

# **Innovating Ideological and Political Education to Cultivate College Students' Healthy Psychology**

**Tao Yu**

City College, Southwest University of Science and Technology, Sichuan 621000, China

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**Abstract:** This paper analyzes the present situation of ideological and political education in colleges and universities, and draws out the main challenges in the development of ideological and political education, and puts forward some suggestions for the optimization of enriching curriculum content, paying attention to students' needs, extending and improving teaching methods after class, in order to improve the reform process of ideological and political education in colleges and universities, so that ideological and political education can better serve the development of students.

## **1. Introduction**

Ideological and political education is an important way to ensure the accurate transmission of ideas and policies of the Party and the state to students, and occupies an irreplaceable position in the cultivation of students. But at present, the phenomenon of marginalization of ideological and political education in higher education is obvious, which can not correctly guide the development of students, and the reform and innovation of ideological and political education is urgent.

## **2. The Challenge of Ideological and Political Education**

### **2.1. Obsolete content of teaching materials**

Ideological and political education in colleges and universities is closely related to the development of the party and the country, and the acceleration of social development under the new era leads to the rapid change of the party and state policies.

### **2.2. Low interest in learning**

The development of information technology makes students' access to information more diverse. Compared with the boring curriculum content, students are more willing to browse a variety of information in the network, resulting in a large number of students in the ideological and political classroom in colleges and universities indulged in information equipment, the teaching results of the course are poor.

### **2.3. Shorter ideological and political classes**

Unlike basic education, higher education places more emphasis on efficiency, students need to complete a large number of subjects in a short period of time, and ideological and political courses can get less class hours. Due to the limitation of time, ideological and political teachers are often difficult to carry out all-round and in-depth explanation in class, a large number of students have a more one-sided understanding of ideological and political education, and the purpose of ideological and political education is difficult to achieve.

### **2.4. Old teaching methods**

At the present stage, China has invested a lot of energy in educational reform, but the reform results of methods and strategies are mostly applied in primary and secondary schools, and the higher education classroom is still used to adopting traditional indoctrination teaching. The teaching method and content are far from the students' demand, and the students' interest in learning is low.

Compared with primary and middle school, college students have a stronger sense of choice and choice ability, a large number of students in the face of ideological and political class attitude perfunctory, only to pass, ideological and political education is difficult to regulate the ideological character of students, the curriculum surface seriously.

### **3. Innovative Strategies of Ideological and Political Education**

#### **3.1. Extensive collection of teaching materials**

The outdated content of textbooks is the main factor limiting the development of ideological and political curriculum in colleges and universities. Ideological and political teachers should try to break away from the limitation of teaching materials in the course preparation, avoid monotonous and boring emphasis on Marxism and Mao Zedong thought in class, and more widely cited cases to discuss the advanced nature of the Party and the country, and then carry out patriotic education for students. Teachers need to be clear that at this stage college students do not lack patriotism, such as the 70th anniversary parade in the major social media screen, "Wolf Warriors 2" only by the strength of the people to create the world box office miracle. The main goal of ideological and political teachers' work is to convey the most advanced ideological policies to college students and to teach students to patriotic with correct values and behaviors. Ideological and political teachers should strengthen cooperation with Marxist colleges and other departments representing the cutting-edge ideological and policy of the Party and the state to help students correctly understand the latest policies of the Party and the state, rather than repeatedly emphasizing the theoretical contents that students are already familiar with, so that students can truly realize the harvest of the curriculum and enhance their interest in learning. At the same time, teachers should pay attention to collecting social hot events in their daily life, apply them in class, maintain students' classroom concentration through discussion and interpretation of hot events, imperceptibly improve students' ideological and moral character, and promote students' healthy development and all-round development.

#### **3.2. Enhance students' interest in learning**

The low interest of students is the root cause of the poor effect of ideological and political education, and it is also the key problem in the work of ideological and political teachers. Information technology is a double-edged sword, teachers need to be clear that the development of information technology not only affects students' classroom attention, but also provides great help for teachers' classroom education.

Firstly, Teachers can use information technology to understand students' interests. For example, big data technology, which is often mentioned at this stage, can be used by teachers to capture the most interesting political and social events of students, and to select appropriate events to be applied in the curriculum in combination with the content of the curriculum. For some colleges and universities with strong professional nature and lack of relevant technical support, ideological and political teachers can step back and understand students' concerns through public data such as Weibo hot search, which directly reflect social attention. However, teachers should screen in the process of applying these data.

Secondly, at the same time, teachers should take some compulsory measures to improve students' learning habits while satisfying students' learning needs to enhance students' interest in learning. For example, some students playing mobile phones or sleeping in class is not the root cause of lack of interest in the content of the course, but has developed bad habits. Teachers should not give up correcting students' habits because college students have become adults. Such as the installation of signal shield in the classroom, students are required to hand in mobile phones before class and so on are necessary means in the early stage of curriculum reform. By reducing interference, students are forced to focus on teachers, so that students can see the efforts of teachers and schools to carry out curriculum reform, so that the curriculum reform can achieve the desired results.

Finally, schools to change the evaluation criteria of teachers. Loose teachers will get better

evaluation is the consensus of higher education. This leads to the curriculum reform process, some teachers are affected by the evaluation results, dare not carry out strict management of students. In order to ensure the course reform, the school should optimize the teacher evaluation scheme, reduce the proportion of students' subjective evaluation, ensure that the teacher evaluation correctly reflects the teaching results of the course, promote the teachers to dare to reform and actively reform, and provide logistic guarantee for the ideological and political curriculum to achieve better results.

### **3.3. After-school extension in various ways**

Higher education places more emphasis on students' autonomous learning, and shorter class hours are common problems in college curriculum. Due to the low degree of association between ideological and political education and students' professional courses and students' low interest in learning, it is difficult for ideological and political courses to occupy a reasonable proportion in the process of students' independent after-school time allocation. The ideological and political teachers should make rational use of the teaching methods such as micro-class and admiration class to assist the students to allocate the time after class. However, in the process of using the means of classroom extension, teachers should pay attention to the events with great interest to students as the core argument, so as to ensure that students can accomplish the teacher's after-school tasks efficiently, so that the after-school extension can achieve the desired results.

Influenced by its own characteristics, ideological and political education and student activities have a lot of overlap, public education ideological and political center can cooperate with colleges, some student associations to promote the results of ideological and political education. The ideological and political education center guides students' public welfare activities, ensures that students' voluntary activities have more goals and directions, and promotes the better development of student associations. At the same time, the ideological and political education of students with associations as intermediaries often achieves better results than the direct education of teachers and promotes the rapid development of students' ideological and moral character.

### **3.4. Improvement of teaching methods**

The reform of curriculum teaching method should start from changing teachers' cognition of students. Because higher education is aimed at the group mind is more mature, and the class time is more tense, most teachers will choose to give up the teaching method and carry on the theory teaching directly in the education process, but the teacher needs to be clear that the adult study work process still has the preference, the teaching method in the higher education classroom application will still obtain the very good result.

For example, the flipping classroom teaching method commonly used in middle school education will achieve better results in the application of college courses. First of all, college students have a stronger self-study ability, in the process of self-study plan, often can eat through the core ideas of curriculum content, and put forward more in-depth thinking; secondly, college students have a stronger ability to explore the main curriculum teaching, students are more likely to bump into the spark of thinking, strengthen students' thinking about curriculum content; finally, higher learning institutions gather more similar students, compared with the uneven middle school stage, more likely to stimulate students' competitive psychology, promote students' active knowledge extension, students' comprehensive literacy. In the course of flipping classroom application, teachers only need to ensure the correctness of the discussion direction and avoid the collision of ideas into the competition of debate skills.

## **4. Conclusion**

Ideological and political education is an important guarantee of students' ideological quality and has a great influence on the healthy development of students. Ideological and political teachers and relevant departments should start with students' interest, grasp the loopholes in the ideological and political education system at the present stage, perfect the ideological and political education program, ensure the effectiveness of ideological and political courses, promote the development of

students, and provide talent guarantee for the sustainable development of the country.

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