

Exploration of Self-Behavior Management Model for Improving College Students' Ideological and Political Quality

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Abstract: To improve the ideological and political quality of College students, It is unsatisfactory to rely solely on the theoretical preaching of Ideological and political courses. It is necessary to combine the management of college students' self-behavior, Cultivate conscious, Active and practical moral self-discipline and behavior habits, And use good deeds to feedback and promote the innovation and sublimation of ideology. Through literature and expert interviews, This paper explores the ideological and behavioral management model of College students, And holds that it is necessary to select materials from history so that college students can read historical records and learn from history; To do well in the small facts around them and avoid being too ambitious and too skillful; To be filial to their parents at home, To respect teachers in school, and to live a frugal and self-disciplined life. To be tolerant and friendly to people and to learn to share with others, we should melt the ideological and political quality into our soul and express it in our daily life, And become college students in the new era of combining learning with practice and knowledge with practice.

1. Enhancing Awareness Begins with Learning from History

Recently, the frequent riots in Hong Kong have reminded the people of the whole country and given a lively ideological and political education course, which proves that once a prosperous material civilized society lacks patriotic education, it may cultivate the abolitionists and affect social security and stability. Patriotism education is not an empty slogan, but a necessity to govern the country and the country, because every Chinese has patriotic responsibilities, rights and obligations. Patriotism is simple nostalgia from a small point of view, lofty mission from a large point of view, homeland emotion from a personal point of view, and collective strength of 1.3 billion Chinese people from a social point of view. Patriotism should be a concrete act. When a country is humiliated, we can all stand up, and when a country encounters difficulties, we can all contribute. The past "918" anniversary is also the national shame day of our country. We must remember the history and never forget the national shame! Forgetting history is tantamount to betrayal, and you will become a slave again. In the upcoming 70th anniversary of New China, looking back on history, New China has gone through an extraordinary course. Today's happy life is indeed hard won. Patriotism should be a feeling of gratitude, as well as the moral bottom line and Personality Orientation of citizens. We should awaken and take responsibility for the rise and fall of our country. We should start with patriotism and the Chinese Dream. Chairman Xi Jinping said, "Don't forget your first heart, remember your mission". Only by serving the motherland well for the prosperity, prosperity and strength of the country can we become the successor of the new socialist era.

2. Take on Big Responsibilities and Start with Small Things Around You

Patriotism begins with seemingly trivial things, which can be accomplished and done well if they are perfected. The so-called: "No river or sea can be formed without the accumulation of small streams, and no miles can be reached without the accumulation of small streams." People who know

how to dedicate do not refuse small kindness. For example, Lei Feng is an ordinary hero who often does small things. In fact, in every period of New China, there are endless examples of labor and heroic deeds in the streets, alleys and all walks of life, such as cleaners who are not afraid of dirty and smelly, street workers, police officers in police stations, traffic police, doctors and nurses, soldiers in frontier guard posts, teachers and educators, hard-working scientists and entrepreneurs. Work and hard-working peasants and so on, everywhere there are silent dedication of the unknown heroes, they are willing to be ladders and paving stones, not seeking fame but not profit, loyal to their duties, conscientious. In colleges and universities, some of our classmates go to libraries and classrooms and take away garbage when they leave; save food when they go to the canteen and take "CD-ROM action" every time; offer seats to the old and weak pregnant people voluntarily on the bus; like Yu Minhong in the dormitory, they are willing to clean the floor for their roommates and meet the students in need of help in time. There are so many such trifles as helping hands and so on. But it is these seemingly so-called small things that can create a great soul, because heroes are often born in ordinary collectives. Contemporary college students should not be high-minded, low-handed and ambitious, but start with little things. Lei Feng did not do anything earth-shaking in his life, all trivial good things in life, but he achieved his great life. Liu Bei once educated his son to say, "Don't do what is good but not small, and don't do what is evil." As small as a smile, a helping hand, an applause and a dollar coin, as long as they are used for doing good deeds, they can embody great virtues and ideas.

3. Serving the Country Faithfully Begins with Filial Piety to Parents

In the Qing Dynasty's book "the night talk in the oven", it said: "all good and filial piety are the first, and all evil and prostitution are the source. If there is always benevolence and filial piety, no one in the world can do it. Tang poetry has a cloud: "Who says inch grass heart, reward three spring glory." A person who is not filial to his parents is not patriotic. Ancient cloud: loyalty and filial piety are difficult to achieve both. In the face of these two difficult choices, people with lofty ideals choose to be loyal to the country. For patriotism begins with love of home and loyalty begins with filial piety. The conscience and bottom line of life is filial piety to parents. Not only human beings, but also animals have this feeling. The so-called "sheep have the grace of kneeling and breast-feeding, and the crow has the meaning of feeding back." The Confucian Classic of Filial Piety begins with a clear chapter which says, "When the body is full of skin, the parents dare not be destroyed, so is the beginning of filial piety; when they stand up, they will be famous in later generations to show their parents and the end of filial piety." The filial piety of a husband begins with his relatives and ends with his monarch." From this we can see that the concept of filial piety in Chinese culture is not only filial piety to parents, filial piety to parents is only the beginning of filial piety, thus learning to be a man. Filial piety is the source of goodness and the glory of human nature. All dynasties in China ruled the country by virtue and family by filial piety. "Mother's middle line, traveler's body clothes", "Who knows the plate of Chinese food, grain is hard". Thanks to the parents' nurturing grace, there is a heart of feedback, there is filial piety and love, only then can we repay the country's great love. First there was the mother-in-law's thorn, and then there was the famous general Yue Fei. Where is home without a useful country? The Chinese people's feeling of family is that they can be loyal to their country if they are patriotic and filial to their parents. It can be seen that contemporary college students should first learn to be filial to their parents, and secondly they can understand how to serve the motherland.

