

Analysis of the Integration of the Spirit of Struggle into College Ideological and Political Education Courses

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Keywords: Spirit of struggle, colleges and universities, ideological and political education courses

Abstract: The spirit of struggle is an excellent tradition of the Chinese nation and a vital driving force for the continuous development and growth of the socialist cause with Chinese characteristics. As a crucial institution for nurturing future builders and successors of socialist construction, colleges and universities should seamlessly integrate this spirit of struggle into their ideological and political education courses, guiding students to establish the right worldviews, life philosophies, and value systems. In the current era, college ideological and political education faces certain dilemmas and challenges. Traditional classroom teaching methods are increasingly insufficient in capturing students' interest, and the course content requires constant updates and improvements. Consequently, how to integrate the spirit of struggle into college ideological and political education courses has become a pressing issue in the field of ideological and political education.

The spirit of struggle is a vital embodiment of the excellent morals and revolutionary spirit of the Chinese nation and an indispensable source of strength in the socialist cause with Chinese characteristics. Ideological and political education courses, as an essential component of higher education, should delve deep into the spirit of struggle in their teaching. This article aims to explore how to integrate the spirit of struggle into college ideological and political education courses, conducting research on the teaching of ideological and political courses to cultivate and promote students' awareness of struggle and their spirit of struggle, thus facilitating the comprehensive growth and development of young students.

1. The Rich Connotation of the Spirit of Struggle

The spirit of struggle is a positive and upward mental state. It is a spiritual quality that enables individuals to remain calm, resolute, and courageous when facing setbacks, difficulties, and challenges. The spirit of struggle embodies unwavering determination, displaying characteristics of not backing down, not giving up, and persevering in the face of any challenge. As Nobel laureate Mo Yan once said, "The spirit of struggle is in the genes of human beings." In both life and learning, people encounter various setbacks and difficulties. Only by possessing the spirit of struggle can one have the confidence to overcome obstacles, withstand setbacks, enhance oneself, and achieve success. The core of the spirit of struggle is faith. Only a firm belief can guide individuals in facing difficulties and challenges. This faith is not limited to religious belief but also includes faith in oneself, peers,

and teams. Without faith, an individual may lose confidence and motivation to move forward when encountering difficulties.[1]

The spirit of struggle carries the motivational drive to strive for a goal. Throughout the process of struggle, it is crucial to maintain a positive and upward mental state, continuously motivating oneself and providing encouragement. This enables one to sustain the spirit of struggle when confronted with various challenges. The process of struggle is also the journey of life, and only with a positive and upward attitude can one achieve success. Innovation is key within the spirit of struggle. When facing difficulties, relying solely on traditional methods to solve problems can weaken the effectiveness of addressing those issues. Hence, the spirit of struggle requires the capacity for innovation, the ability to seek better approaches and innovative perspectives while resolving problems. Only by utilizing this innovative capacity can the spirit of struggle maintain an advantage and achieve victory in the process of struggle. The connotation of the spirit of struggle is exceptionally rich, encompassing aspects such as unwavering determination, firm beliefs, the motivational drive to strive, and the ability for innovation.[2]

2. The Necessity of Infusing the Spirit of Struggle into College Ideological and Political Education

2.1. Conducting Education on the Spirit of Struggle to Inherit Revolutionary Traditions

The spirit of struggle represents an excellent tradition of the Chinese nation and serves as a crucial driving force for the continuous development and growth of the cause of socialism with Chinese characteristics. Within the context of college ideological and political education, integrating the spirit of struggle into the curriculum can guide students to gain a deeper understanding of the essence and values of outstanding traditional Chinese culture. This, in turn, enhances their confidence and determination to actively advance the cause of socialism with Chinese characteristics.[3] Contemporary university students play a pivotal role as important participants and promoters in the construction of socialism with Chinese characteristics in the new era. Regarding the cultivation of their spirit of endeavor, resilience, and upward striving, ideological and political education holds an irreplaceable role. Through educational guidance, students can profoundly comprehend the essence of the spirit of struggle, providing them with the necessary spiritual support for vigorous advancement and conquering of peaks.

