

Innovation of Class Psychological Committee Work Mode in Higher Vocational Colleges Based on Students' Needs

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Abstract: With the increasingly prominent mental health problems of Higher Vocational Colleges (HVC) students, it is particularly urgent for the class psychological committee to innovate its working mode as an important part of students' mental health service. This study takes the psychological committee team of the Department of International Education of Shandong Vocational College of Science and Technology as an example to explore the innovation of the working mode of class psychological committee based on students' needs. Through the investigation and analysis of students' needs, this paper designs a highly targeted and effective working mode of class psychological Committee members-"Five Rings Empowering, Five Hearts Educating" working mode, and evaluates its implementation effect. The research results show that the innovative working mode of "Five Rings Empowering, Five Hearts Educating" can effectively solve students' psychological problems and improve their mental health level, which has received positive feedback and affirmation from students. However, it is still necessary to further perfect and improve the working mode to better meet the needs of students and promote the sustainable development and progress of class psychological work. This study has certain reference value for the innovation and practice of the working mode of HVC class psychological Committee.

1. Introduction

Under the current educational background, Higher Vocational Colleges(HVC) is an important base for training technology-oriented talents, and the mental health problems of its students have attracted increasing attention from all walks of life. As an important part of the mental health education system, the role of the class psychological committee is increasingly prominent [1]. However, at present, there are many problems in the working mode of HVC class psychological committee members in practice, such as arbitrariness in selection and appointment, lack of professional knowledge, lack of effective professional guidance and imperfect incentive mechanism, which seriously restrict the effective development of psychological committee members' work. Therefore, it is of great practical significance and urgency to innovate the working mode of HVC class psychological Committee based on students' needs [2-3].

The purpose of this paper is to explore the innovation of the working mode of HVC class psychological Committee based on students' needs. Through in-depth study of students' needs, we hope to design a more practical and targeted class psychological work model to improve students' mental health and promote their all-round development. On the theoretical level, this paper will draw lessons from the theoretical knowledge of psychology, pedagogy and other disciplines to provide theoretical support for the innovation of the working mode of class psychological Committee members. On the practical level, we will combine the actual situation of HVC, through questionnaires, interviews and other methods, deeply understand the psychological needs of students and the working status of class psychological Committee members, and provide empirical basis for the construction of innovative working mode. Through this study, we expect to provide new ideas and methods for HVC class psychological work, promote the improvement of students' mental health level and promote the in-depth development of education and teaching.

2. Innovation of working mode of HVC class psychological Committee members

2.1. Analysis on the working mode of class psychological Committee members

Class psychological committee is the student representative team responsible for assisting the head teacher in class psychological work, and its working mode plays an important role in HVC class management [4-5]. The traditional working mode of class psychological committee mainly includes the following aspects:

Student care and support. Class psychologists communicate with class members through regular class meetings, psychological salons and other activities, care about their study, life and emotional state, and provide them with psychological support and help.

Cultivation of psychological quality. Class psychologists help class members to improve their psychological quality, enhance their psychological adjustment ability and improve their ability to cope with stress and solve problems by organizing mental health education lectures, psychological tests and other activities [6].

Dispute settlement and crisis intervention. When class psychologists find that there are contradictions and disputes between class members or individuals are facing psychological troubles, they communicate, mediate or guide them in time, and intervene in crisis when necessary to ensure the psychological health and safety of class members [7].

However, there are some limitations in the traditional work mode of class psychological committee. For example, the work of class psychological committee is often unified, and it is not designed and implemented according to the actual situation of different classes and students. Some class psychologists lack psychological knowledge and professional training, and their work may lack scientificity and effectiveness. The traditional work mode of class psychological committee members often lacks systematicness and long-term, and the work content and form are scattered and one-sided.

2.2. Innovative ideas based on students' needs

In order to better meet the mental health needs of HVC students, it is necessary to deeply understand their needs and problems. We can collect students' feedback and suggestions through questionnaires and interviews to understand their mental health status, main problems and needs. According to the actual situation of different classes and students, the class psychological work plan is tailored and differentiated service strategies are adopted to meet the different needs of different student groups. For example, organize psychological activities on different topics and carry out psychological counseling and consulting services in a targeted manner.

