

# **The Embodiment of Life Education in Ideological and Political Education of Colleagues and Universities**

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**Abstract:** College stage is an important stage of students development, and also an important stage of fostering proper value and philosophy. In the process of college education, in order to promote the all-round development of students, colleges and universities must based on the present, recognize the shortcomings of current ideological and political education in colleges and universities, advance with the times, and innovate education models.

## **1. Introduction**

Ideological and political education has a strong theoretical nature, and theoretical teaching is only part of the curriculum. In terms of the ultimate role of education, it is necessary to return to the development, needs, and human nature of human beings, that is, to pay attention to the life value of students. Education improves the shaping of students' personality and promotes the long-term development of students to realize its value. However, the theoretical curriculum has always ignored the actual development of students, the most common evaluation, which is also the main factor affecting the effectiveness of ideological and political education. Paying attention to students' actual situation is to pay attention to students' livelihood, subsistence and life. Then, in the current rapid development of the modern society, how to contact students to actually reflect the value of ideological and political education? What should be used as an entry point? In this regard, it is necessary to understand the necessity of life education applied to college ideological and political education, in order to explore effective application strategies, implement life education, and promote student development.

## **2. The Necessity of Life Education in College Ideological and Political Education**

### **2.1 Develop Humanism**

To build a harmonious society, people-oriented must be achieved, and at the same time, the support of humanistic thinking is needed. The integration of life education into the ideological and political education of colleges and universities is another manifestation of the development of humanism. When ideological and political education tends to be modernized, it not only needs the support of life care, but also the promotion of life education. Ensuring the harmonious development of individual life is the expression of the value of ideological and political education. With the rapid development of modern society and the popularization and dissemination of new ideas and culture, utilitarianism and vulgarism sweep through colleges and universities as an important place of high-speed communication, which will inevitably affect the formation of students' proper values, and also blur their moral standards and evaluation, promoting students to think and survive according to their own status in the process of development, and to pursue interests and economics rather than focus on the pursuit of life value<sup>[1]</sup>. Once a distorted value is formed, it will inevitably affect the long-term healthy development of students, making students pursue material life unduly. Acquiring the satisfaction of the spiritual world is the way to reflect the pursuit of life value. Once the spiritual pursuit and the material pursuit are excessively deviated, it will inevitably lead to conflict.

## **2.2 Enhance Life Value**

The existence of human beings reflects the social attributes. People are not only the existence of an individual, but also exist in social relations. Promoting survival and development is the inevitable need of everyone, and social relations are also related to and determine the development of human beings when necessary. In the process of survival, the active pursuit should not only be embodied in the material, but also in the exploration of the meaning of life and the pursuit of spiritual prosperity. In terms of the ideological and political education in colleges and universities, the purpose is to cultivating builders and successors of socialist cause. To this end, not only let students shape a sound personality, but also cultivate students to form a correct ideology. In the process of life development, teachers must guide students to recognize and develop life value, and adapt to their actual life and social development autonomously. Therefore, the application of life education can enable students to feel the meaning of life, master the method of moistening life, and realize the sublimation of life. Also, the application of life education can promote the all-round development of students while enhancing the value of life.

## **2.3 Highlight Life Care**

Ideological and political education occupies a very important part in colleges and universities, has a significant practical role, and also belongs to a subject serving the society. Ideological and political education not only reflect life care, but also lead students to realize human values. Ideological and political education is an important way to spread theories of ideology and policy. Based on this, the theory is implemented in the development of life, and the colorful display is in the life activities, and the fate resonance is implemented. In the development of the individuals, it is necessary to extend the practice to the social, collective, and national levels to be able to feel the individual life in the “life field”. Only by practicing life activities in this category can the individual fully understand the meaning and value of life, and then highlight the importance of life education in life care, and thus fully demonstrate the social value of ideological and political education.

