

# *Frustration Education of College Students from the Perspective of Academy System*

Longge Wang, Qin He

*Xuchang University, Xuchang, 461000, China*

**Keywords:** Frustration Education, College Education, Comprehensive Quality, All-round Development, Anti Frustration Ability

**Abstract:** The purpose of college system education in colleges and universities is to break the traditional professional education oriented education model, improve the comprehensive quality of students, achieve the all-round development of students, and cultivate high-quality talents for the country. Academies of classical learning must shoulder the responsibility of cultivating students, and carry out frustration education by increasing the importance of frustration education, improving the frustration education system, strengthening the pertinence, paying attention to practical education, and implementing family school combination, so as to cultivate high-quality talents with strong comprehensive ability and excellent professional quality for the country.

College system education is a new education model, which aims to break the traditional education model based on professional education, improve the comprehensive quality of students, realize the all-round development of students, and cultivate high-quality talents for the country. The academy system should build a new talent training model featuring the coordination of two academies, complementing each other, simultaneous development of five educations, and integration of disciplines and specialties, so as to better realize the education of all personnel, the whole process, and all directions. It is a necessary process for students to achieve all-round development, improve their comprehensive quality and improve their anti-frustration ability, otherwise, it is impossible to improve their comprehensive ability. Therefore, in the college system education model, we must implement frustration education for students.

## **1. The Significance of Frustration Education**

### **1.1. Frustration education is the key to cultivating high-quality talents for the motherland.**

Colleges and universities should cultivate high-quality talents for the motherland. High quality not only refers to professional quality, but also to the comprehensive development of morality, intelligence, physique and beauty. Therefore, colleges and universities should not only pay attention to the teaching of students' scientific and cultural knowledge, but also pay attention to the cultivation of other abilities [1]. The strength of students' willpower is the key to their ability. Because the improvement of a person's ability must be accompanied by overcoming difficulties. If there is no strong willpower as the basis, and if we avoid passively in the face of difficulties, we will not improve

our ability. Therefore, college education must focus on cultivating students' willpower, and a very effective way is frustration education.

## **1.2. Frustration education is an important guarantee for the sustainable development of the Chinese nation**

After the reform and opening up, with the gradual improvement of living conditions, people's ideas and values have undergone tremendous changes. In society, people began to pursue pleasure and no longer take hardship as their pride. In the family, parents do not allow their children to bear hardships. They do everything for their children except study, which causes many students to be unwilling to bear hardships, cannot withstand setbacks, and cannot shoulder the glorious mission of realizing the great rejuvenation of the Chinese nation. To change this situation, we must make students and the whole society realize the importance of frustration education for everyone, and jointly support the development of frustration education among student groups. Only in this way can we cultivate the talents needed by the motherland, and our nation can thrive.

## **1.3. Frustration education is an important measure to improve students' comprehensive quality under the college system**

In order to educate people in the academy system, we must change the education mode focusing on examination oriented education, achieve the all-round development of students [2], and cultivate outstanding talents with strong professional quality and excellent comprehensive quality for the country [3]. Therefore, education in the academy system should not only attach importance to imparting scientific and cultural knowledge, but also strengthen students' psychological quality, physical quality, ideological and moral quality. Among them, frustration education is an indispensable link, and it is an important measure to realize the simultaneous development of five educations and improve the comprehensive quality of students under the college education system.

## **1.4. It is helpful to improve the anti-frustration ability of college students**

Nowadays, college students generally grow up under the care of their parents. They rarely encounter other difficulties except for learning. Therefore, they will habitually think that a smooth life is normal and a difficult life is abnormal. This is a common cognitive error among college students. In fact, in a person's life, it is normal to encounter difficulties. Everyone will not be smooth sailing, and will face various difficulties and challenges. After college students enter the campus, they often encounter various problems in new environment adaptation, learning, social interaction, emotion, career planning, etc. Good frustration education will teach them how to face these problems, how to bravely overcome these obstacles, and can help them adapt to college life. After graduation and entering the society, college students will encounter greater difficulties and challenges, which not only come from the strong pressure of the outside world, but also from the serious frustration of the heart. Frustration education in college will greatly enhance their will and confidence, effectively relieve their anxiety and discomfort after entering the society, and help them integrate into the society as soon as possible.

