

Role Positioning and Path Selection of College Counselor for Psychological Health Education of College Students

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Abstract: College students are important talent reserve for the continuous development of China's social economy, so the nation pays high attention to college education. With the increasing number of college students, the psychological health problems of college students are prominent. Thus, colleges and universities shall take reasonable education methods and promote students' physical and psychological health. Counselor is responsible for students' ideological and political education and psychological health education, and carries out supervision on students' daily behaviors. Due to students' physical and psychological immaturity, and impact from various unhealthy thoughts in the society, college counselors shall transform their role positioning and choose reasonable education path, to guarantee the effectiveness of psychological health education and lay a solid foundation for students' growth and development.

Along with the popularity of information Internet technology and progress of new media, college students' psychology and ideology are greatly impacted. Some students have insufficient ability of judgment and solving problems, resulting in psychological unhealthy and even extreme behavior. Thus, colleges and universities shall comprehensively enhance students' psychological health by carrying out scientific and effective psychological health education. Counselors play an irreplaceable role in students' psychological health education, and their educational ability directly determines students' psychological health. In order to adapt to social development trend in new era, college counselors are required to actively adjust their role positioning, choose appropriate education path and comprehensively enhance students' psychological health.

1. Introduction to the Role of College Counselor

With the expanding enrollment, the number of college students is gradually increasing, and their psychological health problems arouse the wide attention of all walks of life. Thus, counselors shall timely transform their role positioning. In daily work, the initial role of counselor is political work cadre and political counselor. Due to their work, they are in frequently contact with college students, playing an important role in students' psychological health education. College students have insufficient social experience in interpersonal relationship and employment, because they have less contact with the society due to their study. Traditional counselor work mode pays attention to the management of students' daily affairs and ideological and political education, and it cannot satisfy the demand of students' psychological health. Thus, it is necessary for college counselors to actively adjust their work mode, transform role positioning, focus on changes in students' psychological health in the new era, and take effective measures for psychological counselling according to existing psychological problems, to promote their healthy growth in college life and lay a solid foundation for their entry into the society in the future.

2. Basic Situations of Psychological Health Education for College Students by College Counselor

At present, psychological counselling mainly includes developmental counselling and hindering counselling. The former is to take different measures to meet basic requirements of people in

different ages for psychological health according to physical and psychological health characteristics and individual development rule of consultants. The latter is to carry out treatment and psychological counselling on various psychological problems, relieve their mental pressure and promote their overall development [2]. The developmental counselling is mainly adopted in psychological health education in Chinese colleges and universities, so as to promote students' healthy growth. Currently, many colleges and universities lack professional staff in psychological health and they cannot meet students' demand for developmental counselling. Thus, college counselors shall give full play to their role and enhance psychological health of colleges and universities.

The participation of counselor in students' psychological health education is significantly advantageous, because most counselors have studied knowledge of psychological health, have better professional ability and have a more objective understanding of students' professional development and psychological characteristics after many times of contact. Students also have higher trust on counselors. At the same time, college counselors have administrative power, can analyze and predicate students' psychological problems, and based on this, organize students party cadres to provide necessary services for students, with obvious resource advantages, which can make up various problems by insufficient staff in professional psychological health education.

3. The Role Positioning of College Counselor in Students' Psychological Health Education

3.1 The role of cultivating ideal personality

In order to satisfy students' basic demand for psychological health development, college counselors shall play their role in cultivating students' ideal personality. In psychological health education, they are required to actively instruct healthy attitude towards life, basic knowledge of psychological health and healthy emotion expression mode, and cultivate students' ideal personality so that they can develop a good individual psychological quality. To enhance the quality of education, college counselors shall regularly organize lectures related to psychological health education, establish community organizations of psychological health education, add contents of individual moral education and ideological and political education and create better educational atmosphere and network of psychological health education [3]. Meanwhile, in the process of education, it is necessary to develop students' emotional intelligence, guide students' correct time management, develop students' good emotions, make use of modern educational means like Internet, enhance the effectiveness of psychological health education and promote students' physical and psychological health.

3.2 The responsibility of ideological and political education

The ideological and political education in colleges and universities is an important component of psychological health education. Therefore, college counselors shall conduct in-depth research, formulate reasonable teaching strategies and comprehensively enhance students' ideological and political level. In new era, colleges and universities shall integrate relevant contents like socialist core values into psychological health education, and establish dynamic educational mechanism involving students to understand, so that students can deeply understand relevant contents of ideological and political education and put it into daily practice, thus enhancing the overall result of ideological and political education. At the same time, college counselors should strengthen the analysis on the overall result of psychological health education, make use of ideological and political education to solve psychological conflicts of college students and promote their physical and psychological health growth.

3.3 The role of demonstration to prevent students' psychological health problems

College students belong to special group. Due to characteristics of age, they have immature psychology, easily to be impacted by external factors. At the same time, they have strong personality, traditional cramming teaching mode of psychological health education cannot meet

students' actual demand, and the overall teaching effect is not ideal. Thus, college counselors shall play their role of demonstration, improve their moral culture quality, intensify their study on professional skills, play the role in moral quality, problem solving, emotion controlling, and have an influence on students' daily behaviors. Besides, they should strengthen the communication with college students, timely obtain relevant information, grasp the development trend of psychological problems, take corresponding measures in a timely manner, guide students to adjust their emotion to face challenges with a correct psychology, and realize their physical and psychological health [4].

3.4 The role of actively counselling students' psychological problems

College counselors have more opportunities to contact with students, and college students have higher trust in counselors, so counselors can timely identify all kinds of psychological problems existing in students and take appropriate measures in a timely manner. In the daily work, college counselors need to combine the psychological problems of students, analyze students' thoughts in depth, guide students to get out of the psychological shadow, and face the future learning life with a positive attitude.

