

Analysis of College Students' Mental Health Education under AI Empowerment

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Abstract: With the continuous development of technology, the AI era has completely arrived. Network information, network resources, and AI technology have become an indispensable part of college students' daily lives. In the AI era, how college teachers should analyze and grasp the mental health education of college students has become a key issue that college teachers need to pay attention to. This paper aims to analyze the current situation of contemporary college students' mental health education in the context of the AI era, explore the significance of carrying out mental health education for college students in the AI era, and propose corresponding education and teaching strategies^[1].

1. Introduction

The AI era has brought efficient channels for college students to receive information, while also effectively improving their quality of life and efficiency. But at the same time, AI is a double-edged sword. Complex network information and uneven network culture have also had certain negative impacts on the psychological health development of college students. "When conducting mental health education for college students, university teachers should pay attention to the various impacts of the AI era on college students, use information technology to extract essence from AI resources, and help college students achieve healthy psychological development.

2. Current Situation of College Students' Mental Health Education under AI Empowerment

2.1. The teaching concept of teachers' mental health education is outdated

The current era is developing rapidly, and new things on the Internet are constantly iterating and updating. Many college teachers do not have a comprehensive understanding of AI-related content when carrying out mental health education for college students, and the "AI" concept has not been integrated into teachers' teaching activities^[2].

First of all, the teaching methods of college teachers still adopt traditional and single models. They generally still use traditional models such as psychological lectures and setting up mental health consultation rooms, which do not conform to the personality characteristics of contemporary college students, so the education and teaching effects are not great.

Secondly, the construction of online platforms for mental health education in colleges and universities is imperfect. In the AI era, college teachers should actively pay attention to and make good use of AI information technology, integrate it into actual education and teaching activities, effectively improve their teaching skills and teaching methods, and break the barriers of space and time to achieve efficient teaching^[3].

Finally, college teachers' mental health education has failed to pay attention to personalized education. As adults, college students have different personality characteristics and psychological developments. At present, teachers still adopt a one-size-fits-all teaching model, ignoring the individual differences between students, so it is difficult to prescribe the right medicine when carrying out educational activities.

2.2. The AI empowerment era is an era of information explosion

College students can understand most of the information through AI, but AI is only an information provider, not an information screener^[4]. The types of network information content are complex, and the cultural connotations are mixed, which easily lead to the negative development of college students' psychological levels.

First of all, AI can easily lead to spiritual emptiness among college students. AI is a virtual world relying on technology products. The network platform breaks the barriers of time and space, enabling it to realize travel beyond thousands of countries and unrestrained entertainment within a square inch. These behaviors that are difficult to achieve in the real world make students easily addicted to them, resulting in excessive dependence on the online world and psychological escape from the real world.

Secondly, AI can easily lead to value distortion among college students. College students have just walked out of high school campuses and do not have a thorough understanding of various information in society. They are easily influenced by external information in terms of values and ideas. At present, AI information is complex and changeable, and many of them have certain extreme thoughts or negative comments. Under the repeated impact of relevant contents, it is easy to cause distortions and deviations in college students' personal cognition.

Finally, AI can easily reduce the social skills of college students. One of the most remarkable features of the AI era is that it crosses the barrier of space and simplifies interpersonal communication from face-to-face communication to text communication on software, which to a certain extent promotes the efficiency and quality of communication. However, for some college students, it is an effective tool to escape social interaction. Therefore, many college students do not attach importance to the lack of their own communication skills, but are more willing to invest in communication and social interaction in a virtual network environment.

3. The Significance of College Students' Mental Health Education under AI Empowerment

3.1. Contribute to grasping the psychological trends of college students

Most contemporary college students are only children born after 2000. Family education generally has the problem of excessive doting. The university stage is the first time for students to break away from family protection and try to live independently, and making them prone to psychological imbalance. Because college students are new to society, they are easily deceived or blackmailed by others. If mental health education is not in place, college students are prone to extreme excessive behaviors^[5].

It is impossible for college teachers to always be by the side of students, so the role and advantages of the Internet are obvious. College teachers should give full play to the positive role of AI information technology, always pay attention to the mental health development of college students, grasp the psychological trends of college students, and always take the physical and mental health growth of college students as the top priority and the personal safety of college students as the top priority.