4. Respect for Teachers

Respect for teachers is a fine tradition in our country. There are records of "disciples, teachers and fathers" in the books of the Western Zhou Dynasty. There is an old saying: "There are three people, master Jun is also a master". Guan Hanqing said, "One day is a teacher and a father for life"; Lv Buwei said, "The sage king of ancient times did not have disrespect for his teachers." Xunzi Daluo said, "The generals of the state will rejuvenate their teachers and respect their masters";

Wang Shouren said, "Teachers'dignity education is practicable"; Jin Gehong said in "Diligence" that "the kindness and sincerity of teachers is more than that of parents." "Yes." The stories of Zigong Zun Shi, Wei Zhao Zun Shi and Cheng Men Li Xue all show the respect of the ancients for teachers. Teachers are the most sacred and glorious profession under the sun. Stalin once said, "Teachers are engineers of the human soul". "Teachers, therefore, preach and dispel their doubts." Teachers shoulder the responsibility of enlightening students and cultivating a new generation of national construction talents. They insist on selfless dedication silently, lighting themselves up like candles to illuminate others. Education must go ahead if the nation wants to revive. A century-long plan, based on education, rejuvenating the country through science and education, and strengthening the country with talents, must first respect teachers and attach importance to education. The craftsmen in big countries are headed by teachers. Without teachers, how can they come to be talented people? Without talent, how can we revive? A great and prosperous nation must be one that respects teachers and values education. For example, some developed countries in Europe and the United States, as well as Japan in Asia, are the most developed countries in the world. They have world-class and complete education system and universities. In Japan, only teachers who teach can be called "Sir", even the president of a university can not be called "Sir", and "Sir" is the exclusive name of teachers in Japan. The rise and development of Japan also benefited from respecting teachers and respecting education. College students are grateful to their parents and never forget to thank their teachers. Their parents gave their lives, and the teachers enlightened their lives. It can be said that respecting teachers is not only the starting point of cultivating morality, but also the moral basis of improving ideological and political quality.

5. Style is too Rigid to Start with Self-discipline and Economy

If a person wants to remain invincible forever, he must have a strong style of life, which must be cultivated from such habits as economy and self-discipline, and can not be achieved overnight and once and for all. Mao Zedong, the founding leader of the People's Republic, spent his whole life in rough tea and meals, sleeping in a rigid bed and wearing rough clothes. His life was extremely simple. A Pajama was repaired 73 times and worn for 20 years. Thus we can see how frugal, self-disciplined and hard-working the life of a generation of great men is. Self-discipline is to control one's greed and overcome one's ego, to get out of the ego, to complete the ego and to attain the realm of egolessness. As Chairman Xi Jinping said, "I will have no self". Self-discipline is active, motivated by internal motivation rather than external influence. As time goes by, it is natural. Just like getting up early every day, doing morning exercises and reading early, once good habits are formed, good habits can become a booster for self-improvement. "University" has a cloud: "If you want to cultivate your body, first correct your heart; if you want to correct your heart, first sincere its intention; if you want to sincerely, first give its knowledge; know in the real thing." No thrift, no knowledge, no knowledge, no sincerity, no sincerity, no sincerity, no sincerity, no sincerity, no self-cultivation. How can we be honest and self-disciplined without self-cultivation? Thrift is not only a virtue, but also a magic weapon to curb greed. If you can be diligent and thrifty, you will inevitably be less content and indifferent to fame and wealth. "Mencius" has a cloud: "Gou for the sake of later righteousness and first profit, do not seize without gratification. Those who leave their relatives without benevolence, those who have no righteousness and then their monarchs." Then there are some famous warnings such as "Looking through the past sages and homes, success from diligence and frugality to luxury", "Hardship and hardship, Yuru Yucheng", "Live in peace and think about danger, and guard against luxury and thrift", which are still alarming bells sounding in our ears and should be vigilant at all times. Only honesty and self-discipline can always be achieved. For example, if a communist wants to protect the purity and advancement of the party forever, we must always adhere to honesty, self-discipline and self-reliance. We must never forget our original mind and bear in mind our mission. We must strictly observe the moral bottom line and the political lifeline. We should take the spirit of the nineteen reporting principles as the guidance, implement the eight provisions of the Party Central Committee, and consciously resist the main form. The erosion of righteousness, bureaucracy, hedonism and luxury, the pursuit of thrift and thrift, the

maintenance of a fine style of work, and the unremitting struggle for the realization of the great rejuvenation of the Chinese nation's Chinese dream. In addition, a person with good study, work and life habits is also a kind of self-discipline, such as good exercise habits can give us a healthy body and happy mood, bring us a happy state of mind and body; and if we have enough sleep, we will have plenty of energy, we can study, work and live efficiently. Live. Self-discipline is also the basis for freedom. Nature has rules of self-discipline. The cycle of all things, the cycle of repetition, the conservation of energy, the immortality of matter, and so on, have become the model of conservation and conservation of time and law. Taoism follows nature, so that we can learn to maintain self-discipline and strength. Self-discipline enables us to maintain our true nature, long life and new life. In the great journey of carrying forward the past and opening up the future in the new era, college students must be a person who can be strictly self-disciplined and become a pacesetter of the times with culture and ideals.

6. Harmonious Society Begins with Conservation and Inclusion

Inclusion reflects a person's mind and self-cultivation. It is an attitude that can affirm oneself and recognize others. It is also a realm that can treat life and the world well. Inclusion contains broad love and broad mind, and is the cherishing, respect and understanding of all life. With a tolerant and generous heart, tolerate others' intolerance; with a kind and warm heart, tolerate others' intolerance. Only by tolerating the mistakes of others can we show our magnanimity, tolerate the shortcomings of others and embody our self-cultivation. Gold without foot, naked without perfection, who is not a sage or a sage without fault? If we use tolerance to resolve the complaints of right and wrong, we can turn big events into small ones and make the society harmonious and beautiful. Tolerance is not cowardice and indulgence, but the difficulty of examining people, making up for their shortcomings, promoting their strengths and forgiving their faults, instead of being jealous of their talents, contemptible of their abilities, ironic of their shortcomings and blaming others for their mistakes. I remember the story of Lin Xiangru, who was tolerant of the idiom "pleading guilty to bear the Jing", because of his love for generals and patriotic interests. There are also negative textbooks such as Zhou Yu of the Three Kingdoms. Because of his jealousy of Zhuge Liang's virtues and abilities, he ended up with a sad ending of "He Shengliang, who is born with Yo". In the Analects of Confucius, "Do not do to others what you don't want", it also teaches people to be tolerant and benevolent. During the reign of Kangxi in the Qing Dynasty, a well-known story of "Six-foot Lane" was circulated in Tongcheng, Anhui Province. Zhang Ying, the then Minister of Rites, wrote in his home book, "A thousand-mile book is built only for a wall, so what's wrong with making him three feet? The Great Wall is still there today, not the first Emperor of Qin. This family book has become a masterpiece of tolerance. Tolerance and understanding make man grow long. Take a step back and let the three minds be at peace. Duke Huan of Qi had the hegemony of the state of Qi regardless of his previous suspicions, and Liu Bei had the three-thirds rule of the state of Shu only when he looked at Maolu three times. The hand of a rose leaves a fragrance for the giver, while the reward of virtue for resentment is the death of resentment. It can be seen that to improve the ideological and political quality of College students, we must cultivate a strong heart that can accommodate a large number of others and society.

7. Models of the Age Start from Learning to Share

The old saying goes, "What is the difference between solo music and human music?" The answer is: Dule music is not as good as Zhongle music. Nowadays, under the economic mode of "one belt and one road", China has put forward the idea of "sharing, CO building and sharing", which is also the ideological wisdom shared by all countries along the route and shared with the rest of the world. Rachel Carson said, "We must share our planet with other lives." When Chu and Han struggled, the overlord of Chu was not accustomed to sharing the victories with his subordinates, which resulted in the betrayal of his relatives; on the contrary, Liu Bang was particularly good at sharing his spoils with his subordinates, which resulted in the world returning to the Han Dynasty. Sharing is a realm

of fraternity, learning to share is learning to live; sharing is also a belief in life, understand the sharing at the same time understand the value of existence. As Lei Feng said, "A drop of water can never dry unless it is put into the sea." To share with others is to put this drop of water into the sea of friends and never dry it. The story of Confucius Rongrang pear in Lu State of Eastern Han Dynasty has become a shared case that has been circulated for thousands of years. Confucius Rong had the mind of courteous brothers when he was young and knew how to be modest and sharing. As a result, he grew up to be the first of the seven sons of Jian'an and became a famous writer in Eastern Han Dynasty. Madame Curie shared a gram of radioactive element radium that she discovered and purified with all mankind. As a result, Madame Curie became a scientist who won the Nobel Prize twice in her life. Tu Yue let the world share her Chinese medicine research achievement "artemisinin", which not only saved millions of African lives, but also won the Nobel Prize. Contemporary college students should learn to be kind to others, to help others and to share with others, so as to integrate with society.

Reference

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