

# Thinking Teacher Education Colleges and Universities Under the Perspective of Positive Psychology

YangHui<sup>1,a\*</sup>, LIUXiaodan<sup>2,b</sup>

<sup>1,2</sup> College Of Technology, HuBei Engineering university

<sup>a</sup>yanghui19830922@163.com, <sup>b</sup>517250297@qq.com

\*Corresponding author

**Keywords:** Positive psychology, University teacher, Educational work.

**Abstract.** Class university education long way to go. In this paper, the author discusses how to apply positive psychology to the work of head teachers in colleges and universities, thinking people-oriented university fertility and methods of training people to grow.

## 1. Introduction

Central No.16 document explicitly states that "counselor, teacher is the backbone of the ideological and political education of college students." Subsequently, "the Ministry of Education to strengthen the construction of teacher colleges counselors comments" further states that "counselor, teacher colleges and universities is an important part of teachers, colleges and universities are engaged in moral education, to carry out the backbone of the ideological and political education of college students, the healthy growth of college students mentor and pathfinder." these documents identify important class of identity, fully affirmed the university teacher in educating people working in an irreplaceable position. Regardless of ideological education of college students political or moral education, all belong to the class teacher educational work. Our beloved General Secretary Xi to visit teachers and students at Beijing Normal University said, "Teacher important, is that the teacher's job is to shape the soul, shaping life, shaping people's work." From here we can see the teacher's educational work is very great necessary, but also the general secretary Xi encouraged the majority of teachers' conscious increase Lide tree people, teaching sense of honor and responsibility. School as teachers, proper behavior, student mentors and healthy growth guidance ", the university teacher as a first-line education workers, long way to go. The positive psychology is a new concept of thinking and action, which emphasizes research in a scientific manner the positive aspects of human nature, promote positive theory of human nature, focusing on the promotion of the individual, society and the entire human progress and development to achieve humane care and scientific spirit registration. It is the purpose of the research orientation and educational aspirations of many aspects of the ideological and political education has intrinsic fit of promoting interaction and provide a new perspective to solve the dilemma of modern ideological and political education, enhance their effectiveness. It has a positive meaning to carry out class universities under the perspective of positive psychology. People-oriented, students' positive qualities, enhance their well-being, and promote the harmonious development of the foundation, to fully tap the inherent potential of students, improve students' initiative, vary multidimensional personnel training, not only the teacher education colleges and universities It needs, but also the current difficulties in teacher education in universities.

This paper has been combined with the experience and achievements, explore how positive psychology class work applied to universities, while thinking people-oriented university fertility and methods of training people to grow.

## 2. Research method

For the current needs teacher education in universities, in conjunction with the connotation of positive psychology, positive psychology from the core factor that is people-centered view. The teacher educating university integration of people working around the students' positive qualities, and tap

their potential power to promote the development of individual students, to improve individual well-being of these four aspects specific to proceed. Specifically, as:

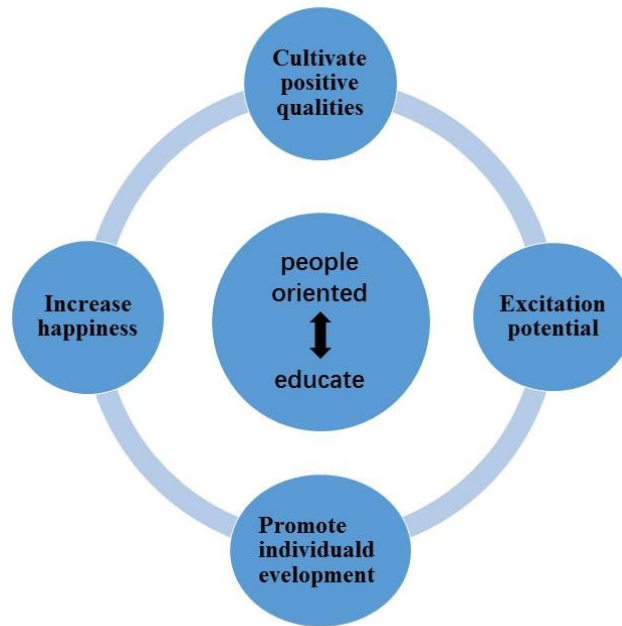


Fig. 1. Research Methods class teacher education in universities

### 3. Approaches

The key stage of college students' psychological quality is the formation of distinct phases aimed at students need to use a different method, the specific process is not easy, and requires long-term consistent hard work, research methods to trickle in from four aspects, the positive psychology throughout the talents training students always. The only way to truly achieve class teacher education college purposes. From the current lessons learned, educational work has these parts starting point:

