

Research on the innovation of college students' mental health education mode under the concept of "three full education"

Xiao Yan

School of Humanities and Social Sciences, Beijing Institute of Technology, Beijing, 102488, China

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Abstract: Mental health is one of the key elements in the concept of health, and the mental health of college students has always been deeply concerned by people in the education industry, especially after the implementation of the new curriculum standards, and under the guidance of the educational policy of promoting the overall development of students, the society pays more attention to the mental health education in colleges and universities. In order to promote the healthy development of students' mental health, all universities in China have integrated the concept of "three holistic education" on the basis of the original mental health education, and effectively improved the level of mental health education with the new education mode of whole person, whole process and all-round education. Starting from the basic content of the concept of "three-whole-parenting", this paper analyses the significance of college students' mental health education under the influence of this concept, as well as the innovative ways of development, for professionals' reference.

1. Introduction

College students are in an important stage of transition from campus to society, and they are influenced by external factors such as family and society, which makes them different from other groups in terms of mental health. The educational work carried out by colleges and universities for the mental health of college students is aimed at providing psychological counselling for students, so that they can be psychologically well-prepared to meet the challenges of the society and the times before they enter the society. In order to ensure the effectiveness of college students' mental health education, the industry has applied the concept of "three holistic education" to promote the reform and innovation of the education model, in order to achieve the purpose of promoting the overall development of students and to meet the society's higher requirements for high-quality talents.

2. The basic content of the concept of "Three-Whole Parenting".

2.1. All-round Parenting

The whole person refers to all members of the campus, should be involved in the mental health education of students, the relevant teaching work is no longer the exclusive work of specialist

teachers, but to participate in the whole staff, efforts and other goals. College administrators should consider the whole situation, mobilise the enthusiasm of workers in all departments, and complete the construction of a new model of mental health education for college students as soon as possible through coordination and cooperation. Among them, teachers, due to the special nature of their profession, have more opportunities to have direct contact with students, and should set a good example for them in their work, improve their own moral quality, and use their own behaviour and performance to guide students to establish a positive outlook on career and values. In addition to teachers, other managerial staff within the university should have good professional ethics, should always maintain a positive attitude, serious and responsible in the face of work, and should have sufficient patience in the face of students' enquiries, so that they feel the warmth of being cared for [1]. For students, it is more important to have a correct understanding of mental health education, and to clearly understand the significance of the work for the future development of individuals. In their study life, they should always reflect on their own behaviour in order to promote self-improvement. Students should establish an atmosphere of solidarity and love between students, so that every college student can feel the deep affection of fellow students, which is more conducive to their mental health.

2.2. Whole Process Parenting

The whole process of educating people refers to the long-term effectiveness of college students' mental health education. To ensure that college students' mental health education achieves the expected results, we must insist on integrating it into the whole process of cultivating morality in colleges and universities, rather than only existing in the specialist classroom. The psychological state of human beings changes as they grow older and encounter different situations, so the relevant teaching staff should deeply study the psychological characteristics of college students, fully understand their daily lives, and carry out mental health education activities based on this in order to achieve the expected results. Professional teachers should also formulate targeted teaching plans in response to social development and common problems, so as to ensure the effectiveness of teaching from the direction. Mental health education throughout the whole process of education in colleges and universities, more conducive to the students in the surrounding environment to feel the warmth, and promote their physical and mental health development.

2.3. All-round education

Mental health education for college students should not be limited to learning, but should cover all the campus life of students as much as possible, and promote their all-round development through subtle influence in their daily life. Teachers should pay more attention to students' lives, extend the good teacher-student relationship outside the classroom, and let students grow up in a warm campus atmosphere through communication and meticulous care inside and outside the classroom. Moreover, with the help of frequent communication between teachers and students, teachers are able to understand the psychological state of students in a more specific way, ensuring that they can detect bad emotions in time and carry out psychological counselling at any time to fully ensure the psychological health of students. Because the university stage of learning life, and other stages of education is different, in addition to classroom teaching most of the other time need to students for self-behavioural management, so teachers should pay special attention to the adaptation of the new students, to strengthen the psychological observation of their students to the establishment of a correct outlook on the three to be guided.

3. Innovative development of college students' mental health education under the perspective of "Three-Whole Parenting".

3.1. Strengthen the effectiveness of classroom teaching

Classroom teaching is the most direct way for teachers to carry out teaching activities around students. In order to effectively improve the level of college students' mental health education, colleges and universities should strengthen the design of specialised classrooms when structuring the mental health education system and enhance the effectiveness of classroom teaching, which is more conducive to the innovative development of college students' mental health education under the concept of "Three-Whole Parenting". Innovative development. When designing the content and form of classroom teaching, teachers should have a clear understanding of the characteristics of the psychological state of students at this stage, and make appropriate adjustments to the teaching direction accordingly, so as to ensure that the classroom teaching is appropriate to the actual situation.

Teachers in the preparation stage, should be on the basis of a full understanding of the psychological state of the students, out of the rigid content of the textbook, in order to moral education as the centre, the use of classroom teaching time to carry out activities related to the core teaching content. Students will increase the frequency of communication with each other and have a greater sense of participation in the activities. Through the practical behaviour in the activities, they will understand the essence of the teaching content, enrich the spiritual world, and shape a positive outlook on the three aspects. When conditions permit, teachers can add some conscious games in the classroom teaching sessions, through the entertainment way, to carry out immersion teaching, so that students in the joy of improving their character cultivation. Mental health education programme has become a compulsory course in colleges and universities, the relevant practitioners should continue to sum up experience from practice, strengthen the scientific planning and design of the teaching content, combined with the development of the times and the characteristics of the change of the law of the psychological changes of college students, to produce mental health teaching materials that can better cultivate high-quality talents.

