

Research on Improving the Education Effect of Practical Work of College Counselors

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Abstract: The aim of this study is to explore in depth the improvement of the educational effect of the work practice of college counselors. The research background indicates that counselors play a crucial role in the comprehensive development of students in higher education. The main purpose of the study is to analyze the potential impact of the work practice of college counselors on student academic performance, social and emotional development, and career development, and to explore how to improve their educational effectiveness. To achieve this goal, we adopted a comprehensive research approach, including quantitative and qualitative research. The quantitative research phase will collect large-scale data through questionnaire surveys to evaluate the relationship between counselor work practice and academic performance. Qualitative research will use in-depth interviews to gain a deeper understanding of the role and methods of counselors in student social and emotional development and career development. Finally, the results of this study will help higher education institutions and policy makers better understand the value and impact of counselor work practice, provide targeted improvement suggestions, and enhance the comprehensive quality and development of students.

1. Introduction

College counselors play a vital role in the modern higher education system. They are important tutors in students' studies and life, aiming at promoting their all-round development. In the current higher education environment, schools and universities pay more and more attention to students' comprehensive quality and development, and the work practice of counselors has become a key factor to achieve this goal [1]. With the increasing complexity of college life, students are faced with academic pressure, social challenges, career development and many other problems. The duty of college counselors is not only to provide academic advice, but also to provide emotional support, career planning and life skills training. Therefore, the educational effect of college counselors' work practice has become a topic of great concern [2]. The purpose of this study is to explore the influence of college counselors' work practice on educational effect. Specifically, we will pay attention to the potential influence of counselors' work practice on students' academic performance, social and emotional development and career development [3]. We will analyze the role of counselors in these aspects to understand their value and contribution in higher education. The main purpose of this study is to deeply explore the educational effect of college counselors' work practice, and to provide insights on how to optimize counselors' work for higher education institutions and educational policy makers. By clarifying the potential impact of counselors' work practice on students' academic, social and professional development, we can provide targeted improvement suggestions for colleges and universities to improve students' comprehensive quality and all-round development [4]. The importance of the research lies in that college counselors play a vital role in students' college life. They are not only academic instructors, but also emotional supporters and career development instructors. Therefore, it is very important to know how their work practice affects students' cognition and development of education. In addition, this study will also help improve the quality and effectiveness of higher education to better meet students' needs [5].

2. Methodology

2.1. Research Design and Methods

In this study, we adopted a mixed research method, combining quantitative and qualitative research, to comprehensively understand the improvement of the educational effect of college counselor work practice[6]. The advantage of mixed research lies in its ability to establish a connection between quantitative and qualitative data, providing a more comprehensive research perspective.

2.1.1. Study type

This study consists of two main components: quantitative research and qualitative research.

① Quantitative research

Quantitative research is a method of collecting data through structured questionnaire surveys. We will use a questionnaire targeting college students to quantify the relationship between counselor work practice and educational effectiveness. The questionnaire will include multiple scales and scales to measure different aspects of student academic, social emotional, and career development. The specific questionnaire design will refer to existing relevant research and theories to ensure the validity and credibility of the questionnaire.

② Qualitative research

Qualitative research will use semi-structured interviews to gain a deeper understanding of the impact mechanism of college counselor work practices on educational outcomes. We will select some college counselors and students for interviews to collect their experiences and perspectives. The interview will be based on open-ended questions to allow participants to freely express their opinions and experiences.

2.1.2. Data collection methods

Quantitative data will be collected through online questionnaire surveys. The questionnaire will be written in a neutral manner to avoid guiding responses or bias. We will use random sampling method to ensure the representativeness of the questionnaire sample. The students participating in the survey will include students from different grades, majors, and backgrounds to ensure the diversity of research results. Qualitative data will be collected through semi-structured interviews [7]. The interview will be based on the consent of the participants and conducted in an appropriate environment to protect their privacy and rights. The interview will be recorded in audio format and will be transcribed and analyzed word for word in the future.

2.2. Feasibility of research

To ensure the feasibility of the study, some measures have been taken in this article, as shown in Figure 1.