3.2. Help establish a healthy psychology for college students

The university period is a transition period and buffer period before students enter society. Teachers should guide students to correctly understand and understand themselves, find life goals and directions, help college students correctly face life setbacks and negative emotions, and establish a healthy psychological system. As an important part of college students' future life, AI should also be guided by college teachers to correctly recognize network information, distinguish the right and wrong of network cultural awareness, and lead students to effectively use network resources instead of being driven by network information^[6]. Only when college students have a healthy and stable psychological state can they correctly deal with setbacks and contradictions in future work and life, reasonably absorb and transform negative emotions, and achieve long-term positive development.

3.3. Help improve teaching quality and efficiency

Under AI empowerment, college teachers should pay attention to the deep integration of information technology means and teaching content in mental health education. The "AI" education concept is not a new saying, but an educational practice that has been promoted and implemented in recent years.

When carrying out mental health education for college students, teachers should use AI information technology to break through time and space limitations, optimize educational methods, make full use of network resources, broaden college students' cognitive horizons, and use the open characteristics of the network environment to create positive psychological qualities for college students. Through the full use of AI resources and technologies, the positive development of the spiritual level of college students in colleges and universities can be realized.

4. Strategies for College Students' Mental Health Education under AI Empowerment

4.1. Establish a mental health evaluation mechanism for college students

Human mental health is complex and dynamic. It is difficult for college teachers to accurately assess students' mental health through daily interactions or casual observation., and it is even more impossible to carry out personalized and targeted mental health education and teaching activities. Therefore, college teachers should carry out a scientific and effective evaluation and analysis of students' mental health conditions. The big data and statistical functions of AI technology can effectively screen and categorize a large number of students. College teachers should establish a scientific and efficient mental health evaluation mechanism for college students, and obtain real and effective mental health information feedback while fully protecting students' factors.

For example, college teachers can adopt the method of online questionnaire surveys, let students answer scientific psychological survey questionnaires through the network, and teachers use big data means to classify and integrate the questionnaire contents, so that teachers can understand the common psychological problems of students, screen out students with more serious psychological problems, so that college teachers can pay attention to and take care of them, which is conducive to the design of follow-up education and teaching activities and the promotion and development of work. If teachers find that students generally do not have enough preventive psychology in social problems through the questionnaire content, and are easily kind and trusting to strange environments and social people, and lack the necessary skeptical attitude and self-protection psychology. Based on this analysis result, teachers can arrange special teaching activities for students and carry out targeted and personalized teaching.

Another example is that college teachers can use interactive video games to carry out mental health assessment for college students. Serious and straightforward questionnaires are difficult to arouse students' interest, and it is easy to cause students' boredom, resulting in random filling or careless filling. Therefore, when arranging mental health evaluation, teachers should think from the perspective of college students and pay attention to the effectiveness of questionnaire filling. College teachers can adopt the way of interactive video games, take a certain thing as the basis, let students make choices according to their own ideas along with the interactive video, so that students can naturally express their tendencies and ideas in the play, so as to achieve a real and effective mental health evaluation.

4.2. Build an online psychological communication platform for college students

Due to different personality characteristics and life experiences among students, the psychological problems they encounter and are troubled by are also very different. At present, when college teachers carry out mental health education and teaching work, they generally adopt the teaching method of "treating everyone equally", only explaining the common problems, but ignoring the individual differences among college students, it is difficult to really solve the psychological problems encountered by college students, and it is difficult to achieve the mental health development of college students^[6]. Teachers should implement personalized and targeted

mental health education, and try to solve the problems encountered in school life for students, which requires the effective intervention of AI technology.

College teachers can build an online psychological communication platform for college students. This can be a website or a public account, and students can communicate anonymously across the screen. This not only protects the privacy and self-esteem of college students, but also can promote in-depth exchanges between teachers and students to a certain extent, and provide a platform that can be trusted and expressed when college students are mentally vulnerable or in urgent need of support. Teachers can also use online communication platforms to communicate with students who have problems but are not aware of them, and use the network as a medium to reduce the psychological defense of college students, so as to achieve effective persuasion and communication.

