

Research Progress on Mental Health Education Based on Core Literacy of College Students

Hailing Bai, Wenli Yi, Zhihong Tang

Hunan Modern Logistics College, Hunan 410131, China

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Abstract: In recent years, with the progress of the times and the development of society, the state has put forward new requirements and goals for the cultivation of college students' talents. How to comprehensively improve the core of college students with patriotism, professionalism, honesty and friendliness accomplishment, ensuring the healthy development of college students' psychology has become an important task in front of modern universities. However, at present, some colleges and universities in China have some shortcomings in the grasp of college students' core literacy in the psychological health education of college students. It has hindered the smooth and orderly development of college students' mental health education to a certain extent. Therefore, it must be paid enough attention.

1. Introduction

Colleges and universities are important positions for the cultivation of talents in China. They are responsible for the delivery of outstanding talents for national development and social progress. The core quality of college students is an important quality for each student to cope well with the challenges arising in the process of social development and personal development [1]. It is related to the overall situation and trend of college students' psychological development. Therefore, it is of great practical significance and guiding value to carry out in-depth exploration of college students' mental health education from the perspective of college students' core literacy [2].

2. Problems Existing in College Students' Mental Health Education at the Present Stage

2.1. The weak awareness of cultivating college students' core literacy

People's way of thinking will have a direct and far-reaching impact on people's behavior patterns and methods of doing things. Similarly, the cultivation of college students' mental health literacy will be largely influenced by work concepts and work thinking. Influence, the school's strong work philosophy of carrying out core literacy training for college students can effectively strengthen the quality of college students' mental health education [3]. From the perspective of the cultivation of college students' mental health in recent years, some colleges and universities still have relatively obvious problems of cultivating the core literacy of college students, which has been largely psychologically healthy for college students. The work of education has created obstacles. At present, the problems in the development of mental health education for college students' core literacy are mainly due to the lack of attention of leaders to the core literacy of college students, and the integration of the core literacy of college students in the mental health education of college students relatively low. School leaders are the masters of the school's development direction and the school's development policy makers. Therefore, the development concepts and educational concepts that the school leaders hold will directly affect the school's work. At present, some colleges and universities in China pay less attention to the core literacy of college students, and their level of understanding is limited. Therefore, in the process of daily work, the core literacy training of college students has not been able to provide sufficient human, material and financial support, resulting in the core literacy of college students. The degree of integration in mental health education is relatively low, and the effectiveness and quality of mental health education have not

been effectively improved.

2.2. Low professional literacy

The overall quality and overall level of mental health education for college students in China will be largely influenced by the professional literacy of mental health teachers. Teachers in mental health are the main force and main promoters of mental health education. Therefore, the professional quality and understanding of college students' core literacy have the progress and effect on the mental health education of college students. Very far-reaching impact. As far as the current situation is concerned, there is a relatively obvious problem in the development of college students' mental health education in the development of mental health education for mental health educators. Specifically, the professional literacy of college mental health educators is insufficient. This problem is mainly manifested in the following two aspects: First, mental health educators have a single knowledge structure and a weak knowledge reserve. Mental health education requires mental health educators to have a solid professional foundation and a wealth of mental health education work knowledge. For the time being, the mental health education work of college students in China is still relatively common in the situation that the knowledge structure of educators is single and the amount of knowledge reserves is relatively small. Mental health educators have not been able to adapt and change the mental health education work in accordance with the requirements of the times and the needs of social development. They always adhere to the rules and adhere to traditional educational methods and educational concepts. In the development and implementation of students' mental health education, the core literacy of college students has not been fully and effectively instilled and infiltrated. The mental health education of college students has not been effectively improved in the cultivation of core literacy of college students.

Secondly, the teaching methods of mental health educators are outdated and the teaching concept is relatively backward. From the practice of the development of mental health education for college students in China in recent years, there is still a relatively obvious phenomenon of neglecting the subjective status of students in the teaching process of college mental health educators. The main position of students in the learning process has not been obtained. Full respect. The development of mental health education curriculum is largely in the state of students' passive listening and teacher lectures. This educational method and educational concept have largely suppressed students' initiative and enthusiasm for learning. The interest in learning is difficult to fully stimulate. For this problem in mental health education, educators must give full understanding and realize the seriousness of this problem.

2.3. The negative tendency of the content of the textbook

The mental health education of college students is mainly based on the psychological health education materials of college students. Through the analysis of the textbooks of mental health education for college students, it is found that the textbooks used in mental health education have a problem of the negative content of the textbooks. The mental health learning cases that students are exposed to are largely based on a negative perspective on how to improve the psychological prevention ability and prevention awareness of students. The cultivation of core literacy and the improvement of core literacy skills are less likely to occur in the content of teaching materials. The compilation and presentation of the content of the textbook is not conducive to the cultivation of the core literacy of college students.

3. Mental Health Education Measures Based on Core Literacy of College Students

3.1. Enhance the awareness of cultivating the core literacy of college students

In view of the current lack of awareness of the core literacy training of college students in the process of mental health education in college students, colleges and universities must fully realize that they should start from the field of ideology and focus on improving the core literacy of college students into the mental health education of college students. The importance and necessity.

Specifically, the goal of enhancing the awareness of college students' psychological literacy training in mental health education can be considered from the following two aspects:

First of all, from the perspective of the state. The national education department should provide necessary guidance and guidance for the cultivation of college students' core literacy in mental health education of college students, and conduct an in-depth analysis of the state of mental health education of college students in China from the perspective of the development of the times, from the perspective of national talent training and needs. To carry out the necessary guidance for the university's core literacy training, and strive to ensure the correctness of the direction of college students' mental health education training to the greatest extent.

