

Research on the Countermeasures of Mental Health Education in Colleges and Universities under the Background of 'Micro Era'

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Abstract: The development of traditional mental health education activities is limited by time, space, equipment, etc., and requires professional instructors to conduct on-site guidance, which is difficult to achieve the desired results. The application of social platform enriches the way of college students' communication, which can help college students effectively relieve negative emotions and release psychological pressure, and is conducive to the cultivation of college students' independent personality. The 'micro-era' provides support for mental health education in colleges and universities and can help college students grow up healthily.

1. Introduction

The maturity and popularization of 5G technology marks that people have officially entered the 'micro-era'. As the main force of the 'micro era', although the developed Internet platform facilitates their way of learning and enriches their lives, it also brings some adverse effects to them and brings new challenges and opportunities to the mental health education in colleges and universities [1]. Combining mental health education with the 'micro-era' and carrying out online mental health education can not only use the platform and technology provided by social media to get rid of the limitations of hardware equipment such as venues and equipment, but also enrich the way of communication between teachers and students and make mental health education active.

1.1. The Influence of 'Micro era' on the Thinking and Behavior Patterns of Colleges and Universities

First, the impact on college students' thinking. College students are in the golden age of personality formation. In the context of the 'micro era', the speed of information dissemination is fast and the amount of information is large. College students often lack discrimination and are easy to believe in network rumors. Students suffer from network fraud, network violence, and even cannot resist the temptation to sell state secrets and other events, some of which are caused by the 'barrier-free' of new media such as WeChat and Weibo [2]. In a society with diversified values, it is a new challenge for college students to be able to distinguish right from wrong, not to be misled by wrong ideas, and to always adhere to the correct position and keep a clear mind.

Secondly, the impact and challenges on college students' behavior. From the survey results of this study, it can be seen that in the context of the 'micro-era', some students will also rely on the Internet, which may affect their learning and life [3]. At the same time, in the aspect of college students' interpersonal relationship, due to the convenience of network communication, the barrier-free communication is realized. Therefore, it reduces face-to-face communication in real life, which may lead to some negative effects on college students' interpersonal skills, and is accustomed to network communication. Back to real life, symptoms such as social fear may occur, affecting college students' communication and communication.

1.2. 'Micro-era' New Challenges to Mental Health Education Staff in Colleges and Universities

First of all, under the background of 'micro era', new requirements are put forward for educators' professional ability. With the advent of the 'micro era', many things of college students can be done in the 'micro' media such as Weibo, which can not only quickly obtain information from the 'micro' media, but also spread information in the 'micro media'. In this context, college students are naturally attracted by the vivid, vivid, colorful, concise, easy to obtain, and information that can bring strong sensory stimulation on the Internet. Traditional classrooms are boring, monotonous, and even outdated. Teaching has lost its appeal and it is difficult to resonate with college students. This puts forward new requirements for mental health educators in colleges and universities, requiring teachers to use these 'micro-media' reasonably and efficiently [4]. The reality is that teachers are limited in their work process due to their ability to accept new things, their sensitivity to discovering new things and their lack of ability to operate new software.

Secondly, it challenges the dominant position of mental health education teachers in colleges and universities. In the traditional mental health education, educators hold educational information, have the advantage of information resources, and have a large number of educational resources. The content and way of education are also determined by educators. The educated are only in the state of receiving information and are relatively in a passive position. In this teaching mode, knowledge is mostly transmitted from top to bottom. It is inevitable that there will be disadvantages such as single mode of transmission and limited sources of information. However, this also makes educators and educatees reach an agreement and avoid many conflicts [5]. Students accept the knowledge taught by teachers, which is also the advantage of information resources. However, in the context of the 'micro era', education in the Internet environment, teachers and students cannot be separated from the Internet or new media, teachers' resource advantages have gone forever, which means that the subject and authority of teachers have begun to shake, and sometimes students have doubts about teachers' education.

2.'Micro-era' Development Opportunities for Mental Health Education in Colleges and Universities

2.1. Broaden Students' Horizons

First of all, in the context of the 'micro-era', through various new media, everyone can share good resources and can easily obtain some high-quality resources, which makes students have a broad vision and rich thinking.

Secondly, in the context of the 'micro era', new media covers a large amount of information, involving all aspects of life, rich and colorful content, innovation and fast update, which is incomparable to the previous media. [6] Students learn knowledge not only through the teacher's teaching, they can use new media to explore a broader and deeper level.

Finally, the content of college students' learning is not only text and pictures, 'micro media' can

convert boring text into pictures and vivid audio and video. Colleges and universities can also understand the mental health status of students through 'micro media', so as to carry out mental health education work from the depths of their hearts according to the actual situation of students, so that the work can be closer to the hearts of students, so that students can improve their ability to help others and help themselves.

2.2. Expand the Working Path of Mental Health Education

First of all, in the 'micro era' network environment, people's status in the network is equal, and the equality of information dissemination highlights the important role of peer mental health education. Information is not only transmitted from teachers to students, but also can be transmitted between teachers and students. Studies have shown that peer education is more permeable and interactive. Through 'micro media' channels such as Weibo and WeChat, students can spread commonly recognized values and ideas, and form a class atmosphere full of positive energy. Therefore, college mental health educators should make rational use of the peer mental health education channels created by the network environment to promote the expansion of the channels of mental health education in colleges and universities.

