

Research on education activities based on red resources

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Abstract. The paper explains the red spirit, positive energy, etc. after IF&PH is defined. And, the disadvantage of ideological and political education based on traditional way is analyzed before it is pointed out that the ideal and faith education and the psychological health education are influenced and interacted by each other. Next, two typical education activities of the positive energy based on the red spirit are given and is explained.

1. Introduction

Contemporary college students are the hope of the nation and the future of motherland. The status of the ideal and faith of contemporary college students influence the rise and decline of the country and the great revival of the Chinese nation. It is very important to strengthen the ideals and faiths education of college students, because college is a crucial period for college students to form their ideals and faiths which can support the development of their lifetime. We are known, college is the place where the students accept higher education, and the college students face the academic and employment stress. But lots of contemporary college students, which lack lofty ideals, beliefs and ambitions, and positive energy, spend lots of time immersing in electronic games instead of studying in the library or classroom. The state of contemporary college students' ideal and faith concerns the whole quality of Chinese nation directly, concerns national future and national destiny. A broad ideological and political education includes some social practice activities, such as ideological education, political education, moral education, mental health education and so on. The ideal and faith education is very important, because the ideal and faith education is not only an important component of ideological and political education but also the core. However, the effectiveness of ideological and political education based on traditional methods or forms is not prominent, mainly because the traditional methods or forms of ideological and political education do not accord with contemporary college students' realistic state or psychological characteristics. College is the critical period for the formation of young students' philosophy and value, and the transition period from immaturity to maturity of individual psychology too. In this stage, some college students have the coexistence of independence and dependence, the conflict between ideal and reality, strong self-consciousness and poor self-control, so it is easy to cause various ideological and psychological problems, such as loneliness, irritability, stubborn and so on, under the influence of external environment. With the development of the society, the expectation is increasing for the qualities of contemporary college students. That is, the education of contemporary college should pay attention to their cultural knowledge, ideological and political quality, and psychological quality. For the sake of the overall development of contemporary college students, contemporary colleges must pay attention to the education of psychological healthy. We are known, the psychological healthy is not only the foundation of students growth but also the prerequisite of the solid political quality. In this competitive society, contemporary college students are facing various challenges and pressures, such as learning difficulties, lack of social relationship, financial problems, unemployment and so on. Actually, whether challenges or pressures could bring them psychological disturbance. For contemporary college students, due to their lack of social experience and weak pressure-bearing capacity, they are prone to identity crisis and cause the

psychological problems, especially when facing adversities. Contemporary college students as a social concern, carrying families special group of high expectations, their pressure is significantly higher than other peer groups, the psychological health of contemporary college students should not be overlooked, and we should raise the level of psychological education work without delay. The ideal and faith education and the psychological health education of the contemporary college students are two essential aspects to raise the students' qualities, and they are influenced and interacted by each other. It is understandable that IF&PH education is made up of ideal and faith education and psychological health education, if we abbreviates ideal and faith and psychological health as IF&PH. The fundamental and ultimate purpose of IF&PH education is to educate people or is to shape people. For IF&PH education of college students, the traditional way is preaching mode happening in classroom. Preaching education is usually carried out in an indoctrinating, explaining or reasoning way, so we say it is sermonic. In the overwhelming majority of cases, the pure and unitary preaching mode can't produce a lasting and profound impact. That is, the pure and unitary sermon is unable to achieve the purpose of IF&PH education. The main reason is that sermon is no experience and lots of college students are easy to have rebellious psychology. From the academic perspective, the way of preaching education is more suitable for some subjects or courses which involve extensive knowledge, strong logical reasoning and can be explained easily; however, with regard to the IF&PH education which requires the students to perceive and experience the educational behavior by themselves, a single sermon generates little educational significance. Thus, the most appropriate way for IF&PH education should be experiential educational activities, or say IF&PH education should be a kind of education based on perception - experience. Perception is the sensing, feeling, and apperception of the interaction between human and the environment in a specific situation, which is the integration of sensibility and reason centered on emotion. The accumulation of a certain amount of perception will form experience. Form the perspective of strengthening and stimulating effects, one purpose of IF&PH education is to cultivate students' lofty ideals, self-reliance and self-improvement spirit, as well as their willpower or executive ability and so on. The spirits of self-reliance is the basis for the realization of ideals and beliefs, is the basis for the realization of ambition. If IF&PH education can't help contemporary college students to have positive energy and psychological health or cultivate their willpower and executive ability, it is meaningless. Actually, if the IF&PH education is implemented in a single sermonic, the cultivation of the students' abilities in self-reliance and self-determination and so on may be hindered unconsciously, making them develop a habit of thinking and acting passively or even form a serious antagonistic psychology or psychological resistance. For contemporary college students, the true IF&PH education can not only have good educational effect, but also improve or change the self of contemporary college students. For the mode of pure preaching in classroom, antagonistic psychology or psychological resistance of IF&PH education can cause students to depart from the goal of IF&PH education, so pure preaching way happening in classroom is not an effective way of IF&PH education.

