

Intensification of Ideological and Political Education to Promote the Ability and Quality of Counselors

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Abstract: Ideological and political quality is the quality that college counselors must first possess and strengthen. In recent years, the country has paid more and more attention to the construction of college counselors, and the ideological and political quality of counselors has also been placed in a higher position and put forward higher requirements. As the main force of the current college counselors, the level of ideological and political quality will inevitably affect the smooth development of ideological and political education for college students. Therefore, the study of the status quo and countermeasures of college counselors' political quality has high value both in theoretical value and in practical value. The research needs of college counselors' nuclear competency construction are ultimately derived from the specific work practice of college counselors in the new era, and are the real feedback on the status quo of college counselor team construction.

1. Introduction

In the past studies, a group of ideological and political education workers in colleges and universities, such as the counselor's psychological counseling ability structure, conducted a practical investigation and research, or theoretically discussed the structure of their psychological counseling ability. There are very few documents on the research of the psychological counseling ability structure of ideological and political education workers in colleges and universities through empirical research. The psychological counseling ability is rich in content and extensive in extension. In the existing psychology and education dictionary, the relevant concepts are not found. In the education and teaching activities, the students' mental health can be effectively maintained and their activities improved. Psychological function and develop its psychological potential, and promote its comprehensive and healthy development ability. Through the above-mentioned many scholars to explain the connotation of psychological counseling ability, the author believes that the "psychological counseling ability" referred to in this article is not limited to dealing with students' psychological problems and psychological crisis. Its broader meaning also includes improving students' psychological quality, improving their mental function, developing their psychological potential, and promoting their ability to grow up happily [1-4].

The concept of "Ideological and Political Education" can be understood from at least two aspects: on the one hand, it is an educational activity that forms people's ideological and political concepts. On the other hand, in the work of ideological and political education, in order to deal with people's ideological conflicts, it is still necessary to first understand people's psychological activities and psychological needs. In order to smoothly resolve the opportunities and foundations of ideological contradictions, only by combining psychological education with ideological and moral education can we achieve the core mission of ideological and political education. That is, ideological and political education not only publicizes and disseminates the socialist and communist ideology, but also uses some psychological skills to guide people's political attitudes, improve the moral literacy and psychological quality of the educational objects, improve their personality and give full play to their subjective initiative.

The Central Committee of the Communist Party of China issued a number of documents from 1994 to 2005, and in the "Opinions on Further Strengthening and Improving College Students' Mental Health Education," it focused on making new demands on the capabilities of ideological and political education workers. In addition to mastering the problems of students' ideological level, they must be able to deal with the psychological aspects of students. This has clearly reflected the new expansion of the current ideological and political education workers' ability in colleges and universities, because people's needs are more diverse and complex. The ideological and political education workers have officially completed the transformation from a single Marxist ideology pilot role to multiple roles, and the work content has realized the highlighting of political work and policy propaganda around "cultivating people-oriented." For the transformation of students' comprehensive and healthy development, college ideological and political workers (thinking teachers, college counselors, party workers, etc.) have also become an important force in carrying out mental health education for college students.

2. The Proposed Methodology

2.1 Ideological and Political Education Method.

First of all, mental health education has a mission worthy of value. In the course of China's development of mental health education, the issue of values advocated has been discussed by many scholars. Some scholars believe that the principle of value neutrality should be pursued, but the author believes that this applies the ethics and principles of psychological counseling to the overall psychology. Health education activities are a misunderstanding of the concept and significance of mental health education. Psychological counseling is only part of the mental health education work, and the principle of part of the work cannot be the principle of overall work. China's ideological and political education is based on the socialist core values, and mental health education as part of the ideological and political work should also shoulder the task and mission of spreading and developing socialist core values, and integrate the essence of socialist core values. Infiltrate into the mental health education work.