Strengthen the cultivation and education of students' psychological quality, and improve their psychological adaptability and stress resistance. We can help students to establish correct psychological concepts and learn effective psychological adjustment methods by offering mental health courses, holding mental health lectures and organizing psychological quality training. Establish a psychological support network for students, including class psychological committee members, psychological counselors, student counselors and other support resources to provide students with diversified and multi-level psychological support services [8-9]. We can establish a contact mechanism between class psychological Committee members and psychological counselors to realize information sharing and resource integration. Strengthen the management and supervision of class psychological work to ensure the scientific and effective work. We can establish a sound mechanism of class psychological work, clarify the job responsibilities and division of tasks, strengthen the training and assessment of class psychological members, and improve their professional quality and work level.

2.3. Innovative implementation scheme design

This study takes the working mode of the psychological committee of the Department of International Education of Shandong Vocational College of Science and Technology as an example, aiming at the problems existing in the selection, training, work, assessment and motivation of the HVC psychological committee, defines the main responsibilities of the HVC psychological

committee, discusses the working mode of the psychological committee in the class, and puts forward practical countermeasures in each link to construct the working mode of "five rings empowering and five hearts educating people" (Figure 1). Through all the links in the work process of psychological committee members, colleges and universities should work together to improve the professionalism of psychological committee members, create a good team spirit and sense of belonging, change the isolated state of mental health education teams, and truly achieve the great mission of educating people for the party and the country.

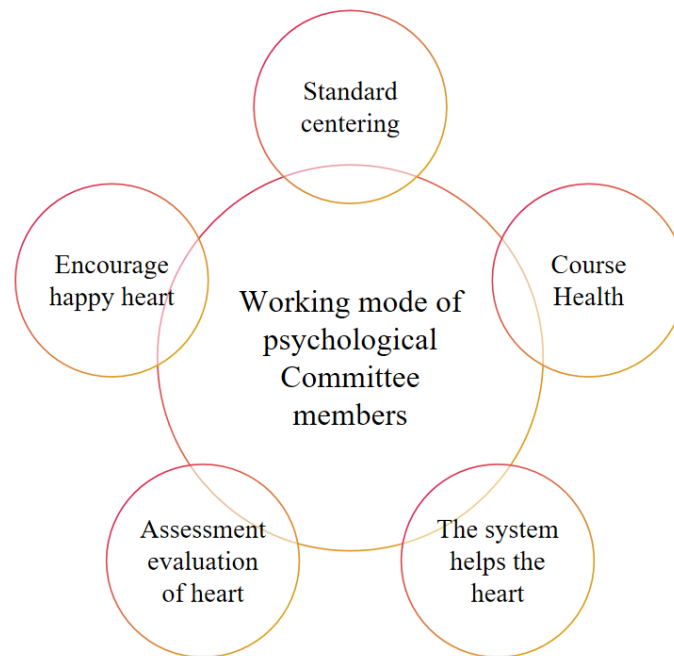


Figure 1 The working mode of "Five Rings Empowering, Five Hearts Educating"

This study takes the selection, training, use, motivation and assessment of HVC psychological committee members as the research context, explores the working mode of psychological committee members in higher vocational colleges, and constructs the working mode of "Five Rings Empowering and Five Hearts Educating", mainly from the following five aspects:

First, the standard "centering", clear job responsibilities, improve the selection criteria, and set the entry threshold; Second, the course is "healthy", innovating the course method, enriching the training content and improving the post competence; Third, the system "helps the heart", improves the early warning mechanism of psychological crisis events, enhances the ability to deal with crisis events, establishes a "sunshine messenger group" and a mentoring team of psychological Committee members, and strengthens peer communication; Fourth, assess the "evaluation of the heart", optimize the evaluation mechanism, standardize management, and promote the normalization of psychological Committee work guidance and professional supervision; Fifth, motivate "happy heart", make good use of the "baton" of motivation, insist on promoting learning by competition and doing by learning, and guide psychological members to solve real problems and show their real skills through skill competitions and appraisals.