#### 3.1 Attach importance to develop a positive psychological foundation of a new life.

Watch cultured neonatal positive psychology, rational implementation of "4-ones". Freshmen led a school-wide tour, arrange a school education characteristics of a professional, organizing a rich life experience of expert lectures, held an orientation classes will care for the newborn. Arrangement "only listen, willing to listen" the freshman university lecture topic. After the freshmen entering the school, actively guide the way through school education for students to create a positive psychological quality basis. According to the Department of Education and the Department of Teaching Characteristics wind characteristics, choose a positive image, close to the students, interesting experts to give lectures for the students integrate into university life for effective guidelines, so as to stimulate the enthusiasm of students enrolled psychological time. Adhere to the "warm and a quarter of an hour" activities, to cultivate students spirit of optimism. Although only 15 minutes, but we must seize the core, so that the effect of fifteen minutes to play, not redundant, can be linked to many aspects of class meetings, classes will be psychological, the daily student management, student extracurricular learning, it also requires careful preparation and strive to advance with the times, closely linked to current events, to ensure quality 15 minutes of content. Positive thoughts, "bright side" can regulate mood, while concerned about the good things in life can make people grow fat. As a freshman class teacher should always accompany the students together on the study, the use of night classes and Sunday Comment activities, uphold the love of student attitudes, select the appropriate time, the related theme of education, accompanied by healthy growth of students, to help students adapt to a smooth transition period, continues to provide students with positive energy.

### **3.2 Focus on positive psychological traits in order to foster self-confidence as the core.**

Help students set achievable goals and develop self-confidence. Set up a goal can not be achieved, will only lead you to failure. If students recite English words, 10 words a day, he can easily complete. So a month can accumulate 300 words, a term that is more than 1,200 words, with the accumulation slowly, there is more and more personal vocabulary. The more personal goal to achieve, will realize how great he is. By the accumulation of small target, so to develop a good habit to cultivate an optimistic self-confidence, so good for long-term development of students.

According to the characteristics of individual student strengths, and encourage students to do their own good things. By classmates understand the situation, we can help students according to their own favorite and expertise, to actively participate in social practice proper exercise of personal ability and social adaptability. Events such as class meetings, organized group activities, volunteer activities, community activities and more. A variety of practical activities, help to improve students' practical abilities, but also conducive to the development of positive psychology in practice, complement each other.

### **3.3 By motivational positive behavior, people build models of different dimensions.**

Currently, colleges and universities to promote education and comprehensively improve the overall quality of students, but no matter what the talent model, we need to have mental health, positive attitude towards life. The institutions of higher learning as a student teacher mentor, in addition to educating people, but also require different excitation personal motives vary, personnel training guidance and potential mining. For part of the employment needs of children, in school, we have skills training, basic office operations can, Basic English communication, social adaptation to talent development. And the deeper the academic development of the child is encouraged to be prepared to study section, into the better universities for academic studies.

Practical work, can make use of the power of example, to stimulate students' learning motivation. Such as inviting alumni graduated successfully combined with the actual history of frustration for the students education, consolidate the positive psychological basis, the quality of teaching or conducting a mid-term student symposium, inviting students to participate together with professional, different grades of students communicate with each other, make students learn good approaches to learning, learn from good experiences, improve learning self-confidence, but also held a postgraduate achievement sharing sessions. Let admitted to graduate students their own experiences, to encourage students to further academic studies, confidence, not because they are the third degree and low self-esteem self-confidence.

### **3.4 Reinforce positive psychological characteristics, building a harmonious class**

Teacher class organization and management, on the one hand to strengthen human care, and strive to fair and equitable, so that class members can cooperate to share. On the one hand according to the results of the psychological evaluation of students into the school since the establishment of long-term management mechanism and evaluation system, students' attitude is not positive enough to reverse the situation, to help students eliminate negative mental focus. Barclays believes a happy life must have three essential factors, first, there is hope, the second is something to do, the third is able to love. Students in adolescence, big mood swings, extreme ideas prone performance. Teacher can design a series of activities with the schools, so that every student has a hope, something to do, to love, and to train a group willing to sacrifice enthusiastic expertise in the right-hand man, such as peer counselors and so on. Through their assistance, we can help students better understand the psychological situation, help the teacher to adjust the ways and means, to take effective way to strengthen the students' positive psychology, which helps the teacher manage a classroom. Help students to form a positive and healthy outlook on life, enhance happiness, let students have a positive attitude in four years of college life, enrich life, meet a better future, is conducive to the cultivation of collectivism, help to build a harmonious class.

#### **4. Summary**

Stage achievements in university teacher education and personnel training students under this article as a positive learning perspective, are all more than the contents of this team over the years will be a pplied positive psychology class work and take in the experience summarized, making a full student potential and positive qualities, it is worth learning discussion.

#### **Acknowledgement**

This research was financially supported by 2018 Project work fine college students in Hubei Province key projects (Grant NO.2018XGJPB2002)

#### **References**

- [1] WuQingfang. Positive psychology horizon, college students' marxism faith cultivation research, *Journal of Southwest Minzu University (Humanities and Social Science)*, vol.40, PP.222-226. 2019.
- [2] Linley P A, Joseph S. *Positive psychology in practice*. Hoboken, NJ: Wiley.2004.
- [3] MaoXiaohui. On the happiness in the school building positive mental health education to lead. *Chinese Journal of Special Education (Monthly) 5th Issue*, vol.203, PP74-76. 2017.