

# Educational Psychology Curriculum and Teaching Reform Trial Based on Positive Psychology

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**Abstract:** The psychological problems of university students have become an important factor affecting the sustainable development of individuals and the stability of schools. Therefore, the psychological fitness education of university students has attracted more and more attention from all walks of life. At present, the curriculum system of university students' psychological fitness education is mainly based on traditional pathological psychology, which greatly hinders the development and requirements of contemporary university students' psychological fitness education. The focus of the Institute of Positive Psychology is the positive aspects of human nature, focusing on people's feelings of happiness and fully developing human potential. Based on the theoretical and practical research results of positive psychology, combined with the current situation of University Students' psychological fitness education curriculum, this paper explores the construction of University Students' psychological fitness education curriculum. Teachers should change their teaching ideas, pay attention to positive psychological education for university students, innovate the curriculum of University Students' psychological fitness education, pay attention to practical experience education, and prevent and reduce the occurrence of University Students' psychological problems.

## 1. Introduction

In recent years, with the increase of university students' psychological crisis events, university students' psychological problems have become increasingly prominent, and university students' psychological fitness education has become more and more important, especially the construction of university students' psychological fitness education courses [1]. The psychological problems of university students have become an important factor affecting the sustainable development of individuals and the stability of schools. Therefore, the psychological fitness education of university students has attracted more and more attention from all walks of life [2]. Classroom teaching of University Students' psychological fitness education is the main channel of college psychological fitness education. It plays a role in publicizing and popularizing psychological fitness knowledge and improving students' psychological quality. It is an important way to fully implement the outline of education planning, promote students' healthy growth and cultivate senior professionals [3]. In the modern social environment with complex information, the psychological pressure of poor university students has increased sharply. In order to avoid the poor students from entering the misunderstanding of life due to psychological problems, colleges and universities must conduct psychological counseling for this group, actively innovate the paths and measures of psychological fitness education, and from the aspects of guiding ideology, education mode and team construction, Actively construct a new model of psychological fitness education for poor university students from the perspective of positive psychology. The focus of positive psychology is the positive side of human nature. It focuses on people's happiness and fully develops human potential.

In recent years, many colleges and universities have integrated the concept of positive psychology into the psychological fitness education of university students, in order to open up new horizons, new ideas and new situations of university students' psychological fitness education in an all-round way, and also provide psychological fitness education research for college psychological fitness educators. Theoretical basis and new perspectives [4]. Positive psychology mainly studies the potential abilities and virtues possessed by ordinary people, so that human beings can know

everyone with an open and appreciative eye. The research focuses on the positive side of human beings and society, so that everyone can be happy and happy, so that human life can be maintained in the best state and their psychological immunity and resistance can be improved. Positive psychology mainly studies the positive qualities of human beings and advocates the positive mentality of human beings, so that human beings can face the problems in life with a positive mentality, so as to deeply tap the potential energy and quality of human beings, so that human beings can live a better life and get rid of the psychological dilemma [5]. At present, the main method for colleges and universities to improve the psychological fitness level of university students is to implement the teaching of psychological fitness education course. The purpose is to let students experience and grow in teaching activities, so as to cultivate good psychological quality and ensure the psychological fitness development of students [6].

## **2. Current Situation of University Students' Psychological Fitness Education**

### **2.1 Course Objectives**

The three basic dimensions of university students' psychological quality include cognitive quality, personality quality and adaptability. This narrow curriculum system inevitably has limitations, which deviates from the original goal of psychological fitness education curriculum, weakens the proper function of psychological fitness education, and neglects the teaching purpose that psychological fitness education curriculum should help students tap their potential and cultivate their positive psychological quality. At the same time, the objectives and contents of the course not only need to enable students to acquire psychological knowledge and skills, but also pay attention to the psychological needs of students' learning, so as to give full play to students' subjective consciousness and initiative in the setting of the course, build a growth platform to promote students' all-round and healthy development, and improve students' enthusiasm for learning psychological fitness education knowledge. At the same time, the objectives and content of the course not only need to allow students to acquire psychological knowledge and skills, but also pay attention to the psychological needs of students' learning, so that students' subjective consciousness and initiative can be fully exerted in the course setting, and the growth that promotes students' all-round and healthy development must be established. A platform to improve students' enthusiasm for learning psychological fitness education knowledge.

