

The Construction and Cultivation of College Students' Core Accomplishment under the View of Active Psychology

Rong Zhen¹, Huajie Sui^{1*}

¹ Faculty of Humanities, Jiangxi University of Traditional Chinese Medicine, Nanchang, China

* The Corresponding author

Keywords: Positive psychology; Core accomplishment; College students

Abstract. Against the background of quality-oriented education reform, the cultivation of students' core quality is not only the first priority in the information age, but also the main need to train high-quality and excellent technical talents. Based on the positive psychology background, the author analyzes the meaning of the core accomplishment of the college students and integrates the current teaching situation of the core quality on contemporary college students. Under the guidance of strengthening the mental health education, the students participate actively in social practice activities and teachers promote the core quality systematically to meet the requirement of teaching qualifications. The author researches the background in China after reform and opening and emphasizes the significance of the cultivation of students' core quality. To cultivate and promote the core quality of college students, foreign advanced teaching experience must be attached great importance in the development of core quality education. Meanwhile, the current education status and future competitive trends cannot be ignored as well. With the reference of positive psychology, Chinese contemporary college students can steadily increase their competitiveness under the trend of globalization.

1. Introduction

With the transformation and development of China's economy from scale to quality and benefit, as well as the arrival of the network era in the economic era, according to the requirements of the times and development, the development of economy and society is in urgent need of high-quality skilled talents. It is considered that the development of higher education in China has provided new opportunities, but also put forward higher requirements and challenges. In order to meet the requirements of economic development and social progress, colleges and universities need to actively reform the current education and teaching mode. While paying attention to the cultivation of skills, they should strengthen the education of students' humanistic literacy and comprehensive quality. Under this background, the core literacy emerges as the times require and becomes an improvement and promotion of the current education and teaching in colleges and universities. The powerful tools for learning the status quo, especially in strengthening college students' sense of responsibility and humanistic literacy, have played a positive role. However, at present, the core literacy theory of university education in our country is still lagging behind, so it is necessary to introduce the advanced achievements in other fields to innovate and apply it, such as positive psychology, can be guided by positive psychology, based on the present situation of the development of core literacy in colleges and universities, construct the core literacy system to meet the needs of our own needs, and promote the realization of the educational goal of colleges and universities [1]. At the same time, it is also helpful to further deepen the reform of education and teaching and promote the development of quality education. Sometimes we can see that it is the time to deeply study the cultivation of the core literacy of educational students in colleges and universities. The requirement of development is the basic demand of talent training.

2. Overview of the Relevant Concepts

2.1. The concept of positive psychology

Positive psychology is an advanced applied science, mainly for the research and application of human advantage and positive function. Seligman was the first to put forward the concept of positive psychology, thus opening people's study of the subject. The positive psychology refers to the development of the potential and the active elements of the human being on the basis of the comprehensive and in-depth study of human psychological problems, and more power and vitality for human development and individual development. Laura King and Sheldon (Laura King) and Sheldon (Kenneth Sheldon, a new interpretation of the concept of positive psychology, has formed a basic expression of the essence of positive psychology. It is thought that positive psychology is a science that uses the mature method and means of the psychology research institute to study in-depth with the potential and advantages of humans.

2.2. The main views of positive psychology

2.2.1. Realize the value balance of Psychology

Although positive psychology pays attention to the study of the positive aspects of human psychology, this kind of research is based on a balanced and comprehensive psychological research. Through the study of positive and negative psychological problems, it reflects the real significance and value of psychology. It can be seen that positive psychology realizes the cognition of human psychological essence from a more comprehensive and practical aspect, which is more conducive to the study of human self-value. It is beneficial to the better return of psychology and the embodiment of its own characteristics, can stimulate people's greater potential, promote the cultivation and development of excellent quality, people better integrate into society and live in harmony.

Under the traditional concept and mode, people's cognition of psychology is more the research and treatment of psychological disease, which is based on the changeable and turbulent social relations, and the deviation of the research center formed by the guidance and correction of psychological problems, which leads to people's one-sided cognition of traditional psychology, and then forms a kind of solidified thinking, while positive psychology can correct this deviation well. Guide people to understand psychology with a healthier and positive attitude, so that people can strive to realize that psychology can not only ensure basic mental health, but also promote people to better discover and realize their potential. In 2005, better development was not aimed at the treatment of mental illness [2]. Positive psychology is to realize the guidance of people's cognition and emotion from the aspect of people's positive psychological elements. It is a kind of positive and healthy positive energy, which can be organically combined with traditional psychology to promote the return and balance of psychological value.