3. Case analysis

The Department of International Education of Shandong Vocational College of Science and Technology has a team of psychological committee members, aiming at providing psychological health support and services for international education students. The psychological committee team consists of volunteer students, who have received relevant psychological knowledge training and have certain psychological counseling ability.

Through questionnaires, symposiums and other means, the team of psychological committee members learned about the mental health needs of students majoring in international education, and found that students have many problems in cross-cultural adaptation and emotional problems.

According to the survey results, the team of psychological Committee members made a personalized service plan. They offer cross-cultural mental health lectures, organize cross-cultural exchange activities and set up psychological consultation time to help students solve cross-cultural adaptation problems. The team of psychological committee cooperated with the school psychological counseling center to establish a psychological support network for students. Students can get psychological support and help through telephone consultation and face-to-face consultation. The team of psychological committee members carried out psychological quality training courses to teach students psychological adjustment skills and problem-solving methods, so as to improve their psychological quality and coping ability.

Through the analysis of the survey data, it is found that international education students have some troubles and needs in cross-cultural adaptation and emotional problems (Table 1). The service plan of the psychological committee team has received positive feedback from students, with a high degree of participation, and the number of participants in cross-cultural mental health lectures and activities has gradually increased.

Table 1 Research results

category	Trouble and demand situation	Feedback situation	Participation situation
Cross-cultural adaptation	Some students feel confused and anxious and need more guidance and support	Students have a positive feedback on the content of cross-cultural mental health lectures and activities, which is helpful to solve the problems	The number of participants in cross-cultural mental health lectures and activities has gradually increased, reflecting the increasing demand and attention of students for such activities
Emotional problem	Students generally have emotional problems, such as loneliness and stress, which require emotional support and psychological counseling	Students have positive feedback on the emotional support and psychological counseling services provided by the psychological Committee team, which is considered to be helpful to alleviate emotional distress	Students actively participate in emotional support activities and psychological counseling, with a high degree of participation, which shows that students have high concern and demand for emotional problems
Other psychological problems	Students also have other psychological problems, such as stress management and interpersonal relationships, which need relevant help and support	Students have a good feedback on the psychological consultation and psychological quality training services provided by the psychological Committee team, which is considered to be helpful to solve problems and improve psychological quality	Students' participation in psychological counseling and psychological quality training is high, which shows that students have a high demand and attention to related services

The service scheme of psychological committee team is highly targeted, which can effectively solve students' psychological problems and improve their psychological quality. Students show a high degree of satisfaction with the service of the psychological committee team, and think that its work has a positive effect on improving students' mental health level (Figure 2).