Secondly, education is inseparable from the coordination and coordination of all aspects. The emergence of 'micro-media' has opened up a new and convenient way for home-school communication [7]. Through micro-media, children can communicate with each other and discuss their learning, life and mental health status anytime and anywhere through voice, video, conference and other forms. Schools can also pass policies, educational ideas, and mental health knowledge to parents through micro-media. Therefore, 'micro media' can effectively integrate all kinds of high-quality educational resources and pass them to parents, so that schools, families and students have a platform for in-depth communication and dialogue.

Educators can enter students' hearts through students' 'micro media'. In many cases, students' psychological crisis is found by browsing students' circle of friends, micro-blog and so on, and then effective measures are taken to prevent accidents.

2.3. Improving the Timeliness of Mental Health Education

Under the background of 'micro-era', college students are more active in platforms such as Weibo, WeChat, Kuaishou and Tik Tok. They will express their inner thoughts through these platforms. Educators can pay attention to, understand and master the situation of students from multiple platforms and various ways, and can timely understand the mental health status and psychological needs of students. After realizing the problem, they can carry out psychological counseling and psychological counseling in time, effectively deal with the problem, and guide students to establish a correct outlook on life, world outlook and values.

3. To Formulate the Countermeasures of Mental Health Education in Colleges and Universities in the 'Micro Era'

First of all, the new functions of 'micro-media' to enhance the attractiveness of mental health education should be fully tapped. In many 'micro media', such as WeChat, Weibo and other people have been very familiar. There is also a software is very popular in colleges and universities, such as: Yiban software. In some colleges and universities in the Inner Mongolia Autonomous Region, the utilization rate of easy classes has reached 100 % in the whole school. It plays an important role in the management of students' ideological and political education and is an important position for ideological and political propaganda. Yiban can integrate many functions into one, which brings a lot

of convenience to students. Therefore, colleges and universities should fully tap the powerful functions of E-class and improve work efficiency.

Secondly, a micro-platform and a harmonious communication environment should be built. The use of micro-media makes the dissemination of information faster and the release of information more convenient [8]. Even because students are more skilled in micro-media, some resources and information are mastered faster and more by students than by teachers. For college students, giving full respect is the basis for carrying out educational work and entering students' hearts. Therefore, in the context of the 'micro-era', educators should take the initiative to build a micro-platform for communication between schools and students, schools and parents.

Finally, the various forms of mental health education activities should be carried out using 'micro media'. 'Micromedia' can attract contemporary college students to transfer the essence of knowledge at a faster speed. Therefore, colleges and universities should make full use of the characteristics of 'micro media' to carry out various forms of mental health education activities. 'Micromedia' provides educators with a new channel to carry out mental health education. Mental health educators in colleges and universities can set up a series of small classrooms for mental health education [9]. Through WeChat, E-class and other electronic classrooms, they can create topics and situations with the characteristics of the times, so that students can easily obtain and express their views and feelings. In this way, students' attention can be activated and their mental health care intention can be enhanced.

4. Exploration on the Reform of Mental Health Education in 4 'Micro era' Universities

4.1. Build a Sound Mental Health Education Platform for College Students

Using the 'micro era' social media platform to build a mental health education platform for college students, using social media like Weibo, WeChat, Zhihu, Douyin, Bilibili and other college students, the knowledge of mental health education is spread in the form of pictures, texts and short videos to adapt to the characteristics of 'fast food reading' of contemporary college students. Colleges and universities can use social media to open official accounts of mental health education, publish mental health knowledge through official accounts, carry out online activities, conduct relevant questions and answers, and recommend books and movies related to mental health education, to carry out mental health education in a way that college students love, promote college students' acceptance and absorption of mental health education knowledge, and improve the effectiveness of mental health education.

4.2. Create a 'Micro Era' Mental Health Education Talent Team

In order to seize the opportunity of the 'micro era' and build an online education platform for mental health, it is necessary to have both a knowledge base of mental health education and a talent team to operate and operate official social media accounts. The construction of the talent team can be based on counselors and supplemented by peer psychological counselors such as psychological commissioners. On the one hand, peer counsellors can grasp the psychological state of college students at the first time, and can timely carry out psychological intervention and help for students with potential psychological crisis. On the other hand, as a member of college students, they are very aware of the content and methods of push that contemporary college students like. Coupled with the professional knowledge guidance of counselors, such a mental health education talent team is very suitable for the characteristics of the 'micro era'.

4.3. Expand the 'Micro-Era' Mental Health Education Practice

In the 'micro era', the development of mental health education activities should make full use of social media platforms. On the one hand, the social media platform can get rid of the limitations of objective factors such as venues and equipment, and the form is novel; on the other hand, social media platforms can protect the privacy of participants and allow participants to speak freely [10]. Moreover, the cost of carrying out online mental health education activities is low and the scope of radiation is wide. Colleges and universities regularly carry out online mental health education activities, which can enrich the after-school life of college students, create a campus atmosphere that cares for college students and pays attention to their mental health, so that college students can grow up in a warm and friendly atmosphere.

5. Conclusion

Based on the above, under the background of 'micro era', the emergence of 'micro media' has brought a series of changes to the work of mental health education in colleges and universities, so that educators have to change some of the previous working methods, which is bound to bring some challenges to the existing working conditions, but at the same time, it also brings opportunities for the work of mental health education in colleges and universities. Colleges and universities should seize the opportunity to innovate the content and methods of work.

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