In view of the role of the semi-professional helpers of ideological and political education workers in colleges and universities, it is not to deal with some students' psychological problems, such as depression, mania and other serious psychological problems or the treatment of mental illness, but in the scope of all college students. Put more perspectives on the basis of maintaining students' mental health, cultivate their optimistic and positive attitude, explore their psychological potential and promote their happiness. Therefore, college ideological and political educators mainly promote the habits of college students to maintain their own physical and mental health by organizing community activities or creating a good atmosphere in the course of ideological and political education theory, creating a practical platform and popularizing relevant knowledge concepts. The specific affairs of psychological counseling carried out mainly focus on shaping the healthy personality of college students, such as emotional intelligence, willpower cultivation and emotional management. Guide college students to form good study habits and do a good job of time management. Guide college students to deal with the relationship between reality and virtuality in the online world. Therefore, ideological and political workers in colleges and universities are the "cultivators" of the developmental psychological growth of college students.

The research on the capacity building of college counselors is also based on a solid theoretical background. The production of any theory or concept is not fabricated out of thin air. One of the important factors that can withstand scrutiny is the reliability of the theoretical source. The research on the construction of nuclear competence of college counselors has a broad theoretical basis and is theoretically feasible. First of all, the principle of Marxist philosophy is the theoretical cornerstone of college counselors' nuclear and capacity building: emphasis on adhering to major contradictions and secondary contradictions, adhering to the combination of subjectivity and objectivity, adhering to the combination of commonality and individuality, and insisting on the combination of

quantitative change and qualitative change. Secondly, the theory of career development has become the direction and direction of college counselors' nuclear power construction. It links six professional theories of career shop, career development stage theory, personnel match theory, occupational theory, career choice motivation theory and London career motivation theory. The intensive competence of college counselors is also consolidating and improving. Third, the study and elaboration of motivation theory is the source of power for college counselors to build their nuclear capabilities. Fourth, the theory of talent theory provides a solid backing support for the construction of nuclear competence of college counselors. The study of the four important theoretical foundations lays a solid theoretical foundation for the research on the construction of nuclear competence of college counselors. Therefore, under the premise of absorbing the theoretical results of many predecessors, the university counselor's nuclear capacity building system has gradually developed, enriched and improved, and eventually evolved into a stable operating system.

The starting point of the research on the capacity building of college counselors is to fully analyze the history and current situation of the development of college counselors. The source of motivation is the urgent need for the professionalization and professional development of college counselors. Therefore, the research on this issue is not only It is only limited to the theoretical expansion and extension, and more importantly, the transformation of its results into a guiding ideology, which is an effective response to the needs of the real world. College counselors have a rich connotation of nuclear competence, and its basic meaning is the characteristics and advantages that are different from others in the ranks of college counselors. In terms of content, it is a comprehensive body that runs through all aspects of the work of college counselors. Functionally speaking, it has its value superiority, which involves all aspects of the work of college counselors, which is conducive to building a stronger team of college counselors and a richer culture of college counselors.

2.2 The Connotation and Characteristics of Psychological Guidance Ability of College Ideological and Political Education Workers

The work of ideological and political education is essentially the work of being a human being. The essence determines that its primary task is to find out what is the law of human and human thought and psychological development. Therefore, as an ideological and political worker, we must be able to understand human nature and master the basic skills of thinking and psychological work. Marx's theory of human nature, human nature and human freedom and comprehensive development integrates mental health education into ideological and political education and moral education. Workers use the methods and techniques of psychological counseling to provide specific and effective theoretical guidance for people to carry out their work.

Therefore, the current ideological and political education workers in colleges and universities must first take the characteristics of human consciousness activities as the premise of work, follow the laws of human development, and not directly bypass the instinct, emotions, needs, motives, wills, beliefs, etc. of human nature. The psychological factors of the internal system, the course of its activities cannot ignore the richness of the social system in which people live, the subjective nature of human beings, and the inability to obliterate the human beings. The unique and rich personality and unexplored in their personality Potential, from understanding, caring and respecting the inner needs of the educated, as an entry point, first construct an emotional bridge with the educated, create a communication atmosphere of sincerity, acceptance, security and trust, and inspire and guide the subjective choice of the educated, Intrinsic motivation is transformed into the ideological motive of struggle, so that it is willing to change the subjective world from the bottom of the heart, unite the self-value and social value, and then externalize into actual action. Secondly, ideological and political education workers must take the comprehensive and healthy development of human beings as their educational purposes and goals. They must not only focus on cultivating a new generation of successors with ideals, ethics, culture and discipline, but also on this basis. To achieve the integrity of the educated person's personality, promote the harmonious and stable

development of the internal system, and coordinate the development of the educated and self, nature and social balance.

