

College Counselor Freshman Education Management

Jie Liu^{1,a,*}

¹Faculty of Mechanical and Electrical Engineering, Kunming University, Yunnan Kunming 650214,
China

^a1459283539@qq.com*

*Corresponding author

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Abstract. Freshmen in colleges and universities are mainly composed of a group of young people with young age, independent living experience and immature body and mind. When they enter the university, they will gradually experience difficulties in learning and living. Freshmen's counselors have a fundamental influence in guiding students to adapt to the environment, cultivating students' professional cognition, drawing students' career development, and helping students to achieve role transformation. These roles have largely determined the harmonious development of university life in the next few years. Therefore, helping freshmen to better understand and adapt to university life is the first task of counselors as ideological and political workers.

1. Problems that may be encountered by freshmen

1.1 Self-positioning

Everyone needs to be positioned, and their purpose is to ensure that they continue to develop. However, the focus of each group is different. For high school students, their focus is on understanding their interests, knowing what they like to learn, what they like to do, and understanding their knowledge, skills, personality and personality. The high school student group has strong plasticity, so positioning is not to determine what it is now, but more importantly, to determine what you want. However, the freshmen just left the family to care for themselves, began to grow independently, they are not mature, and they have not really adapted to the life of the university. Faced with such reality, it is difficult for new students to form their goals and plans in a short time. Even if a student has long been aiming at graduate study or academics, it can be said that the goal is still general and there is no concept of how to implement it. The absence of long-term and recent life goals is an important reason for laziness and dullness in life. However, self-positioning cannot be blind. The following is a summary of several error self-positioning that college students are prone to.

1.1.1 Positioning makes you rigid.

Positioning is not static, but dynamic. When the self changes significantly, when the external environment changes significantly, it needs to be repositioned. Many freshmen are still in high school and do not follow the university campus. Self-correction of changes in life.

1.1.2 Positioning too high

In the face of new environments and new things, students want a lot of things, to do professionally, to do the second classroom development, to have challenges and leisure. In fact, positioning is not to determine a fixed position, but to determine the distance from the target, you can determine a variety of goals, but you need to know how close you are to the various goals, you need to know how to achieve the goal.

1.1.3 Rely on others to position themselves.

Many freshmen still follow the habits of high school, relying too much on family, teachers or friends. In fact, you really know what you want, what you like, and what you are used to do. Parents, teachers, and friends can only provide reference. Therefore, in positioning this problem, students must first understand themselves and others. help. For college students, the focus is on clarifying what they

have and what they should do at this stage. Freshmen are often overestimated or undervalued. They value their high school performance or performance too much, and some underestimate their potential. Therefore, for counselors, helping freshmen adapt to the first step of the campus. It should help the freshmen to analyze themselves carefully according to their needs, learn more about the university campus culture, study and life, in order to accurately position themselves and plan themselves.

1.2 Lack of self-regulation

1.2.1 Academic aspects.

Differences in the teaching system between the university and the high school. The general situation of the freshmen is that they feel that they have more time for self-schedule, the progress of the course is fast, and there is a tendency to feel that learning cannot keep up or learn. For example, in English, when you feel that you can't learn something meaningful during class, and you don't form a method of independent study, students will often feel distressed. There are individual students who do not like the chosen major, or who are addicted to online games, or who have been in the "sideline" for too long, affecting the status and habits of the "main business".

1.2.2 Life aspect

China has a vast territory, with large spans from east to west and north and south. The living habits of climate, language, food and drink are different. Students from other provinces are prone to maladaptation. Especially the gap between the north and the south is likely to lead to this situation; ethnic students still have differences in customs; these If the problem is not well regulated or handled, it will easily affect emotions and psychology, affecting the normal conduct of university study, life, and work. In the new students, there are often cases of family financial difficulties, or occasional family accidents. Most of these students can choose to apply for a national student loan or a student source loan. However, some parents consider the student loan to be complicated and have interest in the future repayment. They choose to borrow money from relatives and friends. Both are more difficult. These students are basically ready to work and study in the university early in the morning, but the opportunities for hard work and help in the school are very limited. Even if they are fortunate enough to find suitable work-study positions, it is easy to influence their diet and living habits and influence learning. Energy, a serious impact on the completion of the school.

1.3 Self-protection awareness is weak.

On the one hand, self-protection consciousness is sincerity, self-respect and self-love; on the other hand, they are required to see the essence of the object of communication in the process of interpersonal communication, and do not expose yourself to self-confidence or disadvantage. Freshmen are basically entering the society for the first time. Suddenly they have to face a complicated society, and there will be many uncomfortable situations. The problems of self-protection and safety of college students are included in the study and life of the whole university. If the new age can be well educated and guided, many unnecessary losses and injuries of college students can be avoided.