For example, some students who have failed in job hunting or are under great pressure in social life. As a social resource that students can directly contact, many students do not know how to ask for help correctly, and only know to resist hard or treat it negatively, which is not conducive to the physical and mental growth and long-term development of college students. As an experienced person in social life, teachers can often lead students out of thinking misunderstandings, give concise and effective handling opinions, and help students get out of life difficulties and hurdles. Teachers can set up a social life section on the online communication platform. Students can post questions anonymously about their experienced life situations, and teachers can reply and counsel in their spare time, so that students can express their emotional pressure and get effective suggestions.

4.3. Innovate teachers' mental health education methods

In the context of the new era, with the continuous progress of society and the further optimization of talent training, the mental health of college students has increasingly become the focus of teaching in the university stage. When designing mental health education courses, teachers should optimize and improve their own education and teaching methods. Teachers can adopt the online + offline method to carry out mental health education for college students^[7].

Offline education, that is, the innovation of teachers in mental health education classrooms. At present, many college teachers generally adopt the teaching model of reading from the textbook when carrying out mental health education teaching work. Teachers only briefly repeat and extend the textbook content. The teaching form is single and the teaching process is boring, which is difficult to arouse students' learning interest, and naturally cannot guide students to listen carefully and make self-correction accordingly. For example, teachers can use AI information technology to visualize the cases in teaching textbooks or daily life to arouse the learning interest of college students. Teachers can also carry out tea parties to let students share the things they encounter or know in their lives, and explain based on real events and the things around their classmates, which helps to activate the classroom atmosphere, drive the enthusiasm of students to listen, and achieve effective influence on the spiritual level of students.

Online education, that is, the mental health education activities carried out by teachers in addition to teaching. For example, teachers can adopt the way of micro-lesson videos, and reserve corresponding preview and review tasks for students through teaching software. Find vivid and educational videos, drive students to watch micro-lesson videos with tasks as the guide, attract students' learning interest through video content, and achieve the effective introduction of classroom teaching. Through micro-lesson videos, students can also be guided to further think and reflect on the classroom teaching content, and carry out the ideological construction of college students through imperceptible influence.

At the same time, college teachers should also pay close attention to the latest AI information and popular trends, understand students' actual lives, and improve their own professional literacy and teaching ability in psychology. Only by realizing in-depth understanding of students through AI and designing education and teaching activities on this basis can the effective promotion of college students' mental health education be realized.

4.4. Adopt three-dimensional mental health intervention measures

College students' mental health education in colleges and universities is not just a course, but

also an important education section related to the life development of college students and a key channel for college teachers to ensure the physical and mental safety of college students. Therefore, when carrying out mental health education for college students, teachers should adopt a comprehensive education and teaching model.

Therefore, college teachers should adopt a three-level three-dimensional psychological intervention measures. It can be roughly divided into three levels: prevention module, early warning module and intervention module^[8]. The prevention module refers to the educational strategy that teachers use to improve the psychological quality of groups or individuals with psychological crises and focus on their psychological development before obvious problems appear. The early warning module refers to the teacher's advance crisis assessment of students, stratification and diagnosis of the assessment content, and construction of a hierarchical information database to determine intervention strategies. The intervention module is a group that has not achieved the expected effect through prevention strategies. Based on the early warning assessment results, it is guided and protected by grass-roots personnel such as friends, class cadres, and counselors, and problems are found and reported in a timely manner for processing, so as to timely intervene in the excessive behaviors of such students^[9].

For example, for some students who have traumatic experiences or mental illnesses, teachers should understand and master their mental status and problem causes in advance, and pay attention to the guidance of such students in daily teaching activities. Regularly assess and understand the students' mental state. If their mental problems worsen or a mental crisis occurs, the intervention system should be activated in a timely manner. Guide the counselors, class cadres and dormitory leaders of the students' classes to pay attention to the students' mental state and behavioral conditions. If any abnormalities or excessive behaviors are found, they should report and stop them in a timely manner to prevent irreversible consequences.

5. Conclusion

To sum up, in the context of the AI era, college students' mental health education is an educational focus that college teachers should pay attention to. College teachers should actively establish a mental health evaluation mechanism for college students, understand the mental development situation and current situation of college students, and carry out personalized and targeted education and teaching work. Teachers should also actively innovate mental health education methods to help college students establish a correct understanding of mental health and the social network environment and a self-regulation awareness. Teachers can also build an online psychological communication platform for college students to promote the trust relationship between teachers and students, grasp the psychological trends of college students, and ensure their physical and mental harmony, safety and healthy development^[10].

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