On the one hand, ideological and political education provides the correct value orientation for mental health education. No matter which country the individual is in, and which one grows in the external environment, it cannot be separated from the various group rules implied in the cultural background. The mental health education originates from the developed countries in Europe and America, emphasizes the value of the individual, adheres to the counseling support of non-value intervention, and emphasizes the group consciousness and the collective concept in the society and culture of the East, if still copying the mental health adhered to by the West. The concept of education is bound to be unacceptable. Therefore, in view of the fact that China's current mental health education belongs to the scope of moral education, the guidance of mainstream value should also become an important task of mental health education. Mental health education can only promote students' positive social mainstream values by using ideological and political education as the navigation aid and guidance, so as to ensure the correctness of the general direction.

On the other hand, ideological and political education can promote the sublimation of the effect of mental health education. From the structural point of view of mental health, the development of psychological function is restricted by the mainstream thoughts and concepts accepted by the subject during its growth and development. Often, a person with lower moral quality is not only difficult to be recognized in the process of social integration, but also because of this ethical problem, he is unable to obtain a psychological balance. After all, people are "social animals." Practice cases of psychological counseling and counseling have also proved that the predisposing factors of many psychological problems are problems of values or outlook on life. Adhering to the concept of "super morality" or lack of morality is a common feature of personality disorder and neurosis patients. Only those who hold a high moral cultivation, a strong political stance, and the values advocated by the mainstream society can be integrated into society and achieve a high standard of mental health.

2.3 Counselor Capacity Improvement Program

The research on the capacity building of college counselors is also based on the combination of major contradictions and secondary contradictions. In the current college counselor's ability system, the college counselor's nuclear competence is the main contradiction in the dominant and dominant position in the whole ability system. It plays a guiding and restricting role for other college counselors' ability. Other college counselors' ability is in the system. Being in a subordinate position is a secondary contradiction. Distinguishing the relationship between the two is the key to clarifying the connotation of the ability of college counselors. Therefore, in the process of college counselors, it is necessary to distinguish the main contradictions and secondary contradictions, firmly lock the work to strengthen the core competence of college counselors, and regard other matters as secondary contradictions, focusing on the main contradictions. Up, not the host and guest upside down.

The mental counseling ability of ideological and political education workers in colleges and universities is mixed. Although ideological and political educators have explored a large number of practical education experiences and many effective methods and techniques in their practical work, such as the current effective talk-talking techniques in ideological and political education, to build trust with students The safe and warm atmosphere of communication encourages students to open up and share their psychological feelings.

Ideological and political workers have the main appeal of improving psychological counseling ability. Through in-depth interviews, the author learned that in the real work situation, ideological and political workers are less likely to encounter problems that are really related to the moral and ideological aspects of college students, mostly psychological confusion, and some ideological and political workers also hope to use multiple ways. Helping college students to divert their psychology, it can be seen that the current ideological and political workers have gradually changed their minds. From the purely ideological and political education in the past to today's more

emphasis on emotional care and psychological counseling for students, and most of the ideological and political workers It has the theory and technology of psychological counseling that is urgently seeking and relying on the resources and platforms of all parties to learn to be truly instructive and operable.

3. Conclusion

Through theoretical research, investigation and analysis, and practical argumentation, this paper points out that the "Ideological and Political Education Ability" and "Student Development Guidance Ability" of college counselors are the structural elements that constitute the core competence of college counselors. This is in line with the basic concepts of the core competence of college counselors. And the theoretical understanding of the essential characteristics, but also meet the specific requirements of the state's college counselors and the actual needs of college counselors' own vision and the development of college students. On the basis of in-depth study of the structure of psychological counseling ability by ideological and political workers, the current European and American countries pay more attention to basic theory courses in psychological counseling training.

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