## **3. The Embodiment of Life Education in Ideological and Political Education in Colleges and Universities**

### **3.1 Life Narration**

As a situational teaching, life narrative is to integrate ideological and political education into daily life, so that individual life can be fully developed. In the development of ideological and political education and teaching activities in colleges and universities, logical reasoning is not the key educational content. What is more important is to let students have a sense of understanding, thinking and moving. The application of life narrative reveals various textbook knowledge through vivid stories, and presents meaningful life situations in front of educators and educatees, constructing a life field, and motivating students to be able to have introspection of past, present and future life experience. Rethinking the life course, transforming individual life individuals from spontaneous and passive life into conscious and active life, thus fully satisfying the demand of the ideological and political theory penetration <sup>[2]</sup>. The application of life narrative. Teachers must design teaching situations rationally by considering students develop and teaching content. Generally speaking, such situational teaching requires joint problem teaching, which leads to students' thinking and discussion. In addition, the selected story must be related to the reality of life, the content of the teaching, whether it is a real story, or a hot issue, to ensure the appeal and infectivity of the story. At the same time, teachers can use a variety of expressions based on this, give full play to the role of various teaching methods, encourage students to actively participate in it, and also allow students to participate in classroom learning with stories, thus in front of students better show the meaning of life.

### **3.2 Life Impression**

The composition of human thought is a development process in which cognition, conduct,

emotion, meaning, and trust complement each other and promote each other, and the role of “emotion” is in an important position. It can fully highlight the role of teaching content and enhance students' acceptability and trust. During the ideological and political teaching period, the teacher contact the teaching content to adopt an effective teaching mode, stimulate the students' emotional experience, realize the impression of life, and effectively improve the teaching effect is the life impression. To achieve the application of this strategy, teachers can start from the following aspects: First, feel life through life. Teachers should give full play to the role of preaching and teaching, and influence students in a subtle way; not only must play the role of teaching knowledge, teachers' personal behavior, mental outlook, and values will all affect students. Therefore, teachers should spread more positive energy to students as role model. Second, contemporary education requires student-centeredness and respect for individual differences. In this regard, teachers must respect students, understand students, and build a harmonious and equal teacher-student relationship. The college students are more concerned by the society and the family. The care, respect and support of the teachers are particularly important, which is an effective measure to promote students' all-round development and realize their lives.

### **3.3 Life Experience**

In the development of teaching activities, it is the life experience that students feel life through situations such as situational teaching and activity experience. In the process of learning, students are required to have not only real activity experience, but also a touch from the heart and real emotional experience, so as to change individual life state and behavior attitude with their whole heart <sup>[3]</sup>. Experiential teaching enables students to gain real feelings, while at the same time improving the effectiveness of the course and injecting new vitality into classroom teaching. In this regard, teachers can promote the following activities: First, experience life emotions, including happy and sad emotional experiences. In daily life and in all stages of teaching, we pay more attention to cultivating students' spirit of hard working, and encourage students to establish a sense of suffering, while ignoring the implementation of joyful education. Therefore, in the teaching, teachers pay attention to the cultivation of the students' spirit of hard work, but also should let the students feel more happiness and pleasure. Second, to experience the living environment, teachers can help students to fully feel the society, feel the nature, learn to rationally perceive the society and understand the society. Third, experience life performance. This kind of experience mainly includes sculpture, painting, music, literature and other objects. Teachers can contact the actual conditions of colleges and universities to let students get the artistic experience as much as possible, thus arousing the resonance of students.

## **4. Conclusion**

The development of ideological and political courses in colleges and universities, as an important way to pay attention to each student, is the foundation of people-oriented education, which can promote the healthy growth and comprehensive development of students. Colleges and universities must regard the achievement of individual comprehensive development as the eternal pursuit. The integration of life education can not only meet the needs of ideological and political education, reflect its social value, but also promote the reform and transformation of ideological and political education. At the same time, it can encourage students to enjoy life, understand the value as well as the meaning of life.

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