## **2. The Current Situation and Deficiencies of Frustration Education**

### **2.1. Insufficient attention**

Insufficient attention is mainly focused on four aspects. First, at the level of colleges and

universities, the current education of colleges and universities for students is mainly in the teaching of professional knowledge. Few colleges and universities carry out systematic frustration education for students. Most of them educate students through psychological courses and ideological and political education, and only stay at the level of preaching. Such frustration education is far from enough. Second, at the social level, most employers only pay attention to the education background, major, graduation institution, skills, on-the-spot performance, etc. of graduates in the recruitment process, lacking the link to investigate the willpower and anti-frustration ability; When assessing employees, we only pay attention to how much performance they can bring to the unit in the short term, ignoring the growth of employees. Third, at the level of college students themselves, college students are not active enough to receive setback education, and their subjective initiative is not strong enough to fully recognize the importance of setback education for their future life growth. When learning, they are tired of coping, pay more attention to scores than practice, and lack a correct understanding of the importance of frustration education. Fourth, at the level of students' families, students' parents often only care about their majors, educational qualifications and whether they can find a good job after graduation. They pay little attention to students' mental health and know little about frustration education.

## **2.2. The teaching system for frustration education in colleges and universities is not perfect**

Because the society pays less attention to frustration education, the teaching system of frustration education in colleges and universities is not perfect. Colleges and universities lack a supporting system for students' frustration education, such as the lack of corresponding courses in the training program, the content of frustration education in the existing courses is too simple, the teachers are insufficient, the training of students' ability to resist setbacks in the second classroom is not systematic, scientific and rigorous, and the lack of software and hardware environment for frustration education on campus. The research on frustration education in colleges and universities is even less popular. The current situation of colleges and universities cannot afford to cultivate students' willpower and anti-frustration ability.

## **2.3. There is no effective resultant force among universities, families and society**

Colleges and universities have played an important role in classroom teaching, but their role as a bridge between students, families and society has not been shown. At the social level, frustration education needs the cooperation of government departments, online media and various organizations to create an atmosphere and environment for the healthy growth of students and guide students and their parents correctly. However, there is no relevant mechanism at present. Parents are the closest people to students. With the whole process of students' growth, they have the greatest impact on students' behavior. In today's situation, parents' rearing concepts need to be corrected urgently. They can no longer focus on students' learning, but should aim to cultivate complete students, pay attention to the development of students' comprehensive quality, and shoulder the task of frustration education for students together with schools and society [5].

## **3. The Implementation of Frustration Education in the Department of College Education**

### **3.1. Update the concept and increase the emphasis**

The cultivation of students in colleges and universities should not only be limited to the teaching of knowledge and skills, but also focus on the cultivation of students' will quality. Colleges and universities should renew the traditional concept of emphasizing knowledge cultivation, and put the

cultivation of students' will quality in a more important position. Under the college education system, we should give full play to the role of education instructors, academic instructors and peer mentors, improve students' awareness of frustration education, and correctly understand the important impact of frustration education on their future lives. Educating instructors are the closest instructors to students. They should integrate frustration education into all aspects of students' study and life, and integrate frustration education into ideological and political work at the same time; Academic tutors should not only guide and educate students in professional knowledge, but also include frustration education in their career planning. They should make students realize that strong anti-frustration ability and willpower play an important role in promoting their life development. Peer tutors are the seniors of students. They are less estranged from students and communicate more smoothly. We should pay attention to teaching students about our frustrations, how we grew up, and how we speak from our own experience, so that we can go deeper into the hearts of students and be more persuasive.

### **3.2. Improve system construction**

The frustration education for students in colleges and universities must form a perfect system so as to achieve good results. Under the academy system, through the development of general education courses, it plays a vital role in students' frustration education to clarify the training program and evaluation system for students' frustration education. In addition, it is an important link for the Academy to implement frustration education system to select and hire professional off campus tutors to guide students while organizing and building education tutors, academic tutors and peer tutors. In the student's living area and learning area, the software and hardware environment should be fully used. A cultural wall can be set up to publicize the stories of great men and famous quotes, and do a good job of environmental education and cultural education.