### **2.2 Course Content**

From the general situation of the current course content of University Students' psychological fitness education, the main contents of the course include the standard of psychological fitness, the identification of common psychological problems, the treatment of common psychological problems, several aspects causing university students' psychological confusion, the types and treatment methods of confusion, etc. This kind of educational practice and guidance makes most students understand that the connotation of psychological fitness education curriculum is composed of a series of psychological problems, and mistakenly believe that psychological fitness education is only needed by students with psychological problems [8]. When conducting psychological fitness education for university students in China, teachers can learn from foreign countries, get out of the traditional teaching mode of psychological courses, and guide students to establish a positive attitude from the perspective of positive psychology, dare to face problems and face them positively and optimistically, so that both body and mind can develop in an all-round and healthy way. In the process of carrying out the course of psychological fitness education in colleges and universities, positive psychology starts from a new angle, takes positive psychology theory as the core, innovates the content of the course of psychological fitness education in colleges and universities, and plays a positive role in promoting the teaching work in the future. , to control the incidence of psychological fitness problems of university students within the minimum range, so that they can adapt to the society in a short period of time after they enter the society.

### **2.3 Teaching Team**

At present, the teaching team of university students' psychological fitness education courses is roughly divided into two situations: the first is the teaching team of psychology majors. For example, when recruiting teachers, teachers with professional qualification certification or counselors who have been engaged in student work can be preferentially admitted, while teachers without professional qualification certification and without professional training will not be employed. Because people's psychology has implicit characteristics, the teaching results of psychological fitness education courses also have implicit characteristics, In the past, the evaluation of psychological fitness education courses only by means of examination quantification is difficult to truly and completely reflect the teaching implementation effect, and it is also difficult to truly represent the development of students' psychological quality [7]. Generally speaking, teachers can use a variety of teaching modes to educate students' psychological fitness, such as explaining basic knowledge, analyzing cases, organizing students to play roles and discuss in groups, etc.

### 3. Exertion of College Counselors' Initiative in Employment

#### 3.1 How to Guide and Establish a Correct and Reasonable View of Employment

Guide university students to establish a correct and reasonable concept of employment. With the rapid development of society and economy, counselors should conduct timely investigation and understanding of workplace supply and demand, grasp first-hand employment information, promote the smooth implementation of employment guidance, and help high-efficiency graduates find employment. Different from other disciplines, psychological fitness education course directly involves students' mental world. As a course centered on students' personal direct experience, this course can take students' self experience as the relevant basis of course assessment, such as testing the effect of the course through written statements such as self analysis report and subjective well-being scale, At the same time, it also plays a positive role in students' self-awareness, self acceptance and self adaptation [9]. Figure 1 shows the evolution structure of University Students' psychological crisis.

