

MENTAL HEALTH EDUCATION OF COLLEGE STUDENTS FROM THE PERSPECTIVE OF "THREE HOLDS EDUCATION"

Ling Li¹, Lui Laibing²

^{1,2}*Graduate School, Southeast Asia University, Bangkok, Thailand*

E-mail: S6446B10001@live.sau.ac.th

Abstract

Three aspects of education", that is, the whole process, the whole staff and the all-round education. Psychological health education in colleges and universities is a process of educating people in the whole process, that is, according to the psychological characteristics of college students in the psychological education in colleges and universities, in the implementation of education and teaching process, the psychological health education work is carried out around the students. All staff education means that the mental health education of college students is not only the responsibility of psychology teachers, but also the responsibility of administrators, counselors and all teaching staff. Omni directional education refers to the infiltration of mental health education into college teaching management and other aspects to promote the healthy growth of college students. The mental health education in colleges and universities insists on taking students as the center, innovating the educational concept, improving the working methods, and actively exploring the construction path of the mental health education model of college students under the perspective of "three complete education". One of the basic principles to strengthen and improve the ideological and political work in colleges and universities is to educate people in all aspects, in all aspects and in all directions. It is also the need to comprehensively promote quality education and ensure the quality of talent training in colleges and universities. It is also the theme of the development of moral education in colleges and universities in the new era. The mental health education of college students is an important part of the ideological and political work in colleges and universities. Strengthening the mental health education of college students is an important way to improve the quality of ideological and political education and promote the connotative development of work. It is of great theoretical significance and practical value to study the problems and countermeasures of college students' ideological and political education from the perspective of "three complete education". On the basis of sorting out the basic concepts of "Three Holds Education" and college students' ideological and political education, this paper explains the significance of the realization of "Three Holds Education" for college students' ideological and political education. Through the full staff education, it aims to enhance the sense of responsibility and mission of all teaching staff, give full play to the education function in various fields, and promote the formation of a systematic education team, Educating people through the whole process helps to achieve the effective connection of college students' ideological and political education, integrate the ideological and political education into the whole process of education and teaching and the whole process of college students' growth, enhance the effectiveness of college students' ideological and political education through all-round education, further promote the

establishment of interactive accommodation relationship, and create a virtuous circle of education atmosphere.

Keywords: Three integrity education, College students, Mental health education

Introduction

Background

"Three aspects of education", that is, the whole process, the whole staff and the all-round education. Psychological health education in colleges and universities is a process of educating people in the whole process, that is, according to the psychological characteristics of college students in the psychological education in colleges and universities, in the implementation of education and teaching process, the psychological health education work is carried out around the students. All staff education means that the mental health education of college students is not only the responsibility of psychology teachers, but also the responsibility of administrators, counselors and all teaching staff.

The starting point of "Three Holds Education" is to cultivate people

It also stressed that "China is a socialist country under the leadership of the Communist Party of China, which determines that our education must take the training of socialist builders and successors as the fundamental task and cultivate generation after generation of useful talents who support the leadership of the Communist Party of China and our socialist system and are determined to fight for socialism with Chinese characteristics for life. This is the fundamental task of education and the goal of education modernization."

"Education" is the center of "three integrity education"

Education is not an industrial production line, and talent is not an industrial product, so we cannot take the path of mass production with unified technology and specifications. "Education" is to establish the ecological thinking of cultivating "growth products". Mr. Tao Xingzhi believed that "to cultivate educators is the same as planting flowers and trees. First, we should understand the characteristics of flowers and trees, and give fertilizer, water and education according to different situations. This is called teaching students in accordance with their aptitude". Colleges and universities should become fertile soil for educating people and provide sufficient nutrients for the growth of talents.

Research objectives

It is of great theoretical significance and practical value to study the problems and countermeasures of college students' ideological and political education from the perspective of "three complete education". On the basis of sorting out the basic concepts of "Three Holds Education" and college students' ideological and political education, this paper explains the significance of the realization of "Three Holds Education" for college students' ideological and political education.

