

The Innovative Mechanism of College Students' Mental Health in the New Era

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Abstract. With the development of the times, the mode of mental health education has changed from helping others to educating people. The traditional working mechanism of mental health has been unable to meet the new tasks and requirements of college students' mental health education in the new era. Therefore, it is particularly important to construct the innovative mechanism of college students' mental health. This paper discusses the innovative mechanism of mental health from three aspects: teachers, teaching and activities.

1. Introduction

In November 2018, the national pilot work plan for the development of a social psychological service system was formulated in order to implement the requirements of the 19th national congress of the communist party of China (CPC) on strengthening the construction of a social psychological service system and cultivating self-esteem, self-confidence, rationality, peace and positive social attitudes. As the Internet and new media are widely used in various fields, 90.3% think mental health is very important for college students, the psychological health of college students, not only affect the development of their own, also directly linked with the national rise and fall of, expanding the scope of the work of mental health services, to develop a universal mental health education is the important content of new era of college students mental health education.

2. Innovative mechanism of college students' mental health service teachers

"Guidance Program for Mental Health Education of College Students" (Educational Party No. 41, 2018) points out that the education system should further improve the mental health service system for college students and improve the professional level of mental health education and counseling services. Every college should set up a mental health education and counseling center, which is equipped with psychological counseling and counseling according to the ratio of teachers to students of no less than 1:4000. The teacher-student ratio of mental health education team construction in most universities has not reached the document requirement.

2.1 Professional counselor team

Establish a professional team of psychological counselors with full-time and part-time supplements, past-time consultants are mainly teachers with corresponding majors in psychology, so that the professional and technical skills of psychology teachers are fully utilized. Strengthen the training and training of specialized and part-time counselors, improve professional knowledge and professional skills, and carry out psychological counseling. Such as the new census mechanism, the establishment of students' electronic files and dynamic attention, timely counseling and intervention for students with psychological problems.

2.2 psychological counselors team

The counselors in this paper are concurrently appointed by the college counselors who have relevant professional knowledge, master the basic skills of counseling and consulting, They mainly engage in mental health education, have a deep understanding of students' psychological needs, timely discover and identify psychological problem students, gather relevant information and feedback from students, deal with general psychological problems in time, and improve the mental health level of college students.

2.3 Peer psychological team

Peer psychological counseling refers to the psychological counseling, comfort and support provided by students and friends of the same age who need psychological help around them. It is different from general chat and less professional than psychological counseling, but it can produce great effects. 66.28% college students tend to give peer psychological counseling when they have psychological troubles, and when peer psychological counseling cannot solve, they tend to choose psychological counselors.

2.4 Medical institutions team

Establish corresponding contact with local mental health institutions and other medical institutions, develop corresponding cooperation procedures and systems, and provide corresponding services to students with serious psychological problems in time, which is conducive to the development of the whole mental health industry.

3. Innovative mechanism of college students' mental health teaching

At present, most colleges and universities attach importance to the mental health of college students, and provide courses according to national requirements, but the traditional teaching mode for face to face, teachers are the main part of the teaching activities, the students are the object, teachers are mainly lecturers, students passively accept knowledge, cramming teaching, too formal, boring content, single teaching form, ignoring students' innovative ability.

3.1 Innovative course content

The purpose of starting psychological courses in colleges and universities is not only to enable students to master psychological knowledge, but also to improve students' self-cognition, interpersonal communication, adaptability and other abilities, and to enhance students' comprehensive quality development. Therefore, to give priority to with required courses, elective courses is complementary, still is compulsory course for the college students' mental health, but according to the characteristics of different grade students, to open some elective courses is complementary, such as interpersonal, emotional psychology, career planning course, enriching the content of teaching and curriculum, teaching content and students, practical to meet the needs of different students. This is conducive to popularizing college students' mental health knowledge, establishing correct mental health concepts, improving students' mental quality and cultivating healthy personality.

