

## The Discussion on University Education System —Based on Psychological Problems

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**Abstract.** The psychological problem has become an important issue in the current higher education. Because of social events the current college students in time affects the psychological problems caused by students, teachers and parents' nerves. This paper discusses this issue for current college students for college mental health problems in the education system. To solve these problems, we propose a way of establishing the students through the entire areas of mental health education system. In this paper, the basic architecture of the system was discussed to improve the mental health education theory and control system. List the keywords covered in your paper. These keywords will also be used by the publisher to produce a keyword index.

### Introduction

Students and other factors that lead to the implementation of education reform faced increasing competition; college students' learning and psychological pressure during graduation is also increasing[1-5]. Students strengthen mental health education is important not only for the students, for the current social stability maintenance, stability and economic development of the campus also has an important value. Many of our universities to establish a mental health education system, but also made certain educational outcomes. However, the implementation of the mental health system, the establishment of special education for college students is very scarce research[6]. Combined with the psychological characteristics of current college students to establish a system of entire areas of mental health education is very necessary[7-11]. This article is in the background above the current college students' psychological health education and research, proposed a series of effective educational philosophy and approach to the way the entire areas of mental health education to establish patterns, improve college students mental health, will they train to become a true high-quality talent, promote economic and social stability and development.

### The Problems of Mental Health Education

**The Current College Students Frequent Mental Health Problems.** Education reform has been implemented for many years, the annual number of six or seven million college graduates make our university education has become a veritable popular education. The number of university students has increased dramatically each, while the new era with the economic and social development to a certain stage various conflicts also appeared concentrated outbreak trend. Frequency is the newspapers of "the Case" appeared in the campus, "Fudan students poisoning incident," a series of extreme cases is also an impact on people's nerves. Get to the bottom of these events going on, lack of mental health education in colleges and universities is one of the most important reasons [4].

**The System of Mental Health Education of College Students Imperfect.** Current college mental health education for college students into a serious shortage of teachers, the majority of colleges and universities to build a counseling group only school level, relying on several full-time teacher in the

group to accept students counseling. Very few universities offer psychological education compulsory[5]. As for the problem of students, targeted mental health education system is going. The problem student as an ordinary student mental health education is a common phenomenon.

**Architecture College Mental Health Education is Not Perfect.** Currently the majority of mental health education colleges subordinate ideological and political education. The student's psychological dynamic monitoring and crisis counselors and more from the grassroots to implement. Mental health counseling agency by a few teachers from the school, students are active mainly advisory. The top-down structure of education is not fully established. General university education infrastructure including schools, colleges, tertiary students. The current status of stay in the main building of the basic school level education and prevention and control system. The rest are mostly part-time education level form. This situation will lead to psychological problems of the student to find a suitable opportunity to talk with ease, or low self-esteem and other psychological problems caused by the emotional impact of a limited number of its initiative to resort to psychological counseling agencies [6]. Lack of grassroots prevention and control system cannot directly lead to psychological problems in the early stages of education and persuasion of the students, so that the school's educational model directly into problems after the crisis response mode. Once a student's psychological problems transformed into some sort of crisis, it is bound to have a great impact on the reputation of the school and other students of psychology.

**Mental Health Evaluation System is Imperfect.** 2001's "Ministry of Education on Mental Health Education for College Students opinions" issued to the university after the mental health aspects of education evaluation at major colleges and universities will be gradually carried out. Usually after freshmen were. In the latter part of the student's education is basically related to intervene on the basis of this evaluation data screening questions that students get. This multi-use evaluation of mental illness orientation Scale This scale is based on general knowledge of students on a psychological level. For monitoring students in the same can not be done early detection and early intervention education.

**Students' Psychological Crisis Intervention event system is imperfect.** For the student who has psychological problems and effective intervention comprehensive education is the primary means to avoid serious consequences. However, the construction of the current system, most colleges and universities in this respect perfect. Daily behavior of students lack real-time monitoring; high Jiaoxueshengchu departments, employment office, counseling centers, lack of targeted communication; lack of awareness of children's psychological vulnerability, without someone to track research and intervention.

**Curriculum System Construction midpoint is not prominent face is not widely.** Mental Health Education "point" refers to the problem of student focus, and "face" is a comprehensive education for all students. Real students with psychological problems are often uncertain behavior patterns, which may be implemented evaluation respondents or disguise their inner world through reverse. This makes it difficult to find the real "hot spots." Until the problem is basically when it becomes a crisis. The opposite of a great education there are problems, such as mental health will be a lot of colleges and universities are not included in the compulsory education curriculum, and at the same time is important to monitor the daily behavior is often dependent on the transition line counselor.

## **The Mental Health Education System Architecture**

Mental health education for college students need to research on the basis of full pay attention to it ideologically, the system improved, theoretically change over. In the process of establishing the education system in the form of entire areas to form a multi-level comprehensive education system, and actively play a role in grassroots counselors and student leaders. Establish targeted, prevention of mental health education overall architecture. Improve the mental health of university achieve the fundamental purpose.

**The Combination of the Characteristics of Students to Establish A Multi-level is Architecture of Mental Health Education.** To establish a multi-level architecture based on mental health education learning characteristics of students. As the full implementation is school-college-student three educational architecture. Psychological research and the establishment of student counseling center to co-ordinate the school mental health education at the school level. The establishment of full-time college counseling psychology Department of Education, the specific implementation of targeted counseling through a comprehensive and continuous evaluation of compulsory education, daily monitoring, crisis response. In the student level, the college-issue focus on training, so these students as possible into the class group, the timely detection of problems through daily contact with the students, the use of student self-education and college-level education and prevention will solve the problem in a timely manner.

**The Change Educational Concept of the Implementation of Prevention Education Initiative.** Current Psychological Health Education in the state stays after earlier crisis intervention. This social crisis prevention and control system to respond directly copied to the university crisis management during the course of the school building of spiritual civilization and really improve students' mental health purposes is very unfavorable. Therefore need to change the educational philosophy of preventive education initiative, to solve the problem in the early stages. Daily student's education system can be found in the psychological problems of daily grooming. Can be carried out by expert lectures, individual interviews and other ways to master the problem of students' perceptions of home issues, and then screening may result in the student crises prevention education, to avoid the social problems caused by the psychological impact on college students.

**To Improve the Psychological Quality of College Students Targeted Education.** Previous mental health education teachers more because insufficient cause concern primarily focus on problem students. The psychology student is a process of change, only comprehensively improve the psychological quality of students in order to effectively reduce the probability of psychological problems arise. Therefore, the educational philosophy in the past that need to be changed at the same time to solve psychological problems and avoid crises ideas, but in the perspective of development issues in the focus of students, improve mental health of all college students. In order to optimize the quality of students as the goal, the full potential of students' psychological excavation, a healthy personality, to promote the comprehensive development of students.

**The Combination of Modern Media Tools to Monitor the Implementation of Comprehensive Mental.** The rapid spread of the tool so that students daily exchanges with a huge change in the past in the same quarters of the students together to discuss some of the topics are often some group activities, and now becomes every student to get a phone that silently or with network play other end users fiery talk, and close-contact communication is dwindling. This is for students with psychological problems can cause more adverse effects. Even around the same dormitory students are not aware of the problem of students not normal. This school mental health education is very unfavorable. But on the other hand how to make the move tool in the educational process has become one of the problems educators face. Study found that the use of mobile phones and other tools to create micro-channel real-time communication channels with important way students discover a problem.

**Establish Regular Education Classroom Education and Counselor Education System Combining.** The current implementation of the Mental Health subject of much classroom education for professional psychological teachers. These teachers have a professional perspective, but too many students often face difficult questions targeted to college students in-depth psychological counseling. So at school - college - student tertiary education system in college-level counselor can give full play to more contact with the students, for students to understand the overall advantage to take the initiative in the students' psychological health education. Mental Health Education and Political Education can be combined together for college students. After due to the lack of professional training of professional counselors in mental health education, so the need for professional training counselors accordingly

school mental health education system has become an important aspect. Classroom education through professional and comprehensive real-time dynamics of the daily grooming instructor can change the current mental health education for college students in a passive situation.

**The Entire Areas of Mental Health Education Model is Built and Implemented.** Students at universities to establish for mental health education process requires students to give full attention to the key issues, which in the "points" do not miss, focused, while the establishment of a comprehensive mental health education and prevention and control system. Help to self-help and he combined with a multi-level crisis intervention models and plans, focusing on post-processing work after the crisis, the crisis will harm caused by psychological problems to a minimum. At the same time for the current issue of multiple realities comprehensive reform of the social model of classroom education, the establishment of multi-dimensional, multi-level, multi-channel, horizontal and vertical combination of classroom education mode network, improve mental health of college students.

**The Establishment of A Social School of College Students' Mental Health Education of All-Round Cooperation Framework.** In the process of daily ideological and political education, the school shall establish the student as the main body, the school as the main education position, assists the social level of college students' mental health education system. In the system should pay attention to our parents, media, government, the function of the nature of social education institutions. Necessary education to college students' mental health, as a kind of form in school education workers and social institutions necessary psychological expectations. Through the function of social education, improve the college students' mental health education.

## Summary

In this paper, a comprehensive analysis of the current problems in mental health education exist, based on the proposed architecture of mental health education in the form of an entire areas discussed some targeted education proposals. Through the implementation of the education system found that the system can effectively improve the mental health of college students.

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