### **3.3. Focus on students' needs and strengthen pertinence**

At present, college students' frustration education is not targeted. In order to achieve good educational results, colleges and universities should target individual students and implement policies according to their individual needs. The college education tutors and peer tutors can deeply investigate the setbacks and difficulties faced by students of different majors, grades and family backgrounds, feed back to the academic tutors, peer tutors and teachers of frustration education in general education courses, and launch corresponding frustration education programs based on the different conditions of students through the participation of all members of the college, so as to meet the actual needs of students and ultimately improve students' resilience.

### **3.4. Focus on educating people in practice**

At present, the frustration education for students in colleges and universities generally adopts the form of theoretical teaching, which is less attractive to students and has poor teaching effect. Therefore, it is necessary to join the practice link. In colleges and universities, the Academy can set up practice activities of frustration education through extracurricular training, and also set up practice links in general education courses. At the same time, through the student community management committee and the student learning support center, an interest group can be formed to guide and drive the frustration education of the Academy students. In practical activities, we must pay attention to that different students have different ability to withstand setbacks. Under the same predicament, some students can easily overcome it, while some students can't finish it with great effort. In order to encourage all students to participate in frustration education, we should set up different difficulties, so that each student can get the joy of success in frustration education. In a word, we should make

students realize in practice that it is not terrible to face setbacks and difficulties. What is terrible is to be afraid and give up when encountering difficulties and setbacks. We should cultivate students' indomitable spirit.

### 3.5. Guide students to correctly understand setbacks

College students cannot correctly understand setbacks, often imagine the consequences of setbacks too serious, and too deny themselves after setbacks. Therefore, when conducting frustration education for students, we should make them realize that everyone will experience setbacks and will not have a smooth journey. Although setbacks will bring pain and anxiety, they will make themselves stronger after they are crossed, and they can temper their will, cultivate their toughness and stimulate their potential. In the face of setbacks, we should not only see the negative side, but also see the positive side. We should objectively find and analyze the causes, objectively and accurately analyze setbacks, and find ways to overcome difficulties.

### 3.6. Strengthen family school association

Family is the first classroom of frustration education, and parents play an important role in family education. The college educator should always communicate with the parents of students and emphasize the importance of frustration education, so that parents can realize that parents can care more about and encourage students, but not do everything for them. Parents only pay attention to students' learning, which will only cultivate deformed children and is not conducive to their future development. When the children encounter problems, parents can actively contact the school teachers to help them overcome difficulties. Parents should also set an example. When parents encounter difficulties, they should calmly analyze and actively respond. They should not show too much fear and depression. They should set a good example for their children. The combination of home and school, and the college and parents jointly carry out frustration education for students will achieve twice the result with half the effort.

## 4. Conclusion

College students are the hope and future of our country. In the college system, we must cultivate students' comprehensive quality and achieve their all-round development, so that students can make a difference in society and contribute to our country. Academies of classical learning must shoulder the responsibility of cultivating students, improve the importance of frustration education, improve the frustration education system, strengthen the pertinence, pay attention to practical education, implement the combination of family and school, and guide students to correctly understand frustration education, so as to cultivate contemporary college students with strong comprehensive ability and excellent professional quality.

## References

- [1] Yang Y. *Research on innovative ways of frustration education for college students [J]. Grade Classic, 2021, (14): 91-92.*
- [2] Wang B. *Exploration of entrepreneurship curriculum construction from the perspective of curriculum ideology and politics [J]. Journal of Hubei Normal University (Philosophy and Social Sciences Edition), 2022, 42(04): 147-150.*
- [3] Yi X, Xie H. *Research on the significance and countermeasures of frustration education for students in higher vocational colleges [J]. Research and Practice of Innovation and Entrepreneurship Theory, 2021, 4 (20): 125-12.*