Psychological Teaching and Psychological Intervention Countermeasures in Colleges and Universities based on Network Environment

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Abstract: In college education and teaching, the guidance of students' learning thinking and psychological personality plays an important role. The main task of higher education teaching is to improve students' moral education. With the integration of network education resources, this idea transforms the theoretical knowledge in daily teaching into practical level, improves the modern level of education, makes students standardize their words and deeds and improve their communicative ability in dealing with the world. This paper probes into the psychology teaching and psychology in Colleges and Universities under the network environment for your reference.

1. Introduction

At present, the cultivation of students' vocational skills is the core teaching goal of most colleges and universities, and the role of psychological teaching and necessary psychological intervention in cultivating students' vocational skills and comprehensive quality can not be ignored. Through psychological teaching, students' psychological quality can be continuously enhanced, students' learning enthusiasm can be improved, and the teaching effect of professional courses can be improved. The emergence and popularization of network has brought richer forms and choices to psychology teaching and psychological intervention in Colleges and universities.

2. Development Status of Psychology Teaching in Colleges and Universities under the Network Environment

The development of psychological education curriculum can gradually improve students' moral education and help students establish a correct outlook on life, values and ideas. According to the statistics released by the national education department, up to now, more than 260 colleges and universities across the country have set up psychology teaching majors, and set experimental psychology as the core curriculum[1]. Through a variety of psychological teaching processes, college students' learning attitude, educational concept and training mode of psychology education curriculum have been changed, So as to make full use of the network education form of psychological education and deepen the psychological intervention and psychological guidance to college students.

3. Development Advantages of Psychology Teaching in Colleges and Universities under the Network Environment

3.1 Humanized Psychological Education Implementation Model

In many full-time colleges and universities in China, the introduction of psychology teaching strategies has formed a special education system, and the methods and forms of psychological intervention for college students have become more flexible and diverse. The popularization of psychological education in Colleges and universities in China is in a slow rising development trend. Through the integration of network teaching resources, teachers can carry out more humanized and scientific psychological intervention on students. This psychological intervention model is undoubtedly very mild and appropriate. It fully respects the development status of "strong self-consciousness" of college students and makes up for the psychological gap in the growth process of college students[2]. In the process of implementing psychology teaching, it avoids the embarrassment of students directly telling others about their troubles, which is more conducive to students' interests and preferences, so that students can obtain a sense of trust in Teachers' intervention and better express their real ideas.

3.2 Extensive Psychological Intervention Teaching Area

Psychological intervention strategy involves a wide range of teaching. It not only exists in Ideological and political education, but also includes college students' professional courses, theoretical courses, expansion courses and so on. With the help of the integration of network resources, psychology teaching and psychological intervention strategies can increase the teaching area, so that college students can correctly treat, emotion, education and other problems. Encourage them to face setbacks, learn to face difficulties, and constantly improve students' self-cultivation and interpersonal relationships[3].

4. The Main Mental Health Problems of College Students

4.1 Blind Psychology

The phenomenon of "following the trend" is very common not only among college students, but also among all teenagers. The fundamental reason for this phenomenon is that they lack thinking, their own independent opinion and independent thinking ability. They often follow what others do, such as choosing the major that others choose, applying for the certificate that others take, and so on. Students with this mentality are vulnerable to the influence of relatives and friends. If they make friends carelessly or are used by intentional people, they are easy to go astray.

4.2 Inertia Psychology

Students in Colleges and universities generally do not achieve very good results in junior and senior high school. The reason for this problem is not because the students have IQ problems, but because they are unwilling to work hard and have inertia in learning. Such students often find all kinds of excuses for their unsatisfactory academic performance, and then continue to avoid learning and break cans[4]. China has not completely got rid of the disadvantages of only paying attention to theoretical education and ignoring practical improvement in exam oriented education. It is also one of the causes of inert psychology that some students lose interest in learning under the influence of boring teaching mode. This kind of psychological problem is likely to affect students' learning

achievements in Colleges and universities, resulting in the inability to have skills and finally integrate into social work.

4.3 Inferiority Complex

Inferiority complex is a serious psychological obstacle among college students. Compared with other colleges and universities, colleges and universities have low academic qualifications. Students generally believe that colleges and universities do not have a loud name, and their diplomas can not compare with students in other colleges and universities, resulting in the psychological cognition that they are inferior and unable to compete with students in other colleges and universities. Such students are not aware of the advantages of colleges and universities in professional application and knowledge practice, can not grasp their talent positioning clearly, and are easy to encounter setbacks in social competition. At the same time, there are many prejudices against colleges and universities in society, such as "schools that can go as long as you want to continue studying"[5]. The prejudice of these people leads to more social pressure on college students, which aggravates their inferiority complex. Some students are unable to afford the three colleges and universities with expensive tuition fees because of their family economic conditions. They have no choice but to choose colleges and universities. Such family background also leads to the psychological problems of inferiority among some college students.