2.2.2. Stress the positive power of the study

Positive psychology attaches importance to the study of positive forces, which refers to providing constructive and positive elements for people's psychology and behavior, from which people can find and explore their own potential, so as to promote the solution of problems and the improvement of their ability. The study of positive forces is mainly manifested in the following three aspects: first, the subjective level of research, which is to actively guide individuals, they form an optimistic, cheerful and positive attitude towards life, whether to past events, real-life or future development, can see positive and favorable aspects, even in a more difficult and difficult environment, can also be tough and optimistic. Self-confident and brave attitude and perseverance to pursue their own ideals, through unremitting efforts to achieve goals, to achieve a higher sense of achievement and satisfaction. The second is the study of the individual level, mainly to study the positive aspects of personality traits, which is the innate personality expression in individual personality, such as hobby, wisdom, specialty and so on. The third is the study of the collective level, mainly the study of the user relationship and influence among the family, the school and the society, through straightening out the relationship among the three, promoting the experience and play of the positive emotion, and then providing favorable conditions and environment for the cultivation of personality traits [3].

2.2.3. Promotion of a positive interpretation of the issue

In the traditional mode, the research of psychology is more of a summary of the events that have taken place, and thus a scenario-based problem solution is formed, that is, this is a negative response to the problem, and there is no fundamental research on the law of the problem and the essence. The positive psychology pays more attention to the inquiry of the cause of the problem, and forms a solution with regular and preventive measures to minimize or avoid the occurrence of the problem, A fundamental solution to the problem.

3. The Significance of Integrating University Education into the Construction of Students' Core Literacy

3.1. Stimulating the potential strength of students

Positive psychology pays attention to the stimulation of students' positive efficacy. Through effective guidance, students can find their own advantages and potential, so as to make positive evaluation and judgment of themselves, so as to promote self-improvement and development, and realize self-learning, self-evaluation, self-correction and self-growth in this process. When students have problems or difficulties in this process, they should guide them in a timely and appropriate manner, make them realize that it is normal to have problems and difficulties, turn them into "stepping stones" that constantly transcend themselves, and convince students that all conditions and resources are advantages that can be utilized and transformed. Good at discovering and using these conditions and resources, in order to make use of their own favorable aspects and factors to achieve their own growth and development.

3.2. Strengthening the positive experience of students

Positive psychology attaches great importance to students' positive experience and feeling, and to the stimulation and display of students' dominant potential. Teachers should guide students to feel and form a good emotional experience, so that they can build a healthy and positive personality in the process of feeling and experiencing, especially through the feeling and experience of gratitude, enhance their sense of responsibility, so that they can put more positive emotion, more hard attitude, more harmonious relationship into the study and life, and promote the formation and development of healthy personality.

3.3. Create a positive environment

Although positive psychology recognizes and attaches importance to the natural advantages of students themselves, these advantages will not be naturally stimulated and reflected, and they need to be displayed under certain conditions and environments to play the role of these positive factors. Therefore, society, schools and families should actively cultivate this favorable environment and conditions. As far as teachers are concerned, it is necessary to treat students with a positive and appreciative attitude, create teaching scenarios conducive to stimulating students' positive character, form targeted and effective educational and teaching paths and methods, and constantly stimulate students to give full play to their natural advantages and positive factors.

4. Suggestions on the Construction of College Students' Core Accomplishment by Positive Psychology

4.1. Strengthening the guidance of mental health education

To highlight the role of mental health education, to form positive and effective mental health instruction. Most colleges and universities have established a course of mental health education, which provides a powerful guarantee for the mental health of college students, which is conducive to the improvement and development of the psychological quality of college students. However, it is also necessary to further play the role and function of the mental health education, to form the characteristics and advantages of the mental health education, which is different from the basic education stage, so that the students can truly experience their own advantages, so that they are more convinced of their professional choices, Psychological guidance for future employment.

4.2. Guide the students' active participation in social practice

In the case of college students, the university stage is an important person to generate a long-term and transitional period, from the school to the society, from the students to the important period of the professional, during this period both the rich and profound knowledge and skills, and the active participation in the social practice activities, Constantly cultivate their own innovative spirit, team consciousness and problem-solving ability, constantly improve their core quality, realize the organic combination of theory and practice, and improve their social consciousness and accountability ability [4]. To realize the cultivation of the talents, the university must provide more opportunities and platforms for the students, strengthen the cooperation of the school and the school, and form the science The practice of educating and educating the students to get the students to exercise and grow in the course of practice.

The problem of college students' employment is the major problem that the college students need to face, especially in the course of the whole study, the positive evaluation is less, the long-term interest is difficult to show and play effectively, their potential is not fully developed, they need to be more active in the recognition and evaluation, to form a positive psychological quality and to promote the continuous development and development of the psychological potential. At present, there is a problem with the lack of the students' skills, the absence of humanistic education, and positive psychology can make up for the deficiency. The positive psychology attaches great importance to the positive personality of the individual, and the positive psychological quality of the twenty-four of the six virtues is The base point and the hand grip promotes the full development of the students' ability and provides a good guarantee for their value realization. Therefore, based on the students' virtue and character's advantages, the core accomplishment based on the students' development needs is built, and the overall development of the students is realized.

