

Career Guidance for College Students from the Perspective of Positive Psychology

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Abstract. In the process of career guidance for college students, more attention should be focused on virtue and potential which are positive energy in our life. These kinds of positive energy can help students achieve happiness. Through the pursuit of happiness of the life and career, students can update the educational objective for employment and innovatethe idea of career guidance. In this way, a positive mode of education can be created

1. Introduction

Positive psychology is a development trend of psychology which is raised in the late 20th century. Its biggest feature is designed to emphasize the psychological recovery of human positive energy and positive qualities. Psychology in the past ignored the study of positive force, resulting in the so-called pathological features. Positive psychology is in order to reverse this pathological psychology characteristics. It stressed that psychology should provide technical support for the vast number of ordinary people to live a happy life.

In the view of Positive Psychology, positive means that everyone has actual and potential ability. Positive Psychology is a science which focuses on the development of human potential and virtues of positive traits. The definition of positive psychology proposed by K.M. Sheldon and Laura King reveals its essential characteristics. The positive psychology is a trend of psychology. Effective experimental and measuring methods are used to study the human strengths and virtues. The research object of positive psychology is the ordinary person. An open look with appreciation is used to perceive and understand human potential, motivation, ability and even drawbacks. Compared with the traditional psychology, the positive in positive psychology consists of three meanings. The first meaning is the reactionary to the psychological problems of the negative psychology. The second meaning is to advocate psychology to study on positive aspects of psychology. The third meaning is to emphasis on making appropriate explanation for psychological problems in a positive way. And it can obtain positive significance during the process.

2. The Current Situation of Career Guidance

2.1 The departure of career guidance

The current career guidance mainly focuses on the rate of employment. Some colleges has excessively pursuit the rate of employment which is away from the intention of career guidance and education. Some colleges thinks that the purpose of career guidance is to make the student quickly adapt to the employment. In this purpose, we cannot see the educated and their personality as well as their nature. As is known to all, regardless of employment or resignation, promotion or salary raising, they are the process of pursuing happiness and development in the job. And finally, the happiness of life can be achieved. In the career guidance, the departure of education target can bring great influence to the development of students in the job.

2.2 The lag of career guidance ideas

Under the influence of traditional psychology, the current career guidance in colleges and universities is also known for the "problem" focused, leading to imbalances in employment education. Accordingly, their concern is about the problems during the employment and how to solve the problems. Arrogance, inferiority, anxiety, fear, apathy, conformity, comparison, envy and

dependency are the words to describe students' problems in the employment. Taking measures to reduce the anxiety, eliminate the fear and adjust cognitive bias can solve the problems. Actually, college students will suffer from these kinds of problems and taking the measure above can help college students' employment in the short term. However, many problems among the students are under development and they will disappear as they grow. Therefore, educators should not only pay attention on the negative aspects of college students, but also find their positive aspects. What is more, the positive aspects in the problems cannot be ignored. Simply eliminating the negative problems is unilateral. The elimination of negative aspects may not be helpful for building the positive aspects during the career guidance.

2.3 The limitation of career guidance methods

Firstly, in the traditional career guidance, the individual initiative and potential are ignored. And the methods and contents of career guidance are too conservative. The education of career guidance is limited in the classroom which may lead to some drawbacks, such as ignoring students' self-learning, the probe in the class and practice experiences. At the same time, the career guidance are equated with knowledge transfer and education deduction and some colleges and universities despise practices and skills training. Trainings for the students are only limited in career employment abilities. It can be concluded that scientific understanding is absent in the promotion and cultivation of psychological qualities and professional qualities. Secondly, in the traditional career guidance, the personal experience and emotion are often ignored. Students are often regarded as passive learning machines or knowledge containers. It has laid too much stress on the results of learning resulting in the absence of the personal experience and emotion. What is worse, the personality of students can be hardly promoted.

3. Employment Outlook from the Perspective of Positive Psychology

3.1 Pursue the Happiness of Life and Career

On one hand, the career guidance in the perspective of positive psychology should be based on the basic need of employment. Attentions on career tips and job information should be paid. On the other hand, we should emphasize on the cultivation of psychological quality of careers and employment from the aspects of career and life happiness. What's more, the ability of obtaining the career development and happiness is extremely important for the graduate students. In order to achieve the goal, three aspects during the career guidance need to be highlighted. Firstly, we should emphasize on the education of career happiness. Achieving success and excellence are the values for the qualified college students. However, many students has a misunderstanding of what constitutes to success, causing some students to get into sorts of endless desires in career development. It will affect their quality of life and mental health. Career guidance is to experience happiness and cultivate the abilities of getting happiness. Secondly, we should emphasize on the education of positive personality. Positive psychology puts forward that positive psychological capital is owned by the individual mental. It is a specific case about work assignments, job performance and the success of active. It plays an important role in People's cognition, behavior, and happy experience. In the process of career guidance education, cultivating the positive psychological capital and enhancing their competitiveness in the future is a matter of urgency. Finally, we should pay more attention to the cultivation of career self-efficacy. Career efficacy is the reflection of self-efficacy. Also, it is the confidence and faith for the professional ability which is called career self-efficacy in the employment. Career self-efficacy affects the confidence, how to make decision and the tenacity in a setback during the employment. It is the most important factor which will influence the result in the employment.

3.2 Find Positive Factors and Innovate Idea of Employment and Education

Under the view of positive psychology, career guidance must see that there are all kinds of problems for college students in choosing a job. But educators must understand that a lot of job selection problem for college students is a problem during one's individual development. The process of solving these problems can be considered as the process of growth that everyone must endure which has the positive significance. At the same time, we should put the eyes to focus on the

positive aspects among college students and should not get rid of the problem simply but to explore active base on one's development. One is to play subjective initiative in the employment education of college students and make students learn and experience actively rather than passive acceptance. Second, we should attach great importance to the experience of positive emotions and cultivation of positive psychological quality among college students to improve the students' study life satisfaction and positive experience of optimism and hope, gratitude and forgiveness, fuller and effort, wisdom and creativity. Besides, we also should cultivate positive psychological capital like optimism, hope, resilience, and self-efficacy and positive career ability of professional ethics and integrity, innovation, and creativity, learning and communication. Third, we should attach more on the environmental system construction actively. For career guidance education, the priority is the cultivation of positive employment culture (or career culture).

3.3 Explore the Positive Education Model

Traditional employment education is inherited from the traditional education which emphasizes on book knowledge and the education mode is teacher-centered. Additionally, it emphasizes on the acquisition of knowledge and development of intellectual. It fails to recognize the cognitive abilities and the importance of positive character development. On the contrary, the content and form of the career guidance under positive education are quite different from the traditional ones. On one hand, the relationship between students and teachers is changed. The career guidance under positive education pays more attention on democratic, tolerant and harmonious education environment. The relationship between students and teachers should be of equality and mutual assistance. Teachers should be partners, directors, assistant, sponsor and ginstructors which can respect and protect the experiences and understandings of students. Teachers need to encourage the students to explore and experience the positive emotion. On the other hand, the contents of education need to change. Besides the lectures in the classroom, the career guidance education under positive education can have different forms. For example, outward bound, group games, role-playing and scene simulation can be used for teaching. We should pay attention to students' emotional experience and practice of acquisition. At the same time, we should focus on cognitive construction and personality development. Through continuous learning, the ability of consciousness and self-education can be achieved. Undoubtedly, we need to cultivate a sense of cooperation and team spirit. Finally, students can adapt to the socio-cultural and promote their harmonious development.

4. Summary

The reason why graduates find it hard to get employed is in large part because their overall quality and capacity cannot meet the requirements of society. Currently, there are some problems with the career guidance education offered by universities and the problems hinder the education from realizing its value. Meanwhile, positive psychology pays more attention on the meaning of life, exploration of potentials of students and novelty of teaching activities and involvement of students in teaching activities. It is proposed in its value in preparing students to successfully getting employed. And at the same time, the education should be capable of constructing its corresponding teaching system.

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