5. Ways of Network Psychological Education and Psychological Intervention in Colleges and Universities

5.1 Based on the Advantages of Psychological Intervention, Strengthen the Communication between Teachers and Students

Psychological intervention and psychotherapy have certain advantages in terms of discipline essence, which are mainly reflected in depth and breadth. In terms of implementation breadth, with the gradual increase of the pressure of modern life, social groups, especially young groups, have higher recognition of psychotherapy and psychological intervention. In addition, the mental health problems of young groups are more prominent[6]. Through the use of network teaching and information equipment and platform, students are more likely to accept modern health counseling, Reduce their rebellious psychology and inferiority complex, no longer be ashamed to seek the help and treatment of psychologists, and gradually make their cognition of mental diseases scientific and correct. In terms of implementation depth, the network is anonymous and non-public, which can reduce students' psychological pressure and improve the efficiency of psychological intervention and psychological education in Colleges and universities. It can not only protect students' moral secrets, but also avoid wasting time in the process of psychological intervention. From this perspective, we can strengthen the communication between teachers and students and lay a solid foundation for the follow-up psychology teaching.

5.2 Optimize the Network Environment and Find Learning Motivation

At present, many colleges and universities do not pay enough attention to psychological teaching and psychological intervention, and it is difficult to use modern, scientific and information-based education methods to improve the quality and efficiency of psychological intervention. Therefore, the author believes that if college teachers want to fully grasp the overall psychological status of students, they need to optimize the network environment and help students find learning motivation. First, the relevant educational administration teachers of psychological intervention and

psychological counseling institutions in Colleges and universities must have excellent professional quality and professional ethics, and take students as the basic starting point and foothold in the process of daily work and education. Second, use the statistical function of network information to deeply understand the real reasons why students choose colleges and universities and current majors through scientific methods, instill lifelong learning spirit for students in communication and communication, affirm their self-worth, reduce their inferiority complex and weariness, improve their learning enthusiasm, and help students find learning motivation. Let students give full play to their own characteristics and stimulate their potential in the college education system.

5.3 Build a Network Platform and Create a Monitoring System

Actively promote and improve the construction of network platform for mental health education. Add psychological counseling institutions and establish a separate Psychological Counseling Department in Colleges and universities. Psychological teachers can reply online and make an appointment for counseling through the network platform, provide students with psychological testing and mental health counseling, and encourage and help students with psychological problems on the school's official website, forums and private social platforms. If necessary, a "sincere house" column can be created. Students can consult with psychological confusion, life confusion, learning difficulties and emotional problems anonymously, regard teachers as "friends" and objectively analyze students' psychological problems. Psychological counseling room and psychological counseling room can also be established, which are combined with the "sincere house" column of the network platform[7]. With the consent of college students, teachers can book students to the psychological counseling room for face-to-face communication after anonymous Q & A, so as to integrate diversified psychological education methods such as language encouragement, action encouragement, emotional encouragement and expression encouragement, Combine online and offline psychological intervention modes to create a monitoring system and improve the efficiency of psychology teaching in Colleges and universities.

5.4 Improve the Evaluation Mechanism and Pay Attention to Personality Development

In the process of psychological education and psychological intervention, college teachers should put forward constructive and feasible opinions on students' psychological problems, objectively evaluate and comprehensively analyze their psychological conditions. Through background monitoring, university managers can use big data analysis methods to count the quantity and quality of teachers' solutions to students' psychological problems, pay attention to students' psychological teaching evaluation and feedback to teachers, fully consider students' teaching opinions to teachers, and actively seek ways to improve psychological teaching. Under the guidance of teachers, let students scientifically plan the future, form correct three views, improve their personality, highlight their personality and actively face life[8].

6. Conclusion

To sum up, in recent years, psychological teaching and psychological intervention for students have been more and more widely used in Colleges and universities. Many colleges and universities have set up special psychological teaching courses, constructed psychological intervention mechanism, and equipped with full-time psychological counseling teachers and special mental health consulting departments. However, these are based on face-to-face counseling between teachers and students, and pay insufficient attention to psychological teaching and psychological intervention in the network environment. Therefore, colleges and universities need to strengthen the

construction of network-based college psychology teaching curriculum and the exploration of psychological intervention measures. Combining face-to-face and network-based psychological intervention, we can effectively dredge students' psychology, help students form correct psychological cognition and effectively eliminate adverse psychological factors.

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