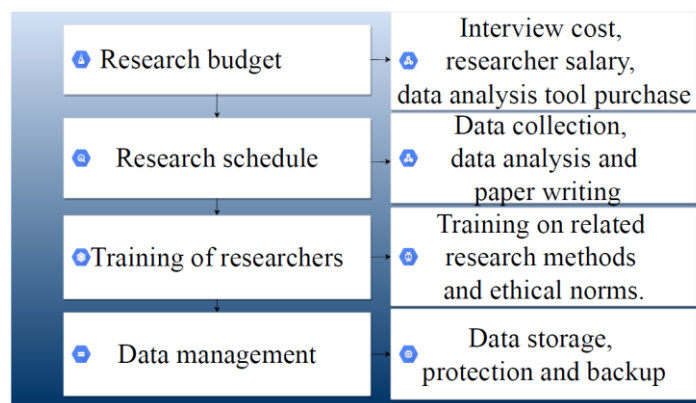


Figure 1 Feasibility measures of the study

We will prepare a detailed research budget, including the cost of questionnaire surveys and interviews, compensation for researchers, purchase of data analysis tools, etc. We will develop a

detailed research schedule, including the timing of each stage of data collection, data analysis, and paper writing [8]. We will receive training on relevant research methods and ethical norms to ensure the accuracy of data and the legitimacy of research. We will establish a strict data management plan, including data storage, protection, and backup, to ensure the security and integrity of data.

3. Finding

3.1. Analysis of the Educational Effect of the Work Practice of College Counselors

College counselors are an important part of the education system, and their work practices have a profound impact on the educational effectiveness of students. Counselor work practices cover multiple fields, including academic guidance, career planning, emotional support, etc. Their comprehensive role has a positive impact on students' academic performance, social emotional development, and career development. This article provides a detailed analysis of the educational effects of the work practice of college counselors, as shown in Figure 2.

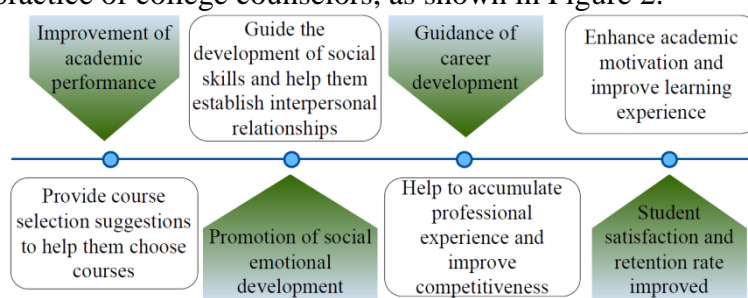


Figure 2 Educational Effect

① Improvement of academic performance

College counselors provide important support and guidance in academic aspects, helping students overcome learning barriers and improve academic performance. This is reflected in the counselor's provision of learning strategies and time management advice, helping students organize their learning and coursework more effectively. On the other hand, counselors can also provide students with supplementary and deepening subject knowledge, helping them fully realize their potential[9]. Research has found that positive interaction between students and counselors is associated with higher academic performance. Students tend to seek the help of counselors when encountering academic problems, which helps them solve problems early and avoid procrastination and academic failure [10]. In addition, counselors can also provide course selection advice to students, helping them choose courses that are suitable for their interests and career goals, thereby improving academic satisfaction and success rates.

② The promotion of social and emotional development

Counselor work practice not only focuses on the academic field, but also emphasizes the social and emotional development of students. In college life, students may face various challenges, such as interpersonal problems, self-awareness difficulties, emotional distress, etc. The work practice of counselors in these fields is of great significance for the social and emotional development of students. Research has found that counselors provide emotional support to students, making them feel understood, listened to, and cared for. This emotional support helps students better cope with stress, anxiety, and emotional distress, improving their mental health and happiness. At the same time, counselors can also guide students to develop social skills, help them establish good interpersonal relationships, enhance self-confidence and self-esteem.

③ Guidance for career development

The work practice of counselors also involves the career development of students. They can provide career planning guidance to students, help them clarify career goals, explore career paths, and prepare for their future careers. Counselors can provide information about internship opportunities, career prospects, industry trends, etc., to help students make wise career decisions. Research has shown that students who are associated with career development support as

counselors are more likely to make satisfactory career choices and find jobs that match their interests and skills after graduation. The guidance of a counselor helps students accumulate career experience, prepare for interviews, and improve their professional competitiveness.

④ Improvement of student satisfaction and retention rate

The work practice of college counselors is closely related to student satisfaction and retention rate. Students perceive the support and care of counselors and are usually more satisfied with their college experiences. They are more likely to persist in completing their studies, reducing the dropout rate. The study also found a positive correlation between positive interaction between students and counselors, academic satisfaction, and overall satisfaction. Improving satisfaction can enhance students' academic motivation, improve their learning experience, and help them better integrate into the university community.

3.2. Influencing factors of counselors' work practice on educational effect

The influence factors of counselors' work practice on educational effect are a complex and diverse field, which involves many factors, including counselors' ability, students' needs, institutional support and so on. The influencing factors are shown in Figure 3.