1.3.1 Personal safety.

People, of course, the most important thing is personal safety. Compared with society, the safety factor of colleges and universities is quite high, but it is still a semi-open small society. University freshmen encounter people with different social differences. The security issue is always potential. In addition, there are some uncertain security factors, such as newly renovated dormitory buildings, inadequate facilities, poor security, mixed fish and dragons, and potential safety problems; for example, there are many sundries, leaving hidden dangers to the fire. In addition, there are many university holidays, many students will choose to go out to play, and the personal safety issues of going out to play can also be ignored.

1.3.2 Property security.

As mentioned earlier, the university is a small society. University freshmen generally have problems with their own lives and their ability to adapt to problems. Before entering school, many students also learned about some college life and were aware of the precautions they needed. However, many are

indirect experiences and the awareness of prevention is still not strong. In addition, some students are looking forward to the opportunity to work and study, and they are used by scammers. In contrast, girls are more prone to this situation, so girls should pay special attention to safety precautions.

1.3.3 Mental health.

There are naturally some problems in the student's growth process. This is not a problem in itself, but it is normal. However, if the emotional excretion is not smooth, it is prone to problems, which seriously endangers property safety and personal safety. It is also a serious problem to hear about stealing other people's items for collection as "hobbies" and occasionally hearing self-harm and suicidal behavior. More common is the emergence of incompatibility, such as the university's new learning and living environment, the problems faced by the family, the emotional problems of relatives and friends, their own personality problems, etc., will affect the students' emotions and psychology in this stage of independence. There are also students who are troubled by the fact that they have not been able to find a close friend after going to college. Young boys and girls who are in adolescence are not fully mature. It is normal to have such emotional emotions, but they need proper education and guidance.

2. Practical Exploration of the Role of Freshmen's Counselors

2.1 Do a good job in psychological counseling

For students who have just entered college, it is inevitable that they will not adapt. Therefore, counselors should take the initiative to intervene and implement timely psychological counseling for them. Counselors should keep abreast of the group emotions of new students, understand the different psychological needs of different students, and guide them to take a positive attitude and correctly deal with the difficulties encountered in study, life and love.

2.2 Organizing freshmen to carry out class activities

Class activities are collective activities attended by all members. Healthy and correct class activities help to strengthen the cohesiveness of the class and are an important measure for creating excellent class groups. Class activities can include outdoor activities for all classes and classes:

2.2.1 The class meeting

The class meeting can be a fixed time of the week. The student chooses to return to school as the class time on Sunday night, and the counselor attends the class meeting. The content of the first freshmen's class should be based on mutual understanding among freshmen. In a flexible and diverse way, the "everyone introduced me in order" boring walks, for example: "It is a classmate in a certain province and a certain area, please stand up with each other. "Knowing" the way, let the new students create "ah, fellow, you are here too!" The intimacy, some fellows sit in front and rear rows, stand up and have the excitement of "othertowns know", will After that, you can actively communicate and promote class harmony. At the weekly class meeting, let the classmates introduce the major news happening at home and abroad this week in the form of PPT in the form of PPT, in order to expand the students' horizons, and the counselor will make a little comment. The form of the class is well received by the students. They can learn from the knowledge that they can't touch, absorb the advantages of others, and accumulate relevant "stage experience".

2.2.2 Development of collective activities

In addition to conducting routine class meetings, college counselors can also encourage and support class committees to carry out rich group activities, which is especially important in the new collective. The new collective means that each of them has to work hard to learn to get along with others and find the best place for themselves in this group. In addition to the usual contact in the dormitory and study, the freshmen can also cultivate a harmonious feeling in outdoor activities.

2.3 Do a good job in the new holiday arrangements

Shortly after entering the school, the new year will meet the Mid-Autumn Festival and National Day holiday. During the festive season, this period is at the most intense stage of their homesickness.

Counselors should pay attention to each new student and grasp their emotional changes. For returning students, counselors should keep in touch with them and let them care for their return home. For those who don't go home, they can organize some meaningful activities and make full use of the precious time of the holidays.

2.4 Do a good job in counseling

The most important thing to understand the dynamics of new students is counseling, which is mainly to provide students with counseling in study, life and career development. Counselors are life counselors for freshmen. Talking is a good way for counselors to communicate with students. Face-to-face communication It is easier to understand and master the students' mental state, and it can also provide students with the most direct education and help. However, in this work, the object of avoiding the conversation is only inclined to the student cadres and some students with special difficulties and students with psychological problems. This neglects another part of the students who are usually obscure and unspoken, which leads to the blind spot of ideological and political work.

2.5 Develop a good learning atmosphere for the class

Developing a good learning atmosphere in the class is another important part of promoting collective stability, enhancing collective cohesion and cultivating outstanding talents. Because freshmen are very sleepy about college life, this requires counselors to do a good job, guide freshmen to master the learning methods suitable for the pace of university study, learn independently, stimulate students' awareness of independent thinking and innovation, and pass the situation report and discussion. Exchanges, hot debates, visits, etc., encourage students to actively explore ways to achieve theoretical connection. In addition, combined with the study of professional courses, students are encouraged to participate in the English 4-6 exams, college students national English contest and other competitions.

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