Research on the Curriculum Reform of College Students' Mental Health Education with the Goal of Literacy Promotion

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Abstract

The mental health development of college students has a great influence on the growth and success of college students. Mental health education is an important work carried out in colleges and universities. Strengthening psychological quality education is the objective requirement of the development of the situation. In promoting the comprehensive development of psychological quality, cultural quality, professional quality and physical quality of college students, colleges and universities have enhanced the pertinacity, effectiveness and enthusiasm of college education. In recent years, relevant investigations and studies have shown that the proportion of bad behaviors due to mental health problems has increased, and that it has had a serious impact on the healthy development of some college students. Therefore, when colleges and universities conduct ideological and moral education, colleges and universities should not only pay attention to the development of students themselves, but also take it as an important means to develop colleges and universities. At present, the mental health education system in colleges and universities is not perfect, and it is urgent to find the mental health curriculum reform plan for college students with the goal of literacy improvement.

Keywords

College students' psychological literacy, mental health education, curriculum reform, importance

Introduction

Psychological quality is the foundation of high-quality talents. Strengthening the ideological and moral education to the students and the strengthening of the education to their mental health is an important way to improve their quality. At present, college graduates have more serious psychological problems. Therefore, we must start from all aspects to strengthen the construction of the mental health of college students.

1. Problems existing in the curriculum reform of college students' mental health education

1.1 The course objectives have not been well designed for prevention

The purpose of the mental health education courses for college students is to strengthen the prevention of college
students' psychological problems, so that they can face the difficulties in the learning process, so that they can better learn and use the relevant knowledge and skills of mental health. With this course setting, many students only know how to avoid negative emotions, but they cannot improve the learning effect (Cui Jia & Fang Yong, 2021).

### 1.2 Lack of practical application in the course content design

In the content design process of college students' mental health education course, the purpose of this topic is to teach the specialized knowledge and theory of mental health. Its teaching objectives are: self-consciousness, personality psychological characteristics, love psychology, employment psychology and other levels. In reality, due to the lack of in-depth understanding of mental health education, physical education courses and dormitory culture are conducive to promoting the mental health and development of college students, but the current mental health teaching content in colleges and universities in China lacks the corresponding cultural teaching means.

### 1.3 A single curriculum mode

At present, the curriculum mode of mental health education for Chinese college students is relatively single. In the teaching process, due to the lack of comprehensive thinking and understanding of students' thinking logic, the teaching method is too single. In the specific teaching, to health knowledge lectures, mental health activities as the focus. Whether in terms of teaching methods or in teaching practice, students' spiritual quality and their own potential should take from the perspective of institutional development as the primary purpose of development. Only in this way can they adapt to the current teaching methods and carry out continuous reform and development.

### 2. Construction of the curriculum reform system of mental health education for college students

#### 2.1 Special topic training courses

This is a main course content of the construction of college students' mental health education curriculum system. Through the opening of special training courses, teachers' educational concepts can change, strengthen the cognition of students, so that they can better understand and understand the psychological training and guidance methods. Psychological training is a very good theme training method. Teachers should fully understand and understand the students' personality characteristics, age, needs and other factors, in the process of mental health education work, through personal experience, and students for effective interactive teaching, so that their difficulties in daily life to get better answers, and gradually develop a positive attitude. In addition, you can also please go to the psychological professionals to do special report, arrange some professionals to do keynote speech on campus, deepen the student awareness of the importance of mental health, improve the understanding and understanding of this field, stimulate their enthusiasm for learning, let them to more effectively teach the obscure psychology theory.

#### 2.2 Practical activity courses

Practical activities are a very effective way to carry out mental health education courses. Through the internship activities, it is conducive to cultivating students' good attitude, making use of the rich teaching practice at home and abroad, and taking various forms of teaching activities (Yun Liping, 2021). For example, to the theory and method of market competition as the breakthrough point, strengthen college students' mental health education, through the organization of marketing related teachers, experts training, let the students can better use of various means of market sales and market means, to overcome all kinds of psychological problems, so as to achieve good health education. In addition, through media design, self-transcendence training, health training and other forms, to guide students to carry out health education and improve their quality.

#### 2.3 Art edification course

Using the aesthetic concept of art to carry out psychological education courses, in the college students' thought, emotion, psychological, pursuit and other levels to form a good psychological state, so as to form a correct outlook on life and values. In the process of specific art edification, psychological adjustment can improve the curriculum of psychological health education from the aspects of music psychological adjustment, dance education, campus art activities, art and painting teaching, film and television drama appreciation and so on, improve students' psychological quality, and continuously strengthen the practice of psychological education (Wang Jinji, 2021).

#### 2.4 Microenvironment culture courses

In the process of the psychological training and education of college students, the micro-environment, including the
students’ environment, including the dormitory, the class, etc., will have a great impact on their growth and spirit. The formation of excellent culture in college dormitory not only plays an important role in its own development and the cultivation of its spirit, but also between teachers and students in class, which is helpful to promote the mental health growth of college students (Li Chen, 2020).

2.5 Vigorously strengthen the construction of the mental health education team for college students

College educators must make great efforts to strengthen the training of full-time and part-time teachers in mental health education and counseling work for college students. At the same time, the qualifications of vocational mental health training and psychological counseling work should be gradually improved according to the relevant laws and regulations and requirements of the relevant state departments (Ding Minjiang & Su Tingru, 2020). To strengthen the mental health education of college students, especially the training of counselors and head teachers, to enhance the pertinence and effectiveness of mental health education.

3. Conclusion

In the process of college students' psychological quality training, education workers must according to the actual life environment and psychological actual situation, improve the mental health curriculum system, correct guidance and promote college students' mental health, promote their own development, according to the student curriculum content and social practice implementation requirements to complete mental health education curriculum system construction, give play to the effectiveness of curriculum reform.

References