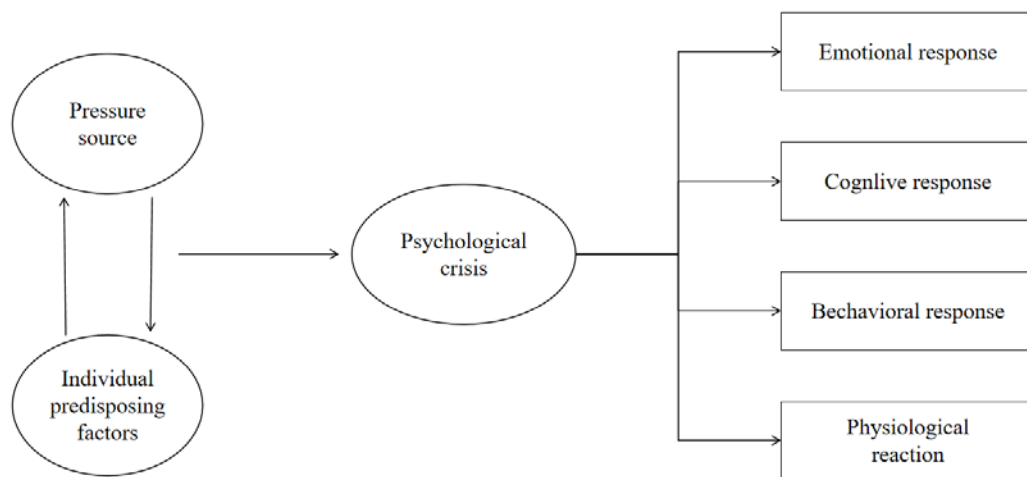


Fig.1 Evolution Structure of University Students' Psychological Crisis

From the perspective of positive psychology, psychological education for students can greatly enable students to exert their own subjective initiative, deepen their self-cognition, and then through teaching practice, enable students to strengthen self-supervision, control and adjustment, Increase the intensity of excavating their own potential, so that university students can form a good personality quality.

#### 3.2 How to Guide the Development of Personal Strengths

With the expansion of enrollment year after year, the number of college graduates has increased sharply year after year, and more and more college graduates are going to the society. The

employment dilemma of oversupply soon becomes increasingly prominent. At the same time, employers' requirements for job seekers become increasingly stringent. At Harvard University, positive psychology is a psychology elective course for university students. It focuses on applying the research results of positive psychology to practice and teaching students the methods to obtain happiness. Therefore, it is also called "happiness course". If university students form a good habit of self-education, they will grow healthily in a positive environment, and with the continuous growth of university students, the role of self-education will be more obvious. Therefore, in the daily employment guidance work of college counselors, they should pay attention to encouraging university students to discover their personal strengths and develop them, so that their personal strengths can help them in their employment career, add an employment weight to themselves, and get a smooth employment.

### **3.3 Talent Recommendation**

College counselors and university students get along for a long time and have enough time to make a comprehensive understanding of them, master their personal situation and make reasonable recommendations in employment recommendation [10]. Colleges and universities can select teachers with practical teaching experience and a strong sense of responsibility to participate in on-the-job training, rely on psychologists in Colleges and universities and scientific research institutions to train teachers, make them have the basic knowledge and skills of psychological fitness education, recognize their qualifications in psychological fitness education, and let the trained teachers go through assessment and qualification, hold certificates, fix posts and fixed staffing. Because the psychological fitness education courses for university students are highly professional, colleges and universities need to improve the recruitment standards for teachers of this major. For example, professionally qualified teachers, counselors who have worked with students may be preferred. In addition, for those students who lack self-confidence and cannot make a decision, the counselor should give scientific guidance to them based on what they usually know and master, and clearly tell them the direction of employment.

## **4. Conclusions**

Positive psychology shows a brand-new perspective for the construction of the curriculum system of psychological fitness education in colleges and universities. The ideas of positive psychology mainly include positive experience at subjective level, positive personality traits at individual level and positive organization system at group level. In the view of positive psychology, we should promote and reshape the psychological fitness education in colleges and universities, and cultivate positive psychological quality by changing ideas. Actively respond to the pressure of experience through the promotion of methods; Rebuilding the relationship between teachers and students that advocates equality and trust; Through the improvement of the system, we can build a social support system for psychological fitness development, and cultivate university students' awareness and ability to actively obtain social support. Through positive psychology to actively guide university students and reform the mode of psychological fitness education curriculum in Colleges and universities, it not only helps to carry out university students' psychological fitness education, but also greatly reduces university students' psychological problems, so that university students can better deal with college life and face the society. Therefore, college counselors should clarify their roles, play an active role as counselors, strengthen their service awareness and improve their guidance level, so as to promote the smooth employment of university students.

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