Research assumptions

1. Analysis of the Mental Health Status of the Post-95 and Post-00 Undergraduates
2. It is conducive to the combination of full-time and part-time work, the complementation of teachers and students, and the establishment of an efficient psychological support system for all staff.
3. Grasp the details, run through the whole process and form a chain of mental health education.
4. It is conducive to building a platform, building a multi-dimensional mental health education network.

Limitations and scope of the study

It is of great theoretical significance and practical value to study the problems and countermeasures of college students' ideological and political education from the perspective of "three complete education".

Research framework and terminology

In recent years, the work of "Three Holds Education" in colleges and universities is being carried out in an all-round way. In practice, counselors are important subjects in promoting the work of "Three Holds Education" in colleges and universities, playing a very important role, and should actively participate in the work of "Three Holds Education" in colleges and universities. However, from the current actual situation, there are still some problems when college counselors carry out the work of "three all-around education". Therefore, in practice, we must further clarify the role of college counselors in the work of "three all-around education", and take scientific means to give full play to the role of counselors, so as to promote the comprehensive development of the work of "three all-around education" in colleges and universities.

Conceptual Framework

1. Effectively arrange precise assistance to achieve the whole process of education
2. Implement "Great Health" Education and Create an Environment for All Staff Education
3. Using the Internet to carry out online mental health education based on the "three guarantees" model
4. Implement common concern and implement all-round education

Research Benefit and significant

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Literature review

Basic connotation of "Three Holds Education"

"Three complete education" is the abbreviation of "all staff education, whole process education and all-round education". "All staff education" emphasizes that all teaching and administrative staff in colleges and universities should have the idea of educating people, each should assume the responsibility of educating people according to work requirements, and all departments of the school should cooperate with each other to form a harmonious system of educating people, which reflects the comprehensiveness of the main body of educating people. The "whole process education" emphasizes that the education work in colleges and universities should penetrate into the teaching, management, service and other aspects of the school, ensure the continuity of education time, and make the education work run through the whole process of teacher education and teaching and student growth. "All round education" emphasizes that college education should penetrate into all aspects of students' life and learning, such as education, teaching, environmental influence, etc., to achieve a common pattern of education that combines dominance and recessiveness, inside and outside school, inside and outside class, and online and offline, reflecting the all-round nature of education space.

Current situation of graduate students

The ultimate goal of mental health education is to promote the growth and development of students' mental health. However, college students do not pay enough attention to mental health, mainly because students who think they are relatively healthy ignore the importance of mental health education and are indifferent to their individual mental state. At the same time, there is also a lack of concern and attention to the psychological state of thousands of students around us, insufficient emphasis on the mental health education curriculum, and many other reasons such as self-awareness and family also cause fierce conflicts in the growth of postgraduates, which will cause serious consequences for individuals, families and society.

Research Methodology

Population and Sampling method

The implementation of mental health education in colleges and universities should do a good job in front of work, solve students' practical difficulties from the source, and avoid the occurrence of students' psychological problems. At present, the difficulties of college students can be roughly divided into four categories: academic difficulties, physical and mental difficulties, economic difficulties, and employment difficulties. Some are single performances, and some may be multiple performances. Through the precise help work system, targeted work can be carried out to alleviate students' difficulties and pressures. Precise assistance first requires accurate identification of the types of difficulties. The college will accurately identify the students with difficulties at the beginning of each semester, determine the types of assistance according to the main types of difficulties, and file in accordance with the requirements of "one person, one book" to implement the assistance plan. For students who get out of difficulty after a certain period of time, carry out "cancellation", and implement dynamic management. Secondly, it requires all staff to participate in the whole process of assistance, and establish a "1+1+1" assistance mechanism, that is, each object of

assistance should be identified as a responsible teacher, and an excellent student should be identified as a peer helper. All teachers in the school need to act as the responsible teachers for assistance, customize personalized assistance measures for students in need, give full play to the role of teachers' guidance and peer assistance, and give comprehensive help to the object of assistance.