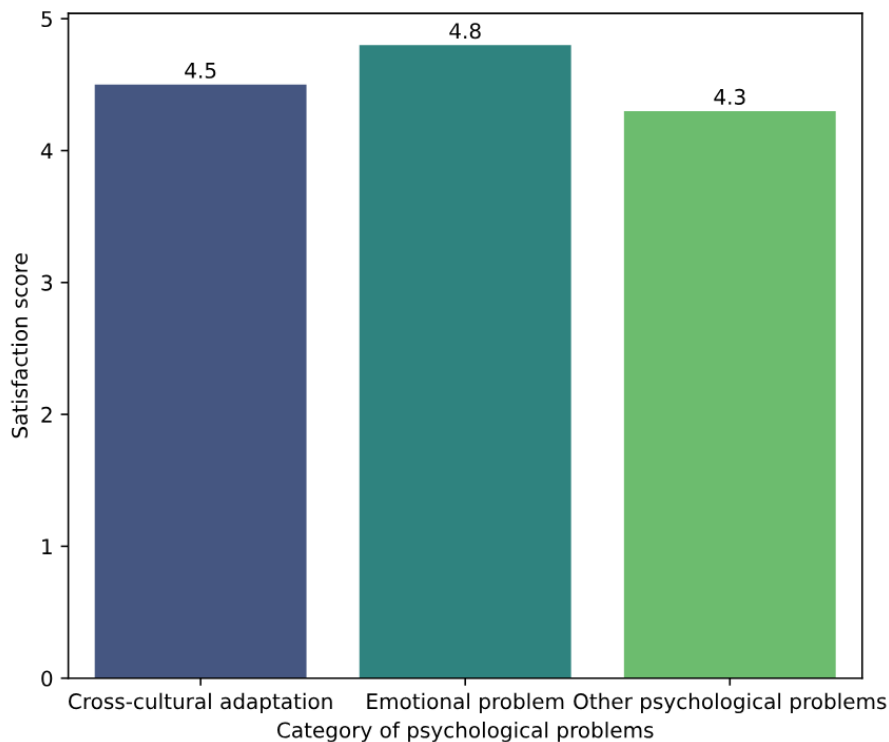


Figure 2 Actual effect evaluation of innovative working mode

For cross-cultural adaptation, emotional problems and other psychological problems, students' satisfaction scores are 4.5, 4.8 and 4.3 (out of 5), which shows that students generally have a positive attitude towards the service scheme of the psychological Committee team and are positive about its effect. From the perspective of cross-cultural adaptation, students have a high satisfaction score on the service scheme provided by the psychological committee team for cross-cultural adaptation, which may be because the team has set up cross-cultural mental health lectures and activities, which provide students with guidance and support for cross-cultural adaptation and help them better cope with the troubles and challenges brought by cross-cultural environment.

Secondly, in terms of emotional problems, students also show a high satisfaction score with the emotional support and psychological counseling services provided by the psychological Committee team. This may be because students get timely care and support when facing emotional problems, and the work of the psychological Committee team has played a positive role in relieving emotional troubles and improving emotional health. Finally, in terms of other psychological problems, students also hold a high satisfaction score on the service plan of the psychological Committee team. This shows that the psychological committee team is also effective in solving other psychological problems, which can meet the diverse psychological needs of students and provide them with all-round psychological support and help [10].

Students' higher satisfaction score on the team service scheme of psychological committee reflects the positive effect and good performance of team work. The service plan of psychological committee team is highly targeted, which can effectively solve students' psychological problems, improve their mental health level and provide strong support for their all-round development and growth.

The innovative working mode of "Five Rings Empowering and Five Hearts Educating" pays attention to the understanding and feedback of students' actual needs, and realizes the personalization and pertinence of services by investigating the needs and formulating service plans. The establishment of psychological support network and the development of psychological quality education have further enhanced the service ability and effect of the psychological Committee team. Based on students' needs, the innovation of the working mode of "Five Rings Empowering, Five Hearts Educating" for class psychologists has achieved certain results in the Department of International Education of Shandong Vocational College of Science and Technology, which

provides strong support and help for students' mental health. However, it is still necessary to further improve and improve the working mode to better meet the needs of students.

4. Conclusion

It is of great significance to innovate the working mode of class psychological Committee based on students' needs. The traditional class psychological work mode often lacks pertinence and individuality, and it is difficult to meet the diversified mental health needs of students. Through the investigation and analysis of students' needs, this study designed a highly targeted and effective working mode of class psychological Committee, which provided students with more practical and targeted psychological support and services. The innovative working mode of "Five Rings Empowering and Five Hearts Educating" has received positive feedback from students. Through the satisfaction evaluation of the service plan of the psychological Committee team and the observation of the actual participation, it is found that students generally hold a positive attitude towards the service plan of the psychological Committee team and show high satisfaction with its effect. This shows that the innovative working mode of class psychological committee can effectively solve students' psychological problems, improve their mental health level and provide strong support for students' all-round development and growth. Based on students' needs, the innovation of the working mode of "Five Rings Empowering and Five Hearts Educating" is of great significance and positive effect in improving students' mental health and promoting their all-round development and growth. However, it is still necessary to further perfect and improve the working mode to better meet the needs of students and promote the sustainable development and progress of class psychological work.

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