3.2. Sound mental health education system

In order to fully promote the concept of "three-pronged education" and carry out effective mental health education on its basis, the first thing is to establish and improve the relevant education system. College administrators should establish a scientific education system according to the actual situation, so as to provide institutional support for college students' mental health education. Through a rigorous system, all staff and students on campus are mobilised to participate in mental health education activities and promote the implementation of whole-person education. In the education system, it is necessary to clearly stipulate the mental health education curriculum, teaching content, teaching objectives and other key matters, and encourage students and teachers to actively organise thematic class meetings, strengthen the exchange and interaction between teachers and students, and create a teaching atmosphere of solidarity and love [2].

In terms of the management system, colleges and universities should also strengthen the management of administrative staff, create a high-quality, high-level work team as soon as possible, and make uniform provisions for specific administrative work. Although there are differences in the work content of different departments, but for the administrative positions within the university, its core purpose is always to educate people, all work needs to be carried out to cultivate high-quality talents as the centre. Therefore, it is required that the staff have enough patience and love in their work, as much as possible to give students more help.

3.3. Create a mental health education environment

The influence of the environment on people is huge, in the new era of society's demand for high-quality personnel, schools should pay attention to the construction of the internal educational environment. A good atmosphere for mental health education is the basis for the concept of "three-pronged education" to be applied to the mental health education of college students, which can achieve twice the result with half the effort. Colleges and universities can integrate and re-divide all the relevant educational resources, improve the efficiency of their use, optimise the internal environment, and continue to improve the campus infrastructure. In recent years, many colleges and universities have carried out the construction of smart campuses, including smart libraries, smart canteens, etc., which greatly enriches the educational functions of colleges and universities, and also meets the personalised needs of all students at the same time, so that the level of mental health education has been greatly improved. In the teaching classroom, the upgrading and application of multimedia equipment has also broadened the access to teaching resources, providing students with more convenient conditions for independent learning after school.

Schools can create a campus cultural atmosphere, but also according to their own mental health education activities, shaping the characteristics of the campus culture, through the coordination of the environment, the perfect integration of the campus culture and mental health education, and subconsciously improve the students' ideological and moral cultivation. The optimal construction of campus greening and cultural bulletin boards and other facilities can create a good atmosphere for mental health education on campus, so that students can establish their own outlook on life in a suitable environment, which has a very positive practical significance for their future personal development.

3.4. Mental health education team building

In order to successfully carry out the work of college students' mental health education, it is also necessary to reasonably build up a high-quality executive team, which needs to include teachers, students and management personnel according to the requirements of the concept of whole-person education.

First, the construction of professional teacher team. The professional level of teachers has an important impact on the actual effect of mental health education. Colleges and universities should set up a mental health working file for each student, which is used to record changes in their physiological dynamics, as well as to summarise and analyse the effectiveness of mental health education activities. Teachers also need to actively participate in professional training or teaching exchange activities, through the complementary to improve their own teaching level, in order to ensure the scientific and effective of the current college student mental health education.

Second, the construction of student work team. The concept of "three full education" believes that students can not only be the main body of education, but also as the implementer of education [3]. In specific teaching practice, teachers can select a role model among students through classroom teaching performance or learning attitude, so as to strengthen the effect of psychological knowledge teaching and encourage students to learn from the role model. Moreover, the student work team has the advantage that other groups do not have, it can be integrated into the students, more understanding of the psychological state of ordinary students, the collection of relevant information is easier, teachers can use the power of the student work team to adjust the direction of teaching and improve the quality of teaching.

Third, the construction of the management team. Colleges and universities within the existence of a large number of non-teacher management positions, such staff must clearly understand that their own comprehensive quality of students' behaviour play an influential role, strict compliance

with the code of conduct, the corresponding school rules and school discipline should be from their own start, to set an example for the students. Colleges and universities through the strict requirements of the administrative team, to strengthen their comprehensive quality training, is conducive to the implementation of all-round mental health education policy, so that the work better cover all corners of the school, to achieve the whole process, all-round education concept.

3.5. Build a network information education platform

In the process of carrying out mental health education, schools should make full use of information technology to build an Internet information platform to help students access educational resources more conveniently and comprehensively. Using information technology, colleges and universities prepare to build their own cloud database, which enables students to retrieve the learning materials they need in a short period of time, and helps to better cultivate their ability and habit of independent learning. Through the convenience of the Internet, students can more easily receive a large amount of information from the outside world, so that they can filter it, absorb and internalise meaningful and interesting content to enrich their spiritual world [4].

In addition, schools can also make use of social platforms to strengthen their mental health education publicity work. In recent years, thanks to the development of information technology, a variety of social media platforms are emerging, for example, many universities already have an exclusive WeChat public number. Managers can open a separate mental health education section in the public number, video number or microblogging, shaking sound and other platforms, the official account of the university, so that students can browse the relevant content at any time and any place, to maximize the use of limited educational resources, and to effectively improve the overall level of mental health education for college students.

4. Conclusion

To sum up, mental health education is the main way for universities to achieve the goal of education for moral education, and this work is of great significance for the future development of students and the realisation of life value. Relevant practitioners should actively promote the integration of the concept of "three-pronged education" and college students' mental health education, and improve the level of college students' mental health education by strengthening classroom teaching, improving the system, shaping the environment, building the team, and setting up a platform, so as to guide students to establish positive and correct outlooks on three things and to promote their all-round development.

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