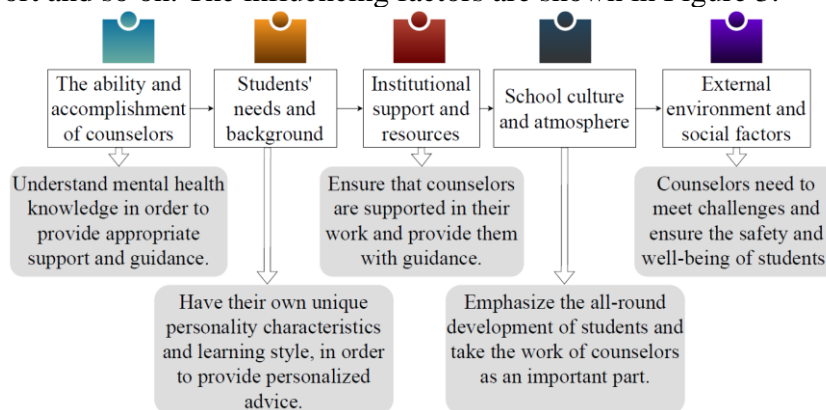


Figure 3 Influencing factors

① The ability and literacy of counselors

The ability and literacy of counselors are one of the key factors affecting the effectiveness of education. Counselors need to possess professional knowledge and skills to effectively guide students in their academic, career, and emotional development. Counselors usually need to have relevant educational degrees or professional knowledge in order to provide academic guidance and career planning support. Counselors need good communication and interpersonal skills to establish trust and interaction with students, provide emotional support, and effectively convey information and advice. In terms of career planning, counselors need to understand the trends in various professions and industries to provide students with accurate career development advice. Because counselors often involve students' emotional and mental health issues, they need to understand mental health knowledge in order to provide appropriate support and guidance.

② Student needs and background

The needs and background of students are one of the important factors that affect the work practice of counselors. Different students may have different needs and backgrounds, so counselors need to provide customized support and guidance based on the individual characteristics of students. The academic level of students may vary, and some students may require more academic support, while others may require more career development or emotional support. The culture and background of students can also influence their needs. International students may need additional support to adapt to new cultures and environments. Each student has their own unique personality traits and learning style, and counselors need to consider these factors in order to provide personalized advice and support.

③ Institutional support and resources

The support and resources of university institutions are crucial for the success of counselor work

practice. Universities need to provide sufficient funding and human resources for counselors to ensure that they have enough time and energy to carry out work practice. Universities should provide training and development opportunities to help counselors continuously improve their knowledge and skills to meet the ever-changing needs of students. Universities should establish clear policies and guidance to ensure that the work of counselors is supported and provide them with necessary guidance.

④ School culture and atmosphere

The culture and atmosphere of the school can also affect the effectiveness of counselor work practice. A supportive and encouraging school culture that encourages students to seek help can help counselors better fulfill their responsibilities. If students are more willing to actively seek the help of counselors, then the work of counselors will be more effective. Schools can encourage students to actively seek support through education and publicity. The policies and culture of schools should emphasize the comprehensive development and success of students, and consider counselor work as an important component in supporting this goal.

⑤ External environment and social factors

Finally, external environment and social factors can also affect the effectiveness of counselor work practice. Changes in the economic, social, and political environment may affect the needs of students and the resources of schools. The fluctuations in the job market may affect students' demand for career planning support. During economic downturns, students may need career development guidance more. Social issues, such as mental health crises and campus violence, may also affect the work of counselors. Counselors may need to address these challenges to ensure the safety and well-being of students.

4. Conclusions

To sum up, the influence of college counselors' work practice on educational effect is a complex problem with many factors. From the analysis results, the work practice of counselors has had a positive impact on academic performance, social and emotional development and career development. This shows that college counselors play a key role in the all-round development of students. First of all, the results of quantitative research show that students have achieved better academic results under the academic support and guidance of counselors. This result reflects the professional ability of counselors in academic field and the importance of academic guidance. Counselors' advice and guidance can help students overcome learning obstacles and improve their academic performance. Secondly, the analysis of social emotional development shows that the emotional support of counselors plays an important role in the cultivation of students' emotional health and social skills. When facing the challenges in life and study, students can reduce the pressure, establish healthier interpersonal relationships and improve their self-awareness ability through interaction with counselors. Therefore, colleges and universities should continue to support and strengthen the work of counselors, so as to ensure the maximum improvement of educational effect and help students achieve all-round development. These findings have important reference value for university management and policy formulation, and help to optimize the work practice of counselors and improve the quality of education and student satisfaction.

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