3.2 Innovative teaching mode

With the development of network technology, the diversified development of teaching mode has been promoted, resulting in flipped classroom, blending learning model and so on. Blending learning model combines the advantages of traditional teaching mode with the advantages of network teaching, not only giving play to the leading role of teachers in guiding, enlightening and monitoring the teaching process, but also fully enhancing the initiative, enthusiasm and creativity of students as the main body of the learning process. Flipped classroom turns the traditional learning process upside down and allows learners to complete independent learning of knowledge points and concepts in their spare time, the classroom becomes an interactive place between teachers and students, mainly used to answer questions and report discussions, so as to achieve better teaching

effect. According to literature review, these two teaching modes have been introduced into colleges and universities, with high utilization rate and good teaching effect.

3.3 Innovative online platform

With the rapid development of the Internet, you can learn anytime and anywhere if you want to. For instance, National Excellent Course, Netease Open Class and MOOC etc. Take MOOC as an example, MOOC is a free release of video courses with interactive functions on the platform, characterized by free, terse, famous teachers of famous universities and interactive, promoting teachers' teaching and students' learning through the analysis of big data in the background. In order to make full use of the abundant online teaching resources, such as MOOC, National Excellent Course and Love course, online teaching assessment can be included into the daily scores of offline courses, so that students can take the initiative to learn corresponding courses and obtain corresponding assessment.

The above teaching innovation mechanism breaks the traditional teaching mode and gives full play to students' active position in the learning process. Students change from passive learning to active learning to meet the needs of different groups of students, which is conducive to students to master the knowledge of mental health methods and promote their physical and mental development.

4. Innovative mechanism of college students' mental health activities

Colleges and universities every year on May 25, college students' mental health day, hold the corresponding activities or lecture to promote mental health knowledge, to promote college students' psychological, pay attention to their own physical and mental health, but the general will only in activities held in May, the number of activities involved in also not much, at ordinary times for mental health knowledge propaganda and the activities of few new era should make full use of new media network to promote the development of mental activity.

4.1 Innovation activity propaganda

With the development of The Times, the working mode of mental health changes from helping others to educating people, and the publicity form of mental health also needs to be changed. The publicity work must be well done, and new technology, new media, We-chat, website, APP and other media should be fully utilized. It is necessary to give full play to the power of secondary colleges and class organizations, and to publicize and popularize mental health knowledge through multiple channels to the maximum extent, so as to give priority to prevention and cultivate positive and optimistic college students. For example, new students' entrance education at the time of batch visit to psychological counseling room, school and college official WeChat ID push relevant psychological activity information, the school and class to carry out the corresponding special activities or class meetings, strengthen so as to deepen students' psychological familiarity.

4.2 Innovation activity content

The content of mental health activities should not only meet the needs of different groups, but also be practical and interesting, so that the participation of students will increase. 94.04% of college students will take the initiative to participate in activities they are interested in, such as the freshman interested in environmental adaptation, self-awareness, career planning, sophomore student interested in interpersonal relationships, emotions, etc. Junior student interested in career face to face, decision making, Senior student interested in handling stress, employment, etc.

The activity content not only to meet the needs of different groups, but also to obtain the corresponding knowledge in student activities and continue to grow, but also to improve the psychological quality of students.

4.3 Innovative activity form

At present, most college students are born after 2000. They are personalized, independent and diversified, keeping up with the pace of The Times. Therefore, activities should be carried out in the form of combining online and offline with new media as the carrier. Online recruitment and other forms are released, and physical activities are carried out offline.

Activities are not only held in the month of mental health activities, activities should also be based on the needs of students to develop the appropriate types of activities, for example group counseling, special lectures, melodrama, stories, painting activities and etc. such as specific activities "21 days of good mood punch-in activity", "healthy walk" and other activities.

5. Summary

Strengthening the development of mental health in colleges and universities has always been the need of the development of the new era. With the development of the new era and the Internet, the working mechanism of mental health of college students is faced with opportunities and challenges. Through the innovation mechanism of college students' mental health service teachers, the innovation mechanism of college students' mental health course teaching, and the innovation mechanism of college students' mental health activities, this paper expounds the new mechanism model, improves the level of college students' psychological quality, and has important significance to college students' mental health work.

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