Data Collection

The whole staff education and the whole process education can not be separated from the all-round education. In order to do a good job in helping students with difficulties, mental health education should be integrated into all aspects of education, management and service. First of all, it should be integrated into classroom teaching. After certain training, teachers should add mental health education knowledge in classroom teaching, which can not only grasp students' psychology, but also adjust teaching content in time to improve teaching quality. At the same time, it is integrated into the daily management and service to improve the service awareness of management personnel, get close to, understand and serve students, provide more considerate services for students, and infect students with a highly responsible attitude and very friendly management, so as to ensure that students can live a sunny life and become healthy talents.

Result, Conclusion and Discussion

The school advocates the concept of "every teacher is a mental education worker", combines mental health education with the work of the head teacher, class management, campus cultural and sports activities, and social practice activities, and vigorously creates a good atmosphere of "everyone is responsible for mental education, everywhere is responsible for mental education, and always is the whole process of mental education".

Construction of teachers

Our school has always paid attention to the cultivation of teachers' mental health literacy, and strives to make every old teacher become a psychological educator. Since 2016, at least two special trainings on mental health education knowledge and class teacher skills competitions have been held for all teachers in the school every semester. The school has gradually established a mental health education system under the leadership of the principal, with ideological and political teachers, head teachers and team cadres as the main body, full-time and part-time psychological tutors as the backbone, and all teachers participate in.

Establish the operation mechanism of "Bolian Family School Education"

In order to better implement the whole staff education, the school has basically established a sound operation mechanism of "double line interaction, three-level complementation, flat mutual promotion", namely, "family committee construction leading group - moral education office - grade moral education group - head and deputy head teachers - parents" and "family committee construction leading group - school level family committee - grade family committee - class family committee - parents", Forming resultant force; The three-level family committee construction team of "Moral Education Department and school level family

committee-grade moral education group and grade family committee - head teachers and deputy head teachers and class family committee" complements each other and assists in joint education; The two-line guidance line and three-level family committee construction team under the family committee construction leading group have become a "family committee construction leading group, the head and deputy head teachers, the family committee of the class and the parents" mutual promotion construction circle, and jointly build a cooperative family school relationship (as shown in the figure below).

Build the heart education system and mechanism of "three integrity education" to achieve full attention

The school's mental health education is mainly based on developmental psychological education, supplemented by remedial counseling. However, with the diversified development of society, the accelerated pace of life and the increased pressure of life have led to many students' psychological problems. In terms of remedial psychological counseling, the school has developed various mechanisms to achieve the goal of paying attention to students' psychological health in the whole process.

Conclusion and Outlook

Taking morality and cultivating people as the foundation, education of ideals and beliefs as the core, socialist core values as the guide, and overall improvement of talent training ability as the key, we should comprehensively plan the educational resources and personnel quantity in all fields of school running and management, all links of education and teaching, and all aspects of talent training, strengthen the foundation, highlight the key points, establish norms, implement responsibilities, and improve the integrated construction content, standards, scientific operation, and powerful guarantee A system of ideological and political work that has achieved remarkable results has formed a pattern of all-round education for all staff in the whole process, effectively improved the affinity and pertinence of the work, focused on training socialist builders and successors with all-round development of morality, intelligence, physique, beauty and labor, and focused on training new people of the times who shoulder the task of national rejuvenation.

The mental health education of college students in the perspective of "three complete education" can better improve the service ability of psychological education, help college students to adjust their own psychology, and enable them to become talents and progress at an early date. As an education unit, colleges and universities should strengthen the exploration and research of relevant teaching methods, improve the mental health education system, and achieve the comprehensive development of health education.

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