The spirit of struggle serves as a prominent representation of revolutionary traditions and revolutionary culture. Over the course of long-term revolutionary struggles, the nation and its people have developed a series of outstanding revolutionary traditions and culture. Among these, the spirit of struggle is of paramount importance. Integrating this tradition and culture into college ideological and political education can assist students in gaining a deeper understanding of the historical and contemporary background of the cause of socialism with Chinese characteristics, further kindling their patriotism and sense of mission. Colleges and universities, as important institutions for nurturing future builders and successors of socialist construction, should seamlessly infuse the spirit of struggle into ideological and political education to guide students in establishing the right worldview, life philosophy, and value system.[4]

2.2. Conducting Education on the Spirit of Struggle to Clarify Theoretical Values

The spirit of struggle embodies a positive and upward mental state, motivating individuals to remain composed, steadfast, and courageous when confronted with difficulties, setbacks, and challenges. In today's increasingly complex and rapidly changing social environment, university students must possess the spirit of struggle to effectively cope with various intricate situations and

challenges. In college ideological and political education, introducing content related to the spirit of struggle can help students strengthen their life philosophy, value system, and worldview. This, in turn, enhances their moral integrity and sense of social responsibility, as well as their ability to confront difficulties, setbacks, and challenges. By studying and understanding historical stories of struggle, heroic deeds, and the successful experiences of exemplary figures, students can be inspired by the spirit of struggle. This education helps to inherit and explore the spirit of struggle within traditional Chinese culture, fostering students' self-confidence and independence. Within the education of the spirit of struggle, it is also crucial to address rational thinking, maintaining a positive attitude, and emotional restraint to prevent the emergence of excessive enthusiasm, blind optimism, and emotional impulsiveness during the process of struggle.

2.3. Conducting Education on the Spirit of Struggle to Implement Moral and Character Education

The spirit of struggle is a positive, forward-looking mental state encompassing the determination and courage to confront and overcome challenges and difficulties. In college ideological and political education, incorporating the spirit of struggle into the curriculum can aid students in better comprehending and applying this spirit, thus nurturing their qualities of forwardness, resilience, and a positive attitude. The fundamental task of college education is to foster moral integrity, enabling students to possess firm ideal beliefs, moral character, innovative spirit, and practical abilities. As an essential component of this mission, the spirit of struggle can inspire students to adopt a proactive attitude and an enterprising spirit when facing difficulties and challenges. This prepares them to become outstanding individuals with a sense of responsibility and indomitable will. In real-life situations, individuals frequently encounter a variety of difficulties and challenges, necessitating the development of qualities such as tenacity and an enterprising spirit. Through educational guidance, students can understand the essence of the spirit of struggle and develop their capacity to overcome challenges and progress tirelessly. The spirit of struggle contributes to shaping students' values and life philosophies. College ideological and political education should cultivate students' correct values and life philosophies, guiding them to establish the right life goals and pursue values such as truth, progress, and social justice. As a positive and upward mental state, the spirit of struggle assists students in forming the correct life philosophy, enabling them to face challenges with a proactive outlook, ultimately making a constructive contribution to personal development and social progress.

3. Strategies for Incorporating the Spirit of Struggle into College Ideological and Political Education

3.1. Maintain the Unity of Theory and Practice, Balancing Storytelling and Theoretical Explanation

Incorporating the spirit of struggle into college ideological and political education requires a series of strategies, and one crucial strategy is to maintain the unity of theory and practice, balancing both storytelling and theoretical explanation. Teachers should demonstrate the practical aspects of the spirit of struggle to students by narrating specific stories and real-life cases. Stories, as a vivid form of expression, can capture students' attention, evoke emotional resonance, and make abstract concepts more concrete and tangible. In ideological and political education, teachers can select representative stories of struggle, such as the deeds of revolutionary heroes or exemplary cases from the era of reform and opening-up, to recount the struggles and manifestations of the spirit of struggle within these stories. Through storytelling, students can gain a deeper understanding of the true meaning and impact of the spirit of struggle.

