

Research on the cultivation of professional psychological quality of college students

Ran Meng

Jiangnan University Mental Health Education Center, Wuhan, Hubei, 430056, China

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Abstract: Colleges and universities are important talent incubation bases in China. At this stage, with the continuous development of society and the increasing competitive pressure from all walks of life, for college students, the overall employment pressure is also gradually increasing, and the overall employment situation is relatively severe. How to stabilize their own development and improve their employment strength under such a background is very important for college students. The premise of this goal is that students should have high professional psychological quality, such as correct professional interest, distinct professional personality, good professional mood and so on, so that they can quickly adapt to the job requirements after entering the post.

1. Introduction

The educational goal of colleges and universities is not to improve students' professional performance, but to cultivate students' professional ability and professional quality, so as to provide effective support for students' future career development. Teachers should not only implement knowledge infiltration and skill training for students, but also pay attention to cultivating students' professional quality, taking into account the characteristics of disciplines and majors, but also based on students' learning differences, give targeted teaching guidance to students, so that they can develop excellent professional psychological quality, better participate in the work of society and various industries, and promote the all-round development of students. This article will analyze how to cultivate college students' professional psychological quality.

2. Reform the teaching system and improve the teaching mode

Combined with the analysis of the current situation of teaching, in the work of higher education, although there is a clear division between the teaching content and teaching level that students are exposed to, teachers have not made significant progress in the selection of teaching methods. For example, there are still many teachers who will teach by instillation and guide students. In class, there is no communication between teachers and students, and even students often skip classes. And often at the end of the term, teachers simply draw the test focus and scope for students. There are obvious formal problems in the overall education. Students themselves have not formed a correct understanding of the major, and naturally cannot form a good professional psychological quality. Therefore, in the work of higher education, teachers should effectively reform the teaching system

and adjust the teaching mode to promote the all-round development of students.

2.1 Renew the teaching concept and implement the ability based teaching idea

In today's society, the job stability of all walks of life has decreased. If practitioners want to stabilize their development status and make achievements in their own industry, they must improve their personal ability and professional quality, instead of relying solely on the iron rice bowl. At the same time, there have been obvious changes in modern society, gradually showing the development trend of knowledge and informatization. Students can access more and more information, and the update speed is also faster and faster. Under this premise, academic education will no longer be applicable to the development of students. Colleges and universities need to build a competency education system, focusing on the development of students' learning ability, professional ability, professional ability and innovation ability. Moreover, in modern society, this condition has gradually become the main standard to measure the comprehensive quality of talents. Therefore, in the teaching process of colleges and universities, teachers must adjust the teaching ideology of emphasizing scores over ability and knowledge over practice, focus on cultivating students' comprehensive ability, and provide basic guarantee for the development of students' professional psychological quality under the guidance of the ability-based teaching guiding ideology [1].

2.2 Innovate teaching methods and strengthen students' professional learning experience

When explaining some theoretical knowledge, teachers can adopt the teaching method. But the teaching method is definitely not simply scripted, only blindly instilling the knowledge in the textbook into the students' minds. In the application of teaching method, teachers can appropriately intersperse other teaching methods, such as integrating teaching and question answering, case analysis, social investigation, and even practice. Under the diversified teaching system, teachers can enhance students' sense of classroom experience and truly realize the requirements of people-oriented teaching goals. In class, for professional knowledge points, teachers can guide students to boldly share their ideas, boldly question and discuss existing knowledge points with other students, and promote students to truly master and absorb knowledge in the process of internalizing knowledge construction, so as to gradually improve their personal comprehensive quality. In addition, after the teaching activities, teachers can assign some professional tasks and require students to discuss, exchange or practice in groups. After the activity, students can be organized to report their achievements, so as to effectively enhance students' problem analysis ability, problem solving ability and cooperation ability. These abilities have a high impact on the development of students' professional psychological quality.

2.3 Strengthen the construction of humanities curriculum system and promote the effective development of students' Humanistic Quality

The biggest difference between higher education and other stages of education is that the main goal of the former is to cultivate students' professional quality. The requirements of the new era for social talents include not only rich scientific knowledge and high professional ability, but also high humanistic quality and humanistic spirit [2]. The premise of this requirement is to integrate science education and humanities education. Therefore, in college education, teachers should not only pay attention to scientific professional education for students, but also consciously cultivate students' humanistic quality.

On the one hand, colleges and universities need to appropriately increase the class hours of humanities education and cultivate students' thoughts with systematic and independent humanistic

education. In the continuous humanistic education, we should strengthen students' professional psychological quality and humanistic quality; On the other hand, colleges and universities need to adjust the humanities curriculum system appropriately, and need to update and enrich the teaching content. Humanities education has a relatively wide range of disciplines. In addition to literature, history, philosophy and art in the conventional sense, it also needs to follow the updated pace of the times, introduce scientific and technological development, social development and other contents, and cultivate students' humanistic thinking through interdisciplinary education. Moreover, in the work of humanities education, teachers should pay attention to the fact that humanities curriculum is only a basic curriculum after all. The main purpose is to guide students to have a correct concept of development, learn how to behave and how to look at the world. Therefore, there is no need to go too deep into the teaching content to prevent students from having learning pressure and putting the cart before the horse.

Generally speaking, the humanities curriculum system mainly includes nine categories, namely literature, history, philosophy, economics, management, law, art, psychology and vocational guidance [3]. Through diversified humanities courses, we should give students comprehensive guidance and drive, and promote the healthy development of students' professional psychological quality under the support of systematic and practical humanities courses.

3. Strengthen cultural construction and optimize educational atmosphere

Atmosphere will influence students imperceptibly, which is also a crucial condition in the process of cultivating students' professional psychological quality. In the work of higher education, schools should strengthen cultural construction and form effective guidance for students with a benign cultural atmosphere.

3.1 Strengthening the construction of campus culture

Campus culture mainly includes three major contents: material environment, campus system and campus spirit. Campus culture is an abstract concept symbol of the school, which will have a subtle change and influence on all personnel in the school. The culture formed in a high-quality university campus must be able to form a positive psychological drive for students.

First of all, the school should strengthen the material and cultural construction, create a beautiful campus environment, build scattered buildings, and provide sufficient instruments and equipment for students of various majors, so that every plant and tree in the school can show the development process and cultural heritage of the campus.

Secondly, the school should improve its rules and regulations. A perfect system of rules and regulations can form an effective management of teachers and students in the school, enable them to regulate behavior, restrict speech, promote the smooth progress of school activities, and establish a benign school spirit. The school should also strengthen the implementation of the system, guide students to implement self-management and self-education, improve the authority of the system effectively. The school need to cultivate students' management thinking with a strict management mechanism, so that they can adapt to some management styles in their future careers in advance, and then strengthen their own professional psychological quality.

Finally, the school should create a strong spiritual culture and give full play to the spirit of the educational role of spiritual culture. Culture is the core of the development of campus culture, which contains rich contents, including but not limited to the ideological understanding, ideals and beliefs adhered to in the development process of the school, as well as the public opinion of teachers and students, school spirit and collective public opinion shown by the school [4]. Spiritual culture will have potential influence and guidance on students, and can effectively regulate and motivate students'

behavior. More importantly, excellent spiritual culture can make students have a stronger self-awareness, innovation awareness and integrity awareness, and promote their own professional psychological quality to be more perfect and rich.

3.2 Strengthen the construction of dormitory culture in the school

In college education, teachers should assist students in building dormitory culture, improve dormitory management mode, and promote the steady enhancement of students' professional psychological quality.

First of all, the school needs to make appropriate adjustments to the accommodation methods and optimize the dormitory management system. For example, in the vast majority of college education, when assigning dormitories, students in the same class and major are usually arranged together according to the standard of class or major. This accommodation mode shortens the scope of students' making friends to a certain extent. Therefore, in the process of cultivating students' professional psychological quality, we can adjust appropriately, break the restrictions of this mode, implement the system of matching accommodation for students of different majors, so that students can better understand the knowledge content of other majors and better communicate with students of other majors, so as to expand students' knowledge and improve students' communication ability. When necessary, the school can also arrange students of different grades together to enrich students' learning experience and social experience and lay a stable foundation for students' career development.

Secondly, schools need to strengthen the construction of dormitory culture. Specifically, the school can organize students to carry out practical activities with the theme of dormitory culture from time to time, requiring students to establish relevant behavior systems and dormitory conventions in the dormitory, and strictly stop some uncivilized and immoral behaviors. When necessary, the school can appoint professional managers to carry out irregular inspection and supervision, so as to promote students' self-management and self-discipline, and improve students' comprehensive quality development and professional psychological quality.

4. Strengthen employment guidance and lay the foundation of literacy

The famous psychologist Sapa once pointed out that in the development process of human individuals, at different stages, they face different tasks and obstacles, and the overall state of professional psychological development is also different [5]. When it comes to the development stage of college students, the main task we need to face is to cultivate our own career development skills and improve our own career development literacy.

As a group of college students who enter the society after graduation, they must make sufficient preparations in the school, form a good career plan, enrich their theoretical foundation, and strengthen their professional psychological quality. The establishment of employment guidance curriculum can separate students from theoretical learning, turn to practice and society, know more about their future development, and participate in social practice in a more directional way. In the work of employment guidance and education in Colleges and universities, teachers need to pay attention to the following work in order to ensure the steady development of students' professional psychological quality.

Take ordinary colleges and universities as an example. At the university stage, students have to go through four academic years of learning tasks.

In the first academic year, teachers should guide students to understand career planning and form a basic understanding of it. In this process, career guidance teachers should cooperate with students' professional teachers to guide students to understand the situation of their major and the corresponding counterpart industries. At the same time, schools should also have a preliminary understanding of students' professional quality and professional psychological quality, lay a teaching

foundation and find out the direction of education. In this academic year, teachers should organize students to carry out basic self-assessment, so that students can preliminarily understand their professional ability, professional ability, their interests and personality characteristics, preliminarily position themselves, understand what industries they want to engage in, analyze what industries they are suitable for, and choose the right career direction. On this premise, teachers should guide students to formulate perfect learning plans and internship plans, so that students can eliminate their own blindness in development, and actively participate in practical activities inside and outside the school, so as to improve their personal professional psychological quality. When necessary, the school can invite some experts and scholars or outstanding graduates to return to the school to make special reports and experience introductions, so as to enrich students' employment awareness.

In the second and third academic years, colleges and universities need to focus on social practice, improve students' ability to apply knowledge in a practical way, consolidate students' professional skills, professional ethics and professional consciousness, and make them learn to cooperate with their peers and interact with others in the process of practice, so as to improve their workplace viability. In this regard, it mainly includes four main points. First, teachers should carry out systematic employment survey and guide students to contact some excellent graduates of the major or department, deepen their perceptual knowledge of the profession and industry through interviews. Accordingly, students can accumulate more employment experience or job-hunting experience, so as to optimize themselves, check omissions and fill vacancies, and improve their employability and psychological quality; Second, we should guide students to make preparations before practice. For example, students can draw up an appropriate internship plan according to your professional characteristics and abilities, preliminarily collect the information of the internship unit you want to participate in, make a cover letter and resume, and prepare for the interview; Third, we should guide students to do a good job in internship training. Through practice, students can deepen their mastery of professional theoretical knowledge and the application of practical knowledge, so that students can better adapt to the working environment in the process of practice, learn some skills that will be exposed in work, and cultivate their own sense of career and responsibility; Fourth, after the practice activities, we need to carry out a comprehensive assessment, guide students to analyze themselves, check their problems in career planning, and optimize them accordingly, summarize some of their advantages and disadvantages in career development, and further set the direction of next efforts.

In the Fourth academic year, teachers need to focus on employment guidance. For example, teachers guide students to analyze the current employment situation, understand the graduation process, and also make adjustments to students' employment pressure, and guide students to master some correct psychological evacuation methods and emotional mitigation methods. In addition, teachers should provide students with as many channels to obtain recruitment information and job search skills as possible, so as to enrich students' reserves, improve students' confidence, and then promote them to develop good professional psychological quality.

5. Conclusion

To sum up, it is very important to cultivate students' professional psychological quality in modern college education. In the process of the development of higher education, in view of the development of students' professional psychological quality, the understanding formed by teachers is relatively one-sided and backward, and the teaching methods adopted are also unreasonable. In order to promote the effective development of students' professional psychological quality, college teachers need to change their teaching ideas in time, reform the teaching system, strengthen cultural construction, strengthen employment guidance, and build a perfect teaching framework. Under the support of positive thinking, perfect system, harmonious atmosphere and scientific guidance, we can promote

the all-round development of students.

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