

Research on Cultivating Positive Social Mindset among College Students in the New Era

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Keywords: College students, new era, positive social mindset, cultivation strategies

Abstract: With the rapid pace of education reform in China, higher expectations have been placed on college students in the new era. Therefore, as university teachers, it is necessary to focus on cultivating and educating students' comprehensive qualities and abilities based on the actual situation, enabling them to develop a positive social mindset during their studies. This will allow them to better utilize the knowledge they acquire to serve society in their future life and work, which is of great significance in promoting the socio-economic development of our country. Therefore, universities need to pay special attention to the cultivation and education of students' positive social mindset in order to enhance their overall comprehensive qualities. This article focuses on the research of cultivating a positive social mindset among college students in the new era.

In the context of the new era, it is essential for contemporary college students to recognize their social responsibilities and obligations. After graduation, they should strive to utilize their knowledge and skills to serve and benefit society, which holds significant importance in promoting the rapid development of China's economy. However, for students to better integrate into and serve society, it is crucial to focus on cultivating and educating their positive social mindset. A positive mindset enables students to involuntarily immerse themselves in society and conscientiously contribute to social service based on their own circumstances, thus playing a role in driving social development. Research has shown that an individual's success is directly related to their positive mindset. A positive mindset fosters optimism, motivation, and a meaningful life, while a negative mindset leads to pessimism, inertia, and lack of ambition. Therefore, it is imperative for universities to recognize the importance of a positive social mindset and prioritize its cultivation in teaching.

1. The Importance of Cultivating a Positive Social Mindset for College Students

1.1 The holistic development of college students requires a positive social mindset.

Mental and physical well-being for college students encompasses not only the absence of illness but also psychological health and healthy social interactions. In other words, it refers to maintaining a state of wholeness in terms of mental, physical, and social well-being. Currently, the mindset of most college students is positive and optimistic. However, influenced by diverse values and negative social norms, as well as their limited social experiences, some college students may

develop negative social mindsets. To a certain extent, one's mindset determines their mental state and attitude towards life. Maintaining a positive social mindset among college students enables them to form correct ideological concepts and cognitive approaches. Consequently, they can bravely face difficulties, maintain positive and optimistic attitudes in relationships with others, and develop healthy social connections. A positive mindset helps maintain physical health and vitality, ensuring that all bodily functions operate optimally. Individuals with a positive mindset are confident, energetic, and optimistic, which promotes physical well-being. A positive mindset helps college students face success and failure with composure, achieve personal development, increase their happiness index, and attain a state of mutual physical and psychological development.

1.2 Enhancing the Effectiveness of Ideological and Political Education for College Students

Ideological and political education for college students refers to the planned, purposeful, and organized education implemented by universities and educational institutions using certain ideological, political, and moral standards in campus and educational settings. Its aim is to guide students' thoughts and actions to align with contemporary norms. The development of society imposes higher requirements on ideological and political education. However, the predominant method of ideological and political education for college students still relies on imparting knowledge, neglecting the students' subjective initiative and rendering them passive recipients. It is common for college students to develop a dislike for and resistance to ideological and political education, which significantly reduces the effectiveness of such courses. On the other hand, cultivating a positive social mindset among college students can stimulate their subjective awareness, unearth their positive psychological qualities, and unleash their motivation for active learning. By adopting a developmental perspective towards themselves, college students can continuously discover their untapped potentials and transition from compulsory learning to autonomous learning. They become willing and active participants in ideological and political education, thereby enhancing its effectiveness.

2. The Real Significance of Cultivating a Positive Social Mindset in the New Era

2.1 A positive social mindset is the foundation for the future development of contemporary college students

Social mindset refers to the objective perception and expression of contemporary college students' psychological state in society. As successors to social development and construction in the new era, if college students fail to form a positive social mindset during their university stage, it will not only affect their future personal development but also have adverse effects on the construction and development of the entire country. Therefore, it is crucial for current universities to incorporate content related to a positive social mindset into the process of imparting professional knowledge to students, as it plays an essential role in enhancing their comprehensive qualities. Furthermore, students can achieve all-round development and improvement only if they make progress in these aspects. However, whether students can achieve coordinated development in various aspects also depends on whether they possess a positive social mindset. A positive social attitude enables students to develop perseverance, an optimistic and enterprising spirit, which, once formed, will not be influenced by other factors in social development and life. It also allows them to form a healthy set of values in society, discern right from wrong in their lives and work, and ultimately achieve all-round, multi-level comprehensive development.

2.2 A positive social mindset effectively enhances students' moral and ethical qualities

College students, as individuals who have received higher education, should possess better knowledge, skills, abilities, and moral qualities than others. The social mindset of college students is their understanding, will, and emotions towards social phenomena and issues, which inevitably influences their moral and ethical qualities. After a long period of development and change, students' social mindset gradually transforms latent values and behavior awareness into explicit content, helping them develop good moral qualities based on different values and standards.