Second, from the perspective of the school itself. Colleges and universities themselves must fully realize the importance of integrating the core literacy of college students in the psychological education of colleges. Colleges and universities should take the school leaders as the starting point, and strive to enhance the understanding of the importance and necessity of college leaders' core literacy training, improve their understanding and understanding of core literacy, and strive to ensure the college students' psychology to the greatest extent. The development of health education can obtain the necessary human, material and financial support for the cultivation of core literacy of college students, and promote the continuous and in-depth development of core literacy training for college students.

3.2. Establish a high-quality professional teacher team

In view of the current lack of professional literacy of educators in the field of mental health education for college students, colleges and universities must fully realize that the establishment of high-quality professional mental health education team as a means to promote college students' mental health education in college students the importance of core literacy training. Specifically, to achieve the goal of establishing a high-quality professional college student mental health education work team, it can be considered from the following two aspects:

First, professional and systematic training of the original educators. Because mental health education work has a lot of complexity and long-term characteristics, colleges and universities can not achieve the rapid improvement of the quality of college students' mental health education by replacing the original mental health educators in large quantities in a short period of time. This does not have practicality and violates the objective laws of the development of things. Former Chinese universities should conduct centralized training on the original mental health educators by hiring professional authorities to come to the school for lectures and training. In terms of the content of training, it is necessary to highlight the new requirements and new goals of the development of the times and the training of national talents on the mental health education of college students, paying sufficient attention to the cultivation of core literacy of college students, and in-depth explanation and teaching of core literacy of college students. Knowledge, to ensure that the mental health educators of colleges and universities can form a complete, clear and accurate understanding of the core literacy of college students, which is also beneficial to update the knowledge structure of college students' mental health educators and enrich their knowledge reserves. In order to make it possible to cope with various teaching problems in the process of mental health education. In addition, by cultivating mental health educators to use the ability of network resources to encourage and guide college psychologists to rely on network resources, scientifically and rationally apply network resources to the work of generational mental health education. . College psychologists should have the ability to screen reasonable cases and positive educational content from online resources to select positive and positive materials for the cultivation of core literacy in college students' mental health education, which is conducive to enhancing the era of college students' psychological education. Sexuality is also conducive to attracting more college students to pay attention to the cultivation of their core literacy.

Secondly, the introduction of excellent mental health education and the core literacy of college students to cultivate talents. In addition to the professional and systematic training of the original mental health educators, colleges and universities can also improve the quality of core literacy

training and improve the overall level of mental health education through the introduction of excellent mental health educators. Colleges and universities should take the introduction of excellent talents as an opportunity, combine the actual situation of the university's own mental health education work, and use the new ideas and new methods brought about by the introduction of talents to input fresh blood and expand new ones for the original mental health education work. Development path. The university itself must have a purposeful and planned combination of the cultivation of core literacy of college students, mental health education and talent introduction, and innovatively develop the development of core literacy and mental health education for college students, and strive to maximize The way to ensure the cultivation of college students' core literacy and mental health education can meet the needs of the state for talent development. In the process of talent introduction, colleges and universities need to pay attention not only to the high standards required for academic qualifications and degrees of the introduced talents, but also to master the core literacy mastery and the actual teaching ability of core literacy. Strictly check and strive to ensure that the talents introduced are highly integrated with a high level of theoretical knowledge and a high level of practical education.

3.3. Pay attention to the preparation of the content of the textbook

At present, there are still problems in the psychological health education of college students in China. Therefore, at present, colleges and universities in China should fully realize the importance of solving the problems existing in the core literacy education of college students through the emphasis on the preparation of textbook content. Specifically, the goal of focusing on the preparation of textbook content and the enthusiasm of textbook content can be considered in two ways:

First of all, the content of the textbook is chosen. The preparation of textbooks for mental health education for college students in China should avoid the existence of a large proportion of negative content. It is necessary to effectively balance the proportion between positive and negative cases, clarify the goals and objectives of textbooks, and appropriately increase the content of core literacy of college students. By increasing the proportion of positive content, we provide a positive energy learning environment for college students' mental health education learners, so that students can cultivate good core literacy in the eyes and ears.

Secondly, the participants in the compilation of textbook content should be diverse and extensive. The development of college students' mental health education is related to the development of the country and the development of society. Therefore, the main body of the textbooks for college students' mental health education should be broad and representative. It is not possible to write the content of the textbooks only by the school and the country. In addition, to a certain extent, with the help of social forces and family forces to organize content and content, only on this basis can ensure the preparation of textbook content is comprehensive, authoritative and representative, for the mental health of college students the development of educational work and the cultivation of core literacy provide strong support.

4. Conclusion

This paper takes the mental health education of college students as the starting point, and deeply analyzes the problems existing in the mental health education of college students at present. For example, the awareness of the cultivation of core literacy of college students is relatively weak, the professional literacy of mental health teachers is relatively low, and the content of teaching materials is negative. On the basis of this, on the basis of this, it puts forward some mental health education measures based on the core literacy of college students, such as enhancing the awareness of cultivating the core literacy of college students, establishing a high-quality professional faculty team, and attaching importance to the compilation of teaching materials. The improvement of the quality and level of mental health education for college students has certain reference significance.

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