4. Path Selection for College Counselor for Psychological Health Education

4.1 To integrate psychological health education with management of students and establish assistance mechanism

The psychological health education of college students in China begins relatively late, the development is relatively backward, and the overall situation is not optimistic. The education mode of psychological counselors simply cannot meet the mental health needs of students. For this reason, college counselors should integrate psychological health education and college student management, and establish a psychological health mutual assistance mechanism between students, guide students' psychological comfort and guidance, so that students can play their unique role in psychological health education. In the process of carrying out psychological health education, counselors should guide students to reasonably persuade and analyze mental health problems, and help students with mental health problems to get rid of extreme emotions and improve their ability to judge and think through sincere comfort and encouragement [5]. Counselors should conduct in-depth analysis and research on students, select students with strong sense of responsibility, and have a good relationship with classmates to take charge of the psychological adjustment within the class, attract student party members and class cadres to join the psychological adjustment team, and regularly organize education training, enabling them to master good psychological health guidance skills, improve psychological intervention and counseling ability, and achieve the education effect of joint work by teachers and students. In addition, counselors should actively communicate with students' parents, inform them of the psychological problems of students in time, improve parents' understanding of psychological health education, and guide parents to communicate with students in a timely manner so that students feel the care of the family through the cooperation between school and parents and realize the overall improvement of students' psychological health [6].

4.2 To integrate psychological health education with ideological and political education

With the increasing number of college students, their psychological health problems have become increasingly prominent. To this end, psychological health education needs to be normalized to promote the healthy growth of students. College counselors should integrate the relevant content of ideological and political education into the psychological health education system, guide students to establish a correct outlook on life and values, guide students to correctly treat the setbacks encountered in life, and actively participate in various social practice activities. Counselors need to actively communicate with college students, understand students' ideological dynamics, ease students' psychological stress, and play their own role to solve problems for students. At the same time, in order to promote the overall improvement of students' mental health, it is necessary to create a good campus atmosphere, organize and carry out various forms of campus cultural

activities, enrich students' after-school cultural life, and promote the overall improvement of students' mental health. In addition, college counselors guide and guide new students to actively adapt to the university environment, guide students to rationally position themselves, strive to adapt to university life, and achieve a simultaneous improvement in learning and mental health [7].

4.3 To make use of network media and carry out open-end psychological health education

Contemporary college students generally have different levels of mental health problems. Counselors should have a deep understanding of students' actual characteristics, clarify that students' mentality is not mature enough, and there is the deviation between ideology and social mainstream development thoughts, and adopt reasonable education method to improve the actual effect of psychological health education. College counselors should establish equal friendship with students, actively listen to students' ideas, reduce the psychological pressure of communication between students and counselors, and enable students to express their feelings. In the process of psychological health education, counselors should be positive about students, encourage students to build confidence, to overcome the difficulties in learning and life, improve their interest in learning, and enable students to face the future with a positive and healthy attitude. At the same time, the high popularity of information Internet technology has changed students' behaviors, ideas, personality characteristics, life attitudes, and value orientations significantly. Therefore, college counselors need to work hard to adapt, use Weibo, WeChat and other new media to understand students' ideological dynamics, break the time and space constraints of mental health education, and improve the pertinence of education. Counselors can use various new media platforms to timely promote relevant educational content for students, disseminate the basic concepts of mental health education to students, encourage students to face their own mental health problems, improve their ability to adjust themselves, and guide students actively consult after discovering that there are psychological problems, and improve the timeliness of mental health education.

4.4 To build equal relationship with students

College counselors belong to college full-time education administrators. They do not have daily teaching tasks. Their main work is to carry out daily management and psychological counseling for students, and strengthen ideological and political education. College counselors need to pay close attention to students' daily activities and basic information such as characteristics, emotions, and ideological conditions in the process of contact with students, actively communicate with students, and adopt reasonable mental health education strategies based on students' emotional and ideological changes. In order to improve the practical effect of mental health education, most colleges require their mobile phones to be on all day, rotate in the student dormitory on duty, handle unexpected incidents between students in a timely manner, improve students' mental health and ensure personal safety. In order to strengthen the mental health education of college students, college counselors should regularly hold mental health lectures, set up psychological counseling rooms for college students, arrange various forms of mental health education activities, create a good learning and living environment for students, adhere to be student-centered in the process of work, and establish an equal and good relationship, so that students have the willingness for psychological counseling, help students get out of psychological dilemmas, and face university life with a positive and healthy attitude [8].

4.5 To improve professional ability

At present, the competent educational departments attach great importance to psychological health education of college students, and have formulated clear tasks and objectives. For this reason, colleges and universities should take the improvement of students' psychological health as the main goal, adhere to the basic principle of seeking truth from facts, continuously improve the psychological health education model, and strengthen the theory construction of mental health teachers, and promote the overall improvement of psychological health education and psychological adaptability of college students through a comprehensive education model. Currently, many college counselors have insufficient overall education ability, and insufficient psychological knowledge, so

they cannot meet the requirements of students' psychological health education. Therefore, counselors should actively learn, master correct psychological health education methods, and enrich their knowledge structure, to achieve the overall improvement of teaching quality after long-term experience.

5. Conclusion

The psychological health of college students is directly related to their growth and development in the future. Therefore, college counselors shall fully play their role, actively communicate with students in daily work, find out students' psychological problems, take appropriate psychological counseling method, and make use of educational methods like new media to improve students' psychological health and lay a solid foundation for their future development.

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