2.3 A positive social mindset contributes to enhancing students' cultural cultivation and self-confidence

In the context of economic globalization, China's connections with other countries have become closer, leading to an influx of foreign cultures into the country. These foreign cultures can have a profound impact on Chinese culture under certain circumstances. Therefore, as contemporary college students, it is necessary to comprehensively integrate foreign and domestic cultures in social development. This will equip students with a strong positive social mindset, enabling them to promote and inherit traditional culture with a positive social attitude in their future learning and work. This not only enhances students' sense of national pride but also effectively resists the negative impact of foreign cultures, ensuring that China's culture can better withstand the invasion of foreign cultures and have its unique characteristics on the world stage, thus possessing strong competitiveness [1].

3. Approaches to Cultivating a Positive Social Mindset in College Students

According to research, a significant number of college students in China currently exhibit a severe negative social mindset. In response to this issue, both university educators and members of society must objectively address this psychological problem. This negative mindset is a lingering consequence of imbalanced development under new historical conditions. Therefore, universities and society at large must adopt scientific measures and approaches based on the actual situation to provide targeted guidance and assistance, enabling students to develop a positive and healthy social mindset during their college years.

3.1 Emphasize Mental Health Education for College Students

A healthy mindset is the foundation for fostering good ideological qualities. Therefore, universities should prioritize mental health education and make it a focal point of their teaching efforts, offering positive education on college students' social mindsets. While China's research on student mental health is relatively recent, the effectiveness of adopting Western methods and approaches in mental health education has not been ideal in practice. Hence, as educators in higher education institutions, it is necessary to develop our own textbooks and teaching plans based on our own circumstances and the characteristics of our students. Only through targeted teaching methods and strategies can students form a healthy mindset during their college studies, thereby helping them develop a positive and healthy social mindset. Additionally, teachers should actively incorporate traditional culture into daily teaching to educate students about mental health, thereby fostering a positive and healthy social mindset through their regular studies [2].

3.2 Lead College Students in Practicing Socialist Core Values

Socialist core values advocate concepts such as freedom, equality, justice, and the rule of law. These values encompass a broad range of content, not only pertaining to individuals but also involving national and societal aspects. Socialist core values can enhance students' moral qualities and effectively regulate negative emotions such as anxiety, impatience, extremism, and resentment. This enables students to maintain a positive and healthy social mindset in any situation. Integrating socialist core values into mental health education in universities is necessary. It allows students to better understand and recognize socialist core values and encourages them to participate in various social practices throughout their studies. Through objective and developmental perspectives gained from social practice, students learn how to scientifically regulate their own mindset, thereby helping them develop a positive and healthy social mindset.

3.3 Foster a Positive Campus Culture

To instill a positive social mindset in college students, universities must first create a favorable campus culture and environment. In essence, a university campus is a microcosm of society. By actively guiding students based on their actual circumstances, teachers can indirectly help them form a positive social mindset within the campus environment. Therefore, schools should create a pleasant campus atmosphere by adjusting architectural styles and campus aesthetics based on their economic situation and comprehensive strength. Additionally, implementing effective management of campus environmental hygiene using scientific methods contributes to establishing an ideal learning environment for students. Furthermore, schools can optimize the campus cultural environment by changing the existing teaching models and encouraging student participation in various cultural and practical activities. These activities not only enhance students' communication skills but also improve their interpersonal abilities through interaction. Such efforts greatly assist in their personal development and adaptation to society. Creating a positive campus culture eliminates the atmosphere that fosters negative social mindset development, providing college students with a comfortable learning environment. This is an essential approach to cultivating a positive social mindset in contemporary college students [3].

3.4 Assist College Students in Establishing Correct Values

Establishing correct values is crucial for students' future growth and learning. When students form correct values during their development, they can understand and judge things from different perspectives and maintain a positive and proactive attitude. Correct values also help individuals establish a strong spiritual foundation and belief system, while determining whether students can develop a positive and healthy social mindset. Once college students have established correct values, they can handle problems in accordance with their own circumstances and abilities, employing the correct approach and maintaining a positive mental state. This plays an important role in their future learning and development.

3.5 Utilize Cultural Confidence to Enhance Students' Independence

Cultural confidence is highly significant for contemporary college students. It refers to affirming oneself in terms of culture from the past, present, and future. Culture is not only an intangible force but also a spiritual pillar that supports people's lives and participation in social activities. When college students possess a strong sense of cultural confidence, they gradually develop a positive social mindset during their growth and learning. Regardless of the challenges they face, they can

approach them with a positive mindset, maintaining a high level of enthusiasm and a sense of striving, ultimately achieving their life goals [4].

4. Conclusion

In summary, with the rapid development of China's economy, college students are faced with significant work pressure and life burdens upon entering society. Therefore, many students have a negative social mindset before entering the workforce. As educators in higher education, it is important to instill a positive social mindset in our teaching. Only when students develop a positive social mindset can they have better development in society and achieve their personal development goals through their efforts.

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