidance strategies and methods for students with introverted personalities, etc. All these measures can effectively improve the psychological health of senior students, so that they can face their future more positively and better adapt to their future working environment. In conclusion, educational psychology is a very important research field, which can provide powerful support for human development by digging deeper into the essential laws of human thinking, behavior and emotion. In higher vocational education, the application of educational psychology will help cultivate a group of talents with good psychological quality and promote the development and change of higher vocational education.

3.2. Promote the Professional Growth of Higher Vocational Teachers

In modern society, with the continuous progress and development of society, people's needs and expectations for careers have also changed. For higher vocational education, the talents cultivated need to have certain professional knowledge and skills, as well as strong practical ability and social adaptability. Therefore, how to improve the professionalism of higher vocational teachers has become one of the urgent problems to be solved. As a discipline, educational psychology not only focuses on students' learning process and behavioral performance, but also on teachers' role and

teaching strategy selection. In this regard, educational psychology can provide important theoretical support and guidance for higher vocational teachers. First, through understanding the basic principles of educational psychology, higher vocational teachers can better understand the psychological characteristics and needs of students, and thus design course contents and teaching methods more precisely; Secondly, educational psychology can also help higher vocational teachers establish effective teacher-student relationship, enhance communication between teachers and students, and thus improve the teaching effect; finally, educational psychology can also guide higher vocational teachers to self-reflection and improvement, and constantly improve their teaching concepts and skills to meet the needs of students at different levels. In conclusion, educational psychology has an irreplaceable value in the development and transformation of higher education. Only by fully understanding the basic knowledge and application principles of educational psychology can we give full play to the role of educational psychology and help higher education teachers achieve their own professional growth while providing better learning environment and conditions for students.

3.3. Promote Educational Reform in Higher Education Institutions

As a discipline, the object of research in educational psychology is the interaction between human and environment. In the field of higher education, the application of educational psychology can help colleges and universities better understand the needs and characteristics of students, so as to provide scientific basis for teaching design and improve teaching effectiveness. At the same time, educational psychology can also train and develop teachers, improve their professionalism and competence level, and further promote the process of educational reform in higher education institutions. First, educational psychology can develop personalized learning plans for students by gaining an in-depth understanding of their characteristics and needs. This helps to stimulate students' interest and motivation and improve the efficiency and quality of learning. Second, educational psychology can also be used to effectively train and develop teachers by analyzing their behavioral and psychological states. For example, different training methods and approaches are used for different types of teachers so as to meet their different needs and characteristics. In addition, educational psychology provides a range of psychometric tools and assessment indicators that can be used to evaluate teachers' professional quality and teaching effectiveness. All these measures can effectively improve the educational situation of higher education institutions and promote the development of their educational reform. In conclusion, the application of educational psychology in the field of higher education has an important significance and role. It can provide colleges and universities with more scientific and reasonable teaching programs and strategies, as well as strengthen teachers' professionalism and capacity building, and help higher education institutions achieve the goal of education reform. Therefore, we should give full play to the role of educational psychology, apply it to practical work, continuously explore new practice paths and innovative modes, and promote the progress of educational development in higher education institutions [2].

4. Problems in the Development of Change of Higher Vocational Education

4.1. Inaccurate Positioning of Talent Training Target in Higher Vocational Education

With the continuous progress of society and the rapid development of technology, the demand for talents in modern society is also changing constantly. As a new form of higher education, the cultivation goal of higher vocational education needs to be adjusted with the times. However, there are certain problems in the determination of the cultivation target of higher vocational education at

present. Firstly, the goal of higher vocational education is too single. The traditional higher vocational education focuses on the cultivation of skilled talents, but now the society's demand for knowledge-based talents is also increasing. Therefore, higher vocational education should consider the goal of talent cultivation more comprehensively and pay attention to the cultivation of students' professional ability as well as the improvement of students' knowledge and literacy. Secondly, the talent cultivation goal of higher vocational education lacks relevance. In the current higher vocational education, many schools' talent training goals are made based on the school's own situation, rather than making reasonable choices for the actual needs of the market and society. This has led to the difficulty of employment for some graduates and their inability to integrate into society smoothly. Therefore, the talent cultivation objectives of higher vocational education should be closer to the needs of the market and better meet the needs of social development. Finally, the goal of talents training in higher vocational education is not flexible enough. Although the higher vocational education has gradually adapted to the new trend of social development, there are still some inherent problems. For example, the setting of some majors is too narrow, which is difficult to adapt to the future development trend; the training methods of some majors are too traditional, which can't give good play to the advantages of teaching resources and so on. All these problems restrict the realization of talent cultivation goal of higher vocational education. To sum up, the problems of higher vocational education talent training goal are multifaceted and need to be solved from many aspects. Only in this way can we truly and effectively promote the development of higher vocational education and make greater contribution to the development of national economy and society.