2. The education activities of the positive energy based on the red spirit

The red spirit is the advanced culture of socialism with Chinese characteristics. It truly portrays Chinese Communist Party leading Chinese people to fight for independence and liberation of the nation, the rich and strong of the country. It highly generates firm revolutionary belief of revolutionary martyr, quality of seeking truth from facts, good style of arduous struggle and self-reliance, aim of serving people wholeheartedly and patriotism of selfless dedication, so it is a kind of naturally high qualified education resource. The red spirit is contained in the red resources, which has unique function in ideological and political education and psychological healthy education. Positive energy based on red resources plays an important and irreplaceable role in ideological and political education and psychological health education in contemporary colleges. Positive energy is not only an upward attitude towards work and life but also a manifestation

of psychological healthy. In fact, there are various education activities of the positive energy based on red resources. Two typical education activities based on red resources are explained as follows.

2.1 Singing red song and dancing red dance

For IF&PH education of contemporary college students, the right way should be various activities having good effect, in particular, the activities based on red spirits. For contemporary colleges, singing red song and dancing red dance is a kind of activity ways of IF&PH education based on red resources. The red song and red dance is a basic form of IF&PH educational activity based on red resources. The red song and red dance is a singing and dancing activity of the IF&PH educational activity, which red songs and red dances is full of positive energy. Actually, the red song and red dance contains a large amount of content on ideology morality and psychological health education. In the cultural construction of new China, the red song and red dances played an extremely important role. The red song and red dance not only is the valuable wealth, but also reflects the great determination of our people working together to the construction of the motherland, with a high spirits. its content covers the red army long march, the national anti-Japanese and national reform of revolutionary events. The red song and red dance gives a person with indomitable fighting spirits, inspire the national people's enterprise struggle for life for his country. For the contemporary college students, the red songs and red dances also cultivates their patriotism, enriched their amateur life. Now the whole country is in promoting student's quality education, art of morality, intelligence and physique full scale development, the ideal and ideological education and the psychological health education of the contemporary college students have become a relevant department's focus. Although in today's increasingly affluent life, we still can't forget the red song and red dance for our education significance, especially for the contemporary college students nowadays, the red song and red dance learning can let more countries and their national pride. For the contemporary college students, the singing and dancing is a pleasant activity. Given that psychological health is generally related to positive mood and exercise, it is not unreasonable to expect potential benefits to health from singing. Actually, the singing red song and dancing red dance may energize us or even provide a physical work-out. Therefore, the singing red song and dancing red dances a kind of the IF&PH education activity based on red resources.

2.2 Camping activity based on red road

Recently, the ideological and political education and psychological health education in contemporary colleges are developing and perfecting. The traditional teaching form that is almost happening in class is more systematic and attractive. However, the pure preaching not only has poor teaching effect, and even causes some college students to have rebellious psychology, and the phenomenon of refusal can occurs in contemporary colleges' ideological and political education. So, the pure and unitary sermon is unable to achieve the purpose of contemporary colleges' ideological and political education. Today, outdoor education activity, which is usually called be “an additional course activity”, is becoming the more important. The education activity based on experience-infiltration is an ideal and effective way to carry out the ideological and political education of college students. The camping activitybased on red road is new educational way based on the red concept, and it has the special characteristic and functions in contemporary colleges' ideological and political education and psychological health education. This is mainly due to the camping activity based on red road is not only an ideal and effective way to carry out the ideological and political education of college students, but also a sport of outdoor experiential training is good for college students' physical and mental health. The camping activity based on red road is foremost an outdoor education activity, because the aim of this activity is the inheritance of the long march spirits by reviewing experience of red army. To be precise, for contemporary college students, the camping activity based on red road is not only an education activity based on the red concept but also is an outward experiential training activity based on the inheritance of the long march spirits. So called the camping activity based on red road is a training activity based on long march spirits, which the college students must trudge along the

long march route of the red army to their destination through crossing mountains and river. Simply put, so-called long march spirits is the spirits that the red army soldiers fear neither hardship nor death in the long march of 25,000 li. The camping activity based on red road helps to cultivate contemporary college students' political consciousness and college students' team consciousness; helps to train students' discipline, discipline consciousness, and cultivate students good style of work. Of course, the camping activity on red road is also a sport of psychological outward bound, which is a form of psychological health education. The camping activity on red road is a challenge, contemporary college students shall accept the challenge with your courage and conviction. The camping activity based on red road is a hone, which hones students' willpower and fosters students' healthy psychological qualities and positive attitudes towards life, strengthens the students' sense of team. Actually, experience and infiltration is the outstanding point of camping activity based on red road, which has the role of the inheritance of the long march spirits. The author thinks, the educational way of camping activitybased on red road is suitable for the ideological and political education and psychological quality education.

3. Summary

Youth thrive and their country flourishes: Youth become stronger and their country is empowered. Young college students, as the most important part of the youth group, are the hope and power for national prosperity. In a sense, their ideological quality, political quality and psychological healthy have a direct or indirect on impact on the full accomplishment of the two goals of one hundred years. So it behooves to continuously strengthen college students' ideological and political education and psychological healthy education. For contemporary college students, the red spirit is not only a kind of value orientation but also a kind of spiritual incentive. Contemporary college students are suffering rickets, if they lack for the red spirit. Actually, whether singing red songs and dancing red dances or camping activities based red road are education activities of the positive energy based on red resources.

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