

