

# Exploration and Analysis of Directional Expansion of College Educational Psychology from Law of Personality Construction

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**Abstracts:** In the college education system, the educational psychology is very important to help the students build a complete ideological and cognitive system and to improve the effect of college educational psychology from the perspective of the personality construction system. Based on the practice of college educational psychology, the purpose of this paper is to help students build a complete and healthy personality cognition system and improve the teaching effectiveness.

## 1. Introduction

In the practice of college education, the college educational psychology is an important content, which is of great significance for improving the college students, quality. In the traditional education system, there is little attention to the college educational psychology, especially in the personality construction, but in the current social environment, various types of thought have begun to influence students from different angles, which have new requirements for the college educational psychology<sup>[1]</sup>. In the practice of college management and education, to create new teaching modes for the educational psychology by various ways can improve the students' sense of identity and acceptance to teachers, help the students have a clearer understanding of the outside world and themselves, and guide them to learn and live better. For these purposes, the college educators can not ignore the important significance of the education of the college educational psychology, and shall constantly explore diversified teaching modes for the college educational psychology with new ideas and methods and guide students scientifically, so that the students can face the learning and life with a more positive and healthier psychology.

## 2. Problems in education of college educational psychology in new era

### 2.1 Social pluralism is constantly emerging

With the rapid development of modern economy and society, in the background of Internet era, the social pluralism is constantly emerging, which has new requirements and challenges to the education of college educational psychology. In the traditional education of college educational psychology, the students received simple thought, but in the modern network society, all kinds of thought and information are spread quickly through a variety of media, so the students' thought has become more pluralistic and open, which puts forward a challenge to the traditional college educational psychology<sup>[2]</sup>. Therefore, teachers shall adjust the education strategies to effectively response to the new situations and new problems in the era of Internet Plus, and shall enhance the pertinence of the education of college educational psychology according to the actual situation.

### 2.2 Students have more individual requirements for education

The individual consciousness of modern students has been strengthened, especially the college students. Generally, they have strong psychological inversions, and most of them have good living conditions. Moreover, they have not experienced hard life or severe setbacks, so their anti-pressure ability is weak generally. In such circumstances, every student will have different psychological changes. How to give play to the advantages of the education of college educational psychology and to carry out the individualized teaching for students is directly related to the effect of college

educational psychology, which is also of great importance to the growth of students. Teachers shall pay more attention to each student with more energy, and improve the pertinence and effectiveness of teaching, in order to help students to get through the college education stage smoothly.

### **3. Significance of carrying out education of college educational psychology from perspective of personality construction**

#### **3.1 Improve students' understanding of educational psychology**

With the traditional education modes, students had many problems in the process of understanding and grasping the knowledge. Because they were influenced by the traditional educational concept, the inculcating education was a common classroom teaching mode for the college educational psychology, and the teachers had some teaching pressure, the teachers paid insufficient attention to the students, and they often focused on the teaching progress. There are many reasons for this phenomenon, but the main reason is that the current college students face high enrollment pressure and examination pressure, and the teaching evaluation system of college educational psychology lags behind. As a result, the exam results became the important reference indexes to evaluate students' learning levels and the teachers' teaching levels, so that teachers only explained the knowledge according to the examination outline completely in the teaching process.

#### **3.2 Get rid of the constraint of the teaching idea of traditional educational psychology**

In the current situation of quality-oriented education, the old teaching idea is the main factor affecting the classroom teaching quality of college educational psychology. Besides, in the teaching practice, teachers focus on the students' examination level and examination skills, and but they pay little attention to the comprehensive abilities, especially the construction and cultivation of the personality system, which is obviously inconsistent with the mainstream of quality-oriented education. If things continue this way, the college students will be affected on improving their comprehensive quality, and will lose their interest in learning, which have an adverse impact on the future learning. To train the students' personality system in the classroom teaching of college educational psychology can get rid of the constraint of the traditional educational concept to some extent, help the college students break through the barrier to improve the ability based on the understanding and mastering of the knowledge they have learned, and improve their consciousness of innovation on the basis of deepening the teaching effect of educational psychology, and then lay a solid foundation for future learning.

#### **3.3 Accord with the overall development trend of the college educational psychology**

With the continuous development of education, college education is also facing a severe reform trend. Only the reform conforming to the characteristics of era development can adapt to the basic requirements of current education better and serve the future growth and development of students better. Therefore, in the classroom teaching practice of college educational psychology, the cultivation of personality ability has gradually become the main concern for teachers, which is also the general trend of quality-oriented education. The personality attainment is the main attainment that the college students shall have in the learning process. In the traditional teaching, teachers paid too much attention to the explanation and inculcation of knowledge, but neglected the construction and cultivation of students' personality system, which led to a bottleneck for the students in the future development process. Therefore, in the teaching of college educational psychology, we shall attach importance to the cultivation of students' personality attainment, which meets the essential requirement of the current curriculum reform and development and quality-oriented education, and plays an important role in improving the quality of college educational psychology.