Combined with the principles behind these stories, it is essential to delve into the theoretical underpinnings of the spirit of struggle. In ideological and political education, it's important to connect the spirit of struggle with relevant ideological theories, enabling students to comprehend that the spirit of struggle represents a positive and upward life attitude and behavioral approach. Teachers can provide an in-depth explanation of the background, characteristics, and significance of the spirit of struggle, guiding students to understand and analyze its vital role in individual growth and societal development. Encouraging students to engage in critical thinking and discussions allows them to autonomously explore the essence of the spirit of struggle and apply it in real life. Teachers can also organize interactive teaching activities to enhance students' practical application of the spirit of struggle. For example, role-playing, case analyses, group discussions, and similar activities can enable students to experience the strength of the spirit of struggle in teamwork, enhancing their problem-solving and challenge-handling abilities.

3.2. Maintain the Unity of Subject and Leadership, Balancing Tradition and Innovation

The spirit of struggle is a significant component of Chinese outstanding traditional culture, and incorporating it into college ideological and political education can help students develop positive and forward-looking qualities. To effectively integrate the spirit of struggle into college ideological and political education, teachers should adhere to the principle of the unity of subject and leadership, emphasizing the importance of both preserving tradition and embracing innovation. The "subject" refers to the students, who are the learners and creators and should play a central role in education. The "leadership" pertains to the teachers, who take on a leading role in the educational process, guiding students' learning. In teaching, it is essential to cultivate students' subjectivity, stimulate their intrinsic motivation and creativity, and lead by example. Teachers should not only pass on the core values of the spirit of struggle by promoting tradition but also instill the spirit of struggle's core values through sharing representative stories of heroic deeds and remarkable individuals from history. This can be achieved by quoting classic literature and memorable quotes to ignite students' understanding and passion for the spirit of struggle.

Teachers should also focus on innovation within their teaching, using a variety of methods and techniques to prevent students from becoming fatigued or disinterested in traditional lecture-style classes. In ideological and political education, emphasis should be placed on creativity, using methods such as case studies, group discussions, role-playing, field research, and other engaging formats. Modern technology and resources, like audiovisual materials and online educational tools, can enhance the diversity and appeal of teaching. Teachers should ensure practical experience and hands-on learning are incorporated as the spirit of struggle requires practical application and development. This can involve organizing students to engage in social service, volunteering, and other activities that allow them to experience the strength and value of the spirit of struggle in real life.

Additionally, teachers must consider students' individual differences and design diverse teaching content and methods according to their interests and strengths, motivating them to actively participate in their learning.

3.3. Maintain the Unity of Online and Offline Instruction, Balancing Responsiveness and Leadership

The spirit of struggle is a crucial element of Chinese traditional culture and a core competency that young students should possess as they grow. To effectively incorporate the spirit of struggle into college ideological and political education, it is important to maintain the unity of online and offline instruction. This ensures both responsiveness to the modern age and leadership in guiding students. Teachers should fully utilize online platforms to convey the essence and value of the spirit of struggle

to students through various formats. In today's world, the internet is an integral part of people's lives, providing students with a significant channel for accessing information and exchanging ideas. Therefore, in college ideological and political education, teachers can use online courses, social media platforms, and educational tools to deliver content related to the spirit of struggle. This content can be in the form of captivating video explanations, engaging animations, short articles, comics, and other formats that pique students' interest, attract their attention, and enhance their learning experience. Interactive activities like discussions, quizzes, and sharing on social media can also be organized to increase students' participation and learning outcomes.

Teachers should not neglect traditional offline teaching methods, which allow for face-to-face interactions and in-depth development of the spirit of struggle in students. Offline instruction can provide more direct and authentic engagement, fostering deep communication and intellectual exchange between teachers and students. In college ideological and political education, teachers can organize events like seminars, lectures, and workshops, inviting representatives who embody the spirit of struggle to share their experiences and engage in live interactions. Through these face-to-face discussions, students can more intuitively feel the power and value of the spirit of struggle and contemplate how to apply it in their personal growth and career development. Online and offline teaching methods can also complement each other. For instance, while conducting offline courses, teachers can create online discussion and Q&A segments to enable students to engage in meaningful conversations with teachers and peers.