4.3. Improve the core quality of the teachers

4.3.1. Improve the quality of teachers

The cultivation quality and level of students' core literacy are closely related to teachers' literacy. Therefore, it is necessary to constantly improve teachers' professional ability and comprehensive quality. Teachers must form the following aspects of ability:

Appreciation: we should look at students from an appreciative point of view, try their best to avoid criticism and criticism of students, regard students as growing living bodies, respect their individual wishes and choices, stimulate students' learning initiative and creativity through effective paths and scientific methods, so that they can form autonomous learning ability, grow up and form self-confidence in self-learning and evaluation. Deeply understand the characteristics and needs of students' psychological development, do a good job of psychological guidance and protection.

Sense of meaning: teachers should always focus on the actual needs of students to carry out educational and teaching activities, through conversation, home visits, class meetings and surveys, in-depth understanding of students' psychological situation and development needs, so as to carry out guiding and exciting teaching design, in this process to help students carry out career design and planning, so that they can carry out more meaningful and valuable study and life in the goal. Teachers will also get a sense of accomplishment and satisfaction.

Happiness: emotional emotion can be "contagious". Only positive emotional emotion can bring good experience to teachers, transfer positive energy to students, and promote the cultivation and improvement of their core literacy. Therefore, teachers should constantly update the concept of education and teaching, form a healthy and positive attitude, constantly experience the sense of professional value and happiness in life, and constantly convey this healthy and positive experience to students.

Concrete thinking: it is necessary to be good at transforming complex and abstract concepts and theories into concise and concrete content, which can be described in a vivid and easy to understand way, so that the content can be more easily understood and accepted by students. Therefore, while deeply understanding the students, teachers should be good at editing and transforming the teaching materials, so that the content is more in line with the cognitive characteristics and psychological needs of college students.

Empathy: that is, the exchange thought, can stand at the other party's angle and position to consider the problem. Only on the basis of in-depth understanding of the psychological characteristics and needs of the students, the teacher can adopt a more targeted method of teaching and teaching, so as to achieve the common feeling effect, construct the harmonious teacher-student relationship and promote the development of the students' positive personality.

4.3.2. Optimize the course design and improve the cultivation mode of core quality

In the teaching design, not only teachers need to form an accurate understanding of the curriculum content and objectives, but also teachers need to extract core literacy to promote the realization of teaching objectives. At the same time, it is also necessary to actively adopt students' opinions and suggestions, so that the cultivation of core literacy can really meet the actual needs of students and gently mobilize their learning enthusiasm and initiative. In the teaching process, it is necessary to take the teaching goal as the guide, make the contents and requirements of the core literacy permeate into the teaching activities, carry out open teaching and autonomous learning. Actively implement project-based teaching, so that all knowledge points can be reflected in specific project tasks, and through learning The concrete practice of students can realize the mastery of knowledge points, actively encourage students to study independently, set up a situational teaching environment, attract students' participation through rich and diverse teaching activities, and experience and feel in the process of participation, so as to improve their humanistic literacy and professional skills [5]. In this process, teachers should be good at enlightening and guiding, taking students' learning process and actual effect as the basic criteria to evaluate teaching effectiveness, realizing the diversification of teaching evaluation, constructing perfect teaching feedback mechanism, forming benign interaction between teachers and students, and effectively improving students' accomplishment.

4.4. Positive reference to foreign advanced teaching experience

The practice has proved that the implementation of core quality is beneficial to the cultivation of the comprehensive quality of the students, which is beneficial to the improvement of the teachers' ability, and is beneficial to the realization of the education reform. It is an effective experience that is worthy of our reference and reference. In the process of the historical development of core quality, only according to the development of the times, the reform is required to promote the continuous promotion and development of the educational undertaking, and the process of the cultivation of the core quality is itself a process of educational innovation reform. Therefore, the university education needs to further strengthen the reform of the educational innovation, constantly solve the deep-seated contradictions and problems in the development of the education, and continuously optimize the educational system mechanism and promote the education Industry's sustainable and healthy development. From the practical application of core quality, the relevant country has made a useful exploration in this respect and has formed a fruitful experience practice. We can actively introduce and learn from these experiences, combine with the actual demand of our own, and construct the core quality system of the university students.

5. Summary

At present, it has become the trend of the reform and development of international education. In recent years, positive psychology has been applied to the development of college students' core literacy. From the above analysis, it is found that the relationship between positive psychology, the core quality construction and the college students' education is very close. The research of positive psychology can provide the corresponding inspiration for the construction of the core accomplishment of the college students, which is mainly reflected in the ability of the students to be excited, the positive experience of the students and the creation of a positive learning environment. According to the research status of the positive psychology, the cultivation of the core quality of the college students should be strengthened The guidance of mental health education is to guide the students to participate actively in the social practice, to improve the core quality of the teachers and to learn from the advanced teaching experience of the foreign countries. The construction of the core quality of college students is a long-term and gradual process. Therefore, it is to be hoped that

the college students will constantly standardize their conduct of conduct in this process, gradually penetrate into the whole core quality system, make full use of them, and combine the practice to manifest the function of the core quality.

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