4.2. Teaching Content of Higher Vocational Education is Out of Touch with Reality

With the continuous progress and development of the society, higher vocational education is also facing unprecedented challenges and opportunities. However, in practice, we find that there are still some problems in the development of higher vocational education. One of them is the problem of disconnection between teaching contents of higher vocational education and social reality. As a form of higher education between general high school and undergraduate institutions, the main goal of higher vocational education is to cultivate talents with vocational skills. Therefore, the content of higher vocational education should closely match the actual needs and the needs of social development in order to meet the needs of students in the job market. However, at present, the curriculum of many higher vocational schools focuses too much on the teaching of theoretical knowledge and neglects the practicality. This situation not only leads to the difficulty of students to adapt to the working environment after graduation, but also affects the productivity and economic efficiency of enterprises.

4.3. The Lagging Construction of Teachers' Team in Higher Vocational Education

In modern society, with the continuous progress of science and technology and economic development, people's requirements for vocational skills are getting higher and higher. Therefore, as a form of higher education between general high school and bachelor's degree, higher vocational education has become one of the important ways to cultivate talents. However, due to the characteristics of higher vocational education itself - focusing on practical ability cultivation and emphasizing practicality, its teacher team construction is especially important. However, at present, the professional quality of teachers in higher vocational education is generally low and the teaching level varies, which brings great trouble to students' learning. Firstly, teachers in higher vocational institutions lack professional background and practical working experience, which makes it difficult to guarantee their teaching quality. Secondly, the treatment of teachers in higher vocational colleges

is relatively low, which makes some excellent talents choose to give up the career of higher vocational education. Finally, teachers in higher vocational colleges and universities work under high pressure and often need to take up the teaching tasks of several courses, so they cannot fully pay attention to the needs of each student, which affects the learning effect of students.

4.4. The Quality of Students in Higher Vocational Colleges is Low

With the continuous progress and development of society, people's requirements for vocational skills are getting higher and higher. As a form of higher education between general high school and bachelor's degree, the vocational skills and abilities cultivated by higher vocational education play an important role in social and economic development. However, there are some shortcomings in the quality of students in higher vocational institutions in China, which brings some challenges to the development of higher vocational education. First of all, the quality of students from higher vocational colleges is relatively poor. Due to the influence of the college entrance examination system, many students do not choose to apply for higher vocational colleges and universities, but choose other types of colleges and universities to study. At the same time, the enrollment policies of higher vocational colleges in some regions are not flexible enough, which makes many aspiring students unable to enter higher vocational colleges successfully. These factors lead to the decline of the quality of students in higher vocational colleges and universities, which in turn affects the teaching quality and talent cultivation level of the schools. Secondly, the quality of students in higher vocational colleges and universities is low. Compared with undergraduates, students from higher vocational colleges often lack basic knowledge reserve and practical experience, which puts forward higher requirements for their professional skills training. In addition, students from higher vocational colleges have problems in cultural literacy and other aspects, which also restrict the speed of their comprehensive quality improvement [3].

5. Countermeasures in the Change of Higher Vocational Education Development

5.1. Update Education Concept

The traditional education model can no longer meet the requirements of modern society for knowledge and skills, so it needs to carry out corresponding reform and innovation. In this process, educational psychology, as an important discipline, has an irreplaceable role. First of all, educational psychology can help us better understand students' learning characteristics and needs, so as to provide more scientific and reasonable guidance programs for teaching. Secondly, educational psychology can also help teachers improve their professionalism and competence level, and enhance their teaching effectiveness and social influence. In addition, educational psychology can promote cooperation and communication between schools and communities, and promote the development and progress of education. In order to achieve these goals, it is necessary to update the concept of education in a timely manner and focus on cultivating students' abilities and qualities rather than simply imparting knowledge. At the same time, we should strengthen the construction of faculty and encourage teachers to actively participate in research work to improve their professionalism and teaching quality. In addition, a good inter-school cooperation mechanism needs to be established to promote the sharing of resources and complementary roles in different fields. In conclusion, educational psychology is one of the important guarantees for the development of higher education, which can help us find problems and solve them in practice, and also bring more opportunities and challenges for our future.

5.2. Strengthen the Construction of Faculty

Strengthening the construction of teachers is an important part of the development of higher vocational education and an important guarantee to realize the modernization of higher vocational education. At present, there are problems such as insufficient number of teachers and uneven quality in higher vocational colleges and universities in China. In order to solve these problems, we need to take a series of measures to strengthen the construction of teachers. First of all, it is very necessary to improve the professional level and teaching ability of teachers. Only with high professionalism and excellent teaching talent can we better guide students' learning and development. Therefore, we should increase the training of teachers and provide richer course contents and better teaching methods in order to improve their comprehensive quality and teaching level. At the same time, we can also promote exchange and cooperation among teachers by organizing various forms of academic lectures and seminars to discuss how to improve teaching quality and enhance students' performance. Secondly, we should pay attention to teachers' talent cultivation work. Talents are one of the core forces to promote the development of higher education, and excellent teachers are the key to the cultivation of talents. Therefore, we should pay attention to the selection and training of teachers and establish a scientific and reasonable recruitment mechanism and evaluation system to ensure that the quality and quantity of teachers meet the needs of the school. In addition, teachers should be encouraged to actively participate in research projects and innovative practices to contribute to the development of the university and society. Finally, a good professional atmosphere and cultural environment should be created. As a knowledge transmission institution, colleges and universities should not only teach professional knowledge, but also shape students' outlook on life, values, and moral concepts. For this reason, we need to strengthen teachers' ideological and political education work, enhance their sense of social responsibility and mission, and make them good teachers and friends on the way of students' growth. To sum up, strengthening the construction of teachers is an indispensable part of our modernization process of higher vocational education. Only by continuously improving the teaching team and improving its overall quality and teaching effect can we truly meet the needs of society and help it progress[4].

5.3. Improve the Level of Curriculum Construction

In the development process of higher vocational education, curriculum construction is a very important link. In order to better meet the requirements of social demands and talent training goals, it is necessary to continuously optimize and develop the curriculum system and improve the quality and effect of the curriculum. Specifically, it can start from the following aspects: First, it is necessary to strengthen the cooperation and communication with enterprises and social organizations to understand the market demand and talent shortage, so as to develop teaching contents and learning methods that are more in line with the actual situation. Secondly, practical activities and internship programs can be carried out to enrich students' knowledge base and skill development, and enhance their overall quality and competitiveness. In addition, the attractiveness and vividness of the curriculum can be enhanced by introducing advanced technical means and multimedia resources to stimulate students' interest and enthusiasm. In addition to the above measures, it is also necessary to focus on faculty development and teacher training to ensure maximum course quality and teaching effectiveness. Meanwhile, emphasis should also be placed on student evaluation and feedback mechanisms to identify and solve problems in a timely manner and promote continuous improvement and refinement of the curriculum. In conclusion, improving the level of curriculum construction is one of the important guarantees for the development of higher vocational education. Only by continuously promoting curriculum reform and innovation can we

meet the changing needs of society and provide better educational services for students.

5.4. Strengthen the Practical Teaching Link

In the development process of higher vocational education, practical teaching is a crucial part. Practical teaching refers to the process of helping students master knowledge and skills through practical operation and experience. This way of learning can not only improve students' hands-on ability and innovation consciousness, but also better stimulate their interest and motivation, thus promoting their ability of lifelong learning. Therefore, it is very important to strengthen the practical teaching link for the development of higher vocational education. First of all, the purpose and goal of practical teaching should be clarified. The goal of practical teaching should be to cultivate students with certain professionalism and sense of social responsibility, so that they can adapt to social needs and contribute to the sustainable development of society. In order to achieve this purpose, corresponding curriculum plans and teaching methods need to be formulated, and the quality and effect of the practical links need to be emphasized. Secondly, we should pay attention to the content design of practical teaching. The content of practical teaching should be closely integrated with the theoretical knowledge related to the profession, which should be both relevant and practical. It is also important to take into account the characteristics and development levels of different students and provide different practice opportunities and challenges to meet the needs of students at different levels. Finally, attention should be paid to the assessment of the effectiveness of practical teaching. The result of practical teaching is a synthesis, including students' knowledge mastery, problem-solving ability and teamwork performance. Therefore, it is necessary to establish a scientific evaluation system and conduct regular evaluation work to find out problems and improve them in time. In conclusion, strengthening the practical teaching link is one of the important initiatives for the development of higher education. Only by constantly improving the ways and means of practical teaching can the value and role of higher vocational education be truly realized[5].

5.5. Increase Funding Input

In the development process of higher education, the adequacy and reasonable allocation of funds are crucial. Only through increasing financial allocation can we provide higher vocational institutions with better infrastructure and teaching resources, improve faculty and scientific research, so as to better meet the needs of students. Therefore, it is very necessary to strengthen the financial resources management of colleges and universities, make reasonable budget plans and ensure the effectiveness and scientificity of financial expenditures. In addition, the government should actively guide all walks of life to pay attention to the development of higher vocational education, encourage enterprises and social organizations to participate in higher vocational education, and jointly promote the development of higher vocational education. At the same time, the government should establish a sound policy and regulation system to guarantee the sustainable development of higher vocational education. In a word, increasing financial investment is one of the important measures to promote the development of higher vocational education, which needs the support and efforts of the whole society.

6. Conclusion

This study aims to explore the importance of educational psychology in the development of higher education. After in-depth research and discussion, we have come to the following conclusions: Firstly, educational psychology as a discipline, its theoretical basis and practical

experience can provide important guiding significance for the development of higher education. Educational psychology not only pays attention to students' psychological health and development, but also focuses on teaching methods and curriculum design, which are crucial to improve the quality and effect of higher vocational education. Secondly, the application of educational psychology also needs to take into account the differences in the needs of students from different regions and cultures. Therefore, in the process of promoting educational psychology, the actual local situation should be fully considered and corresponding policies and measures should be formulated to ensure that educational psychology can really work. Finally, the development of educational psychology also needs the support and encouragement of the government and the community. Only in such a good social environment can educational psychology be better developed and applied.

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