3.4. Maintain the Unity of In-Class and Out-of-Class Activities, Balancing Internalization and Externalization

Incorporating the spirit of struggle into college ideological and political education requires maintaining the unity of in-class and out-of-class activities, striking a balance between internalization and externalization. During classroom teaching, teachers should ensure students understand the theoretical knowledge and cultivate the consciousness of the spirit of struggle. This can be achieved through learning about the theoretical aspects of the spirit of struggle and sparking students' interests and enthusiasm. Stories, case studies, videos, and other forms of content can be used to depict the tenacity, courage, and determination displayed by individuals when facing challenges and adversity. Additionally, interactive activities such as group discussions and role-playing that are adapted to students' circumstances can be organized, helping students gain a deeper understanding of the spirit of struggle and internalize it.

Teachers should also provide guidance outside the classroom, encouraging students to manifest the spirit of struggle in concrete actions. Beyond the classroom setting, students can participate in social practices, volunteer service, and other activities that enable them to develop their ability to face difficulties and challenges. For example, organizing students to engage in social work or volunteer activities allows them to experience the value of the spirit of struggle in real-life situations. Moreover, students can be encouraged to take part in competitions and challenging events, enhancing their determination and resilience in the process.

Furthermore, teachers can initiate practical teaching projects, helping students apply the spirit of struggle in specific endeavors. For example, organizing students to participate in social research, investigate specific social issues, and propose feasible solutions offers students opportunities to exercise their problem-solving and critical thinking skills. Teachers can also provide personal guidance and mentorship to assist students in adopting the correct outlook on struggle and demonstrating the spirit of struggle through their actions. This might include helping students establish individual learning plans, set goals, and actively overcome obstacles during the learning process. Students can also be encouraged to join student organizations and take part in community

service to develop their leadership skills, teamwork, courage, and determination in the face of challenges.

In summary, maintaining the unity of in-class and out-of-class activities in ideological and political education is vital. In class, the focus should be on students' theoretical understanding and developing their ideological awareness. Outside of class, the focus should be on students manifesting the spirit of struggle in practical actions through activities such as community service, research, and personal development.

3.5. Critique the Theory of Human Alienation, Promote Comprehensive Development in Youth

Teachers can guide students to critically analyze and reflect on the phenomenon of human alienation through their choice and design of teaching content. Human alienation refers to the loss of an individual's subjectivity, independence, and even human characteristics in social relationships, rendering them passive, mechanical, or devoid of essential human qualities. Teachers can introduce different forms of alienation in various domains, such as labor alienation in the workplace or ideological alienation in the media, to encourage students to recognize the impact of alienation on society and individuals. Engaging in in-depth analysis of these cases can help students understand the importance of the spirit of struggle. Critical thinking involves students deeply contemplating and challenging existing concepts and authoritative views. In college ideological and political education, teachers can guide students to critically think about the phenomenon of human alienation and develop their perspectives and solutions.

By organizing debates, group discussions, and other interactive activities, teachers can stimulate students' critical thinking and independent analytical skills, encouraging them to offer their viewpoints and solutions. Encouraging students to pay attention to societal issues and actively engage in social practices helps resist and combat alienation. For instance, students can participate in social research, volunteer work, or social initiatives that aim to address societal challenges. By taking real action to change and resist the phenomenon of alienation, college students can promote their comprehensive development. Teachers should provide diverse learning resources and platforms to foster students' subjectivity and creativity, offering various opportunities for students to engage in research projects, social practices, and volunteer activities, empowering them to make a difference. Furthermore, teachers can encourage students to use the internet and new media technologies to actively participate in societal discussions and express their perspectives. This can enhance their communication skills and social impact.

4. Conclusion

The spirit of struggle is an essential component of Chinese outstanding traditional culture, and its integration into college ideological and political education can help students establish the right outlook on life and values, nurturing positive and upward spiritual qualities. In college ideological and political education, teachers should adhere to the principles of the unity of subject and leadership and the unity of in-class and out-of-class activities. By promoting tradition, innovation in methods, emphasizing the combination of theory and practice, and guiding students to internalize and externalize the spirit of struggle, teachers can effectively achieve the goal of nurturing not only knowledge transmission but also humanistic qualities and moral values in students to adapt to the development of the era and the needs of society.

Acknowledgement

Project source: 2022 higher education teaching reform in Heilongjiang province ideological and

political theory course and "xi new era the ideas of socialism with Chinese characteristics" special teaching reform research special guidance project, project number: SJGSZD2022007, project name: fighting spirit into education teaching research in colleges and universities, project director: Zhongkui Liu.

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