## **4. Main problems in development of current college educational psychology**

### **4.1 Teaching innovation is superficial and doesn't play a substantive role**

With the continuous progress of curriculum reform, all kinds of new teaching modes have been emerged. If these teaching modes can be applied in the education of college educational psychology better, they can not only make up for the shortcomings of the traditional teaching modes to some extent, but also play a very important role in improving the teaching quality. In the current educational practice of college educational psychology, in order to keep up with the era development and improve the teaching quality of educational psychology, teachers have applied these new teaching modes in the teaching process, but there are still some problems<sup>[4]</sup>. Specifically, because some teachers don't understand the new teaching modes deeply, only understand the literal meaning, and don't comprehend the essence, they just apply the modes in the teaching formally, resulting in that the teaching innovation is superficial and doesn't improve the teaching quality. Moreover, they waste a lot of time.

### **4.2 Lack of good communication with students in the teaching process**

The teaching process of college educational psychology is also a communication and interactive process between teachers and students. Through the effective communication and exchange, teachers can know the actual learning situation of the students to a certain extent, and then consider it while making and implementing the teaching plans, which is very important to improve the pertinence and effectiveness of college educational psychology. However, in the current teaching practice of college educational psychology, teachers' teaching processes are unidirectional. Namely, teachers inculcate the knowledge into students without enough communication between them. If things go on like this, it will have an adverse impact on the teaching of college educational psychology. Communication is a process that teachers understand students. Only with enough communication, teachers can master the students, actual learning situation, know their problems on some knowledge points, and then they can conduct a targeted guidance. However, if lack effective communication, teachers will not know the students' actual learning situation.

## **5. Explore effective teaching paths for college educational psychology from perspective of law of personality construction**

### **5.1 Make the best of the flipped classroom and pay attention to the personality excavation**

To a certain extent, the flipped classroom overturns and innovates the traditional teaching classroom, because in the previous teaching practice of college educational psychology, generally the teachers explained the knowledge of educational psychology to the students first of all, and then the students went back to learn themselves, and the learning process was carried out under the guidance of teachers. The flipped classroom has changed the previous teaching sequence and teaching structure. The students can learn the teachers, knowledge through network communication. When they have some problems in the learning process, they can discuss and solve them in the classroom. Compared with the previous teaching modes, the teaching of flipped classroom improves the pertinence and effectiveness of the teaching of educational psychology, effectively uses the valuable classroom time, makes every student learn the knowledge of educational psychology according to their own learning styles and paces to realize the teaching differentiation, helps the students cultivate the personality attainment and construct the personality system, realizes the idea that teach students in accordance with their aptitude possibly, accords with the overall trend of current education development, and improves the classroom teaching quality effectively<sup>[5]</sup>. The lack of experience in the teaching of flipped classroom is one of the key problems that affect its effective application in the teaching of college educational psychology. Therefore, for this problem, the teachers of college educational psychology shall sum up the experience in the teaching process from the perspective of

personality, in order to provide some reference for the better application of the flipped classroom in the future, and find out the problems in the process and solve them in time.

### **5.2 Explore the topic teaching mode and give play to students' personality activity**

In the teaching of college educational psychology, to improve the pertinence and effectiveness of teaching and cultivate a sound personality system for students, teachers can take the topic teaching mode to drive students to think about and discuss the personality by introducing some teaching topics, and then think on the teaching issues deeply through the communication between them, and improve the comprehensive level of teaching. In the topic selection, the teachers of college educational psychology shall design the targeted topics in the framework of the teaching system according to the social hot topics and the student's interest, so that students can discuss the topics about the educational psychology by the way of independent inquiry or cooperation. On the basis of full discussion, teachers shall give full play to the guidance to help students clear up the thinking of the topics, improve the effectiveness of the topic teaching mode, and let the students be integrated into the topics of college educational psychology truly to improve the students' comprehensive learning effect. In this way, we can achieve the new curriculum teaching reform of the modern college educational psychology and develop a sound personality system for students by strengthening the interactive communication in the classroom.

### **5.3 Carry out targeted education combined with hot topics from the students' life**

In the teaching process of college educational psychology, teachers can not take the traditional and unified education modes, but shall implement the student-oriented idea, advocate the personality construction, carry out the targeted personality education according to the different characteristics of different students, improve the pertinence and effectiveness of the teaching strategies, make different students find the sense of identity in the learning process of college educational psychology, and increase the practice chances for students, in order to make the students feel the significance and effect of the education of college educational psychology. The targeted college educational psychology can not only help students clear up the obstacles and difficulties in their ideological cognition, but also make different students find their own appropriate development paths to lay a healthy foundation for the future life and learning. The education of college educational psychology can not be divorced from the students, life. Modern students have their own focuses of attention. Good teaching entry points can reduce the students' resistance, improve the students' acceptance of the teaching content, and jointly construct an education system so that the students can be truly integrated into the education of college educational psychology. In this process, teachers also can find the students' focuses of attention to improve their understanding of the students. In the future education, they can have a definite object in view to improve the overall education level of college educational psychology, meet the needs of education of college educational psychological in the new era, and guide the students to grow along the right direction.

## **6. Conclusion**

To sum up, in the teaching process of college educational psychology, we shall guide the students to build a sound personality system according to their characteristics, especially choose the targeted teaching strategies in accordance with the actual situations of different students, respect the students' wills, practice the student-oriented idea, avoid the problem of formalism in the education of college educational psychology, in order to make each students feel the warmth of education, help students solve the problems about ideology and cognition, improve their cognition of personality, guide them to further grow and become talented.

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