

# *Practice Exploration of College Students' Career Planning Course Teaching from the Perspective of Competition Course Integration*

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**Abstract:** With the improvement of the country's attention to education, new teaching modes such as the integration of competition courses have gradually penetrated into the teaching of various courses. As an important link to cultivate students' professional quality and enhance their employment competitiveness, the education quality of college students' career planning course is directly related to students' future career. In this regard, based on the perspective of the integration of competition courses, this paper deeply analyzes the teaching practice of college students' career planning course, so as to stimulate students' interest and improve teaching efficiency. In order to ensure that students can have a deep understanding of career planning, connect their career ideals with the development of the country, help social and economic prosperity and development, it is hoped that the analysis of this paper can provide useful reference for the teaching reform of career planning courses for Chinese college students.

## **1. Introduction**

Due to the fierce social competition, in order to maintain a strong core competitiveness in the market, modern enterprises have increasingly higher requirements for recruiting fresh graduates, which encourages college students to strive to improve their personal abilities in the process of college study to meet the diverse requirements of the future workplace [1]. As a new educational concept combining competition and course teaching, the integration of competition and course teaching can inject new vitality into the career planning course of college students and make them fully aware of the influence of career planning. In this regard, the thesis focuses on the practical exploration of college students' career planning course teaching in the view of competition course integration, hoping to cultivate students' innovative ability, improve professionalism, enhance team cooperation, and make greater contributions to the development of higher education in our country.

## **2. Competition class integration concept**

As an innovative educational concept, the integration of competition and course teaching is closely related to the competition mechanism to stimulate students' interest in learning and improve the quality of education and teaching. This educational concept emphasizes that teachers should

integrate competition elements into curriculum teaching, so that students can exercise their personal ability and accumulate professional experience under the educational mode of competition and cooperation. It can be said that the teaching of college students' career planning courses from the perspective of integration of competition courses can not only break the monogeneity of traditional teaching mode, improve the vividness and interest of the course content, but also promote the positive interaction between teachers and students, enhance students' learning ability and innovation ability, and enable students to actively participate in the learning process under the drive of competition. The comprehensive improvement of knowledge, skills, and literacy can provide strong support for cultivating high-quality talents that can adapt to the development needs of the new era.

### **3. The importance of college students' career planning course teaching from the perspective of competition course integration**

#### **3.1. Improve the practicality of the course and enhance students' vocational cognition**

Introducing competition mechanisms into career planning courses can provide students with a more intuitive understanding of the work environment, career characteristics, and development prospects involved in the participation process. Through simulated workplace competition, students can personally experience the entire process of career planning and improve the effectiveness of course teaching [2]. Based on this, students have a clear understanding of themselves, plan their career goals, and lay a solid foundation for future development.

#### **3.2. Stimulate students' interest in learning and improve their independent learning ability**

The integration of competition and cooperation into career planning courses can fully stimulate students' interest in learning and improve students' independent learning ability. In a fair and just competition atmosphere, students will take the initiative to learn relevant knowledge and improve their professional quality in order to achieve excellent results [3]. This mode of education enables students to quickly adapt to and find appropriate solutions to the challenges of their future career.

#### **3.3. Cultivate teamwork spirit and improve interpersonal communication skills**

The introduction of competition mechanisms in career planning courses allows students to have a more intuitive understanding of the work environment, career characteristics, and development prospects involved in the process. When college students complete tasks together with classmates in the course learning, they can certainly exercise their oral communication skill, which is extremely beneficial to students' workplace competition, so that students can adapt to the workplace environment in advance and improve their employment advantages.

#### **3.4. Exercise students' psychological quality and improve their ability to cope with setbacks**

The integration of competition and cooperation into career planning courses can exercise students' psychological quality and improve their ability to cope with setbacks. The competition link in the integration of competition and curriculum puts forward higher requirements for students' psychological quality. Especially in the career planning course, students have to face some challenges and setbacks independently, which not only tests the psychological quality of students, but also tests their ability to deal with setbacks. If students can look at it rationally, they can cultivate good psychological quality and stand out in the future career.

## **4. Practical exploration of college students' career planning course teaching from the perspective of competition course integration**

### **4.1. Optimization of teaching objectives and content**

In today's social situation, the importance of college students' career planning courses has become increasingly prominent, which not only concerns students' personal development, but also affects the employment structure and talent quality of the whole society [4]. As a new teaching mode in the 21st century, the integration of competition courses can provide a new way of thinking and method for the teaching of college students' career planning courses. First of all, we should pay attention to students' practical application ability in the setting of teaching objectives. In the view of the integration of competition and lessons, teaching should focus on strengthening students' self-cognition, career exploration, decision-making and career management. This means that teachers should, on the basis of teaching students the theoretical knowledge of career planning, let students master how to carry out career positioning, how to plan career development path and how to cope with workplace changes in practice through competitions and other forms, so as to effectively improve their career competitiveness. Secondly, the optimization of teaching content should be closely related to social situation and workplace needs. In the design of the course content, teachers should integrate the industry development trend, professional quality requirements, workplace skills training and other elements to ensure that students can learn the most cutting-edge career planning knowledge. For example, through teaching activities such as case analysis, mock interview and team project, students are deeply aware of the importance of career planning and master the basic steps and methods of career planning, such as personal SWOT analysis, career goal setting and action plan making. Finally, the optimization of the course content should be reflected in the cultivation of students' innovative ability and entrepreneurial spirit. Especially in the teaching environment with the integration of competition courses, students are actively encouraged to participate in innovative projects, entrepreneurial plan competitions and other activities, so that students can exercise innovative thinking and problem-solving ability, stimulate entrepreneurial enthusiasm, and provide more possibilities for future career development. In short, it is very necessary to optimize the teaching objectives and teaching contents of college students' career planning courses from the perspective of integration of competition courses, so that students can have the ability to independently plan their career.

### **4.2. Innovation of teaching methods and means**

From the perspective of integration of competition courses, the innovation of teaching methods and means of college students' career planning courses is particularly important, which is directly related to whether students can master the knowledge points of career planning and whether they can apply relevant knowledge to actual career planning. In this regard, teachers should think from multiple perspectives and explore more effective teaching methods and means to improve the teaching effectiveness of career planning courses for college students. First of all, classroom teaching should abandon the traditional one-way indoctrination mode and use interactive and participatory teaching methods to improve students' emphasis on career planning courses [4]. Through group discussion, role playing and other teaching methods, students can identify their career path early in a simulated workplace situation. Such as personal characteristics and career matching, career development trend analysis, career goal setting, students can deepen their understanding and memory of knowledge points through interesting teaching methods; Secondly, in combination with the integration of competition and lessons, teachers can plan some competition activities, such as career planning scheme design competition, simulated job fair, etc., so that

students can realize whether they have mastered the career planning knowledge and whether it can play a role in their career in the competition activities and on-site interviews. At the same time, the practice can also exercise students' teamwork ability, communication ability and innovation ability. In this way, under the incentive of competition, students will take the initiative to participate in the course learning, thus improving the learning efficiency; Third, the use of modern information technology means, such as online courses, mobile learning platforms, etc., to provide students with rich learning resources and learning paths. Through these platforms, students can independently learn knowledge points related to career planning, such as career exploration methods and career management skills, according to their own needs and progress. In addition, we can timely grasp students' learning situation by means of network interaction and homework feedback, and provide personalized guidance for students. Finally, in the innovation of teaching means, teachers should also pay attention to the combination of theory and practice. Through cooperation with enterprises, real workplace cases are introduced, so that students can master the practical skills of career planning in the process of case analysis. For example, students are organized to participate in corporate internships, workplace experience and other activities, so that they can feel the importance of career planning in actual work and have a deeper understanding of course knowledge points.

#### 4.3. Construction of multiple teaching evaluation

In order to comprehensively improve the teaching significance of college students' career planning courses, teachers must build a set of scientific and reasonable multiple teaching evaluation system, which can not only fully reflect students' learning results, but also effectively promote students' in-depth understanding and application of career planning knowledge points. However, teachers should pay attention to the following issues. Firstly, the construction of multiple teaching evaluation system should consider the characteristics of career planning courses, and combine process evaluation with terminal evaluation. In process evaluation, teachers can evaluate students' grasp and application of career planning knowledge points by observing students' performance in class discussion, group cooperation, case analysis and other activities. This kind of evaluation can find the problems and shortcomings of students in the learning process in time, and provide a basis for teachers to adjust teaching strategies, so that students pay more attention to the learning process rather than the so-called learning results. Secondly, multiple teaching evaluation should cover the core knowledge points of career planning courses, such as self-cognition, career exploration, career decision-making and career management. By designing some highly targeted evaluation tasks and evaluation standards, teachers can measure students' learning effectiveness more accurately. For example, judging the comprehensive learning situation of students by combining their personal career planning books, mock interview performance and career planning competition results, and then formulating reasonable teaching strategies to enable students to quickly improve their career planning ability in teaching according to their aptitude; Thirdly, multiple teaching evaluation should also pay attention to the individualized development of students. Since each student's career background, interest and ability are different, teachers should provide students with opportunities to show their own characteristics and advantages when formulating the evaluation system. The objective and comprehensiveness of teaching evaluation can be improved from different angles through student self-evaluation, peer evaluation, teacher evaluation and other ways to stimulate students' learning motivation and creativity. Finally, the construction of multiple teaching evaluation should also pay attention to the long-term development of students. The evaluation system should be able to track the growth trajectory of students in career planning and provide reference for their future career development. In this way, students' career planning potential can be stimulated in the

continuous evaluation and feedback, and the career plan can be constantly adjusted and optimized to alleviate the anxiety and confusion of students' employment.

#### 4.4. Construction and training of teachers

The construction and training of teachers is a very important link in the teaching of college students' career planning course. As the disseminators of knowledge and the guides for the growth of students, teachers' professional ability, teaching skills and professional quality directly affect the final teaching effect of the course [5]. In this regard, colleges and universities should take improving their professional quality as the primary task when training teachers to ensure that teachers not only master the relevant theoretical knowledge of pedagogy, psychology, etc., but also have a keen insight into workplace dynamics and industry development trends. In this way, teachers' knowledge system can be constantly updated. To guide students how to apply self-cognition, career positioning and career planning and other theoretical knowledge points. First of all, attach importance to the cultivation of teachers' innovative ability. In the integrated teaching mode, teachers must learn how to use multiple teaching methods to improve the interaction and practicability of classroom teaching, so that teachers can break the traditional teaching limitations and let students participate in the career planning course teaching more actively. Attach importance to the renewal of teachers' educational concepts. Under the new educational situation, teachers should change from traditional knowledge imparts to students' guides and helpers, which requires universities to change teachers' teaching thinking, let students understand how to carry out student-centered teaching in practice, and promote students' all-round development. Thirdly, attach importance to teachers' professional development ability. Colleges and universities should establish a sound mechanism for teacher promotion and development, encourage teachers to participate in scientific research projects and academic exchanges, and improve teachers' scientific research ability and teaching level, which will not only help teachers' personal growth, but also bring more abundant teaching resources and cases for career planning courses. For example, through communication and interaction, teachers can share teaching resources and solve learning problems together, so as to better serve the teaching of college students' career planning courses.

#### 5. Conclusions

Teaching college students' career planning courses from the perspective of integration of competition courses can improve students' learning participation and strengthen students' understanding of knowledge points of career planning. In this regard, colleges and universities should pay attention to the optimization of teaching objectives and contents, the innovation of teaching methods and means, the construction of multiple teaching evaluation, and the construction and training of teachers. And regularly organize interviews and other practical activities to exercise students' thinking ability, so that students can apply the knowledge points of career planning to practical work, and constantly improve workplace communication, teamwork and other soft skills, in order to adapt to the workplace environment in advance, enhance employment competitiveness. In addition, teachers should organize debate competitions to exercise students' thinking, so that students can cultivate independent thinking and innovation ability in the competitions, and lay a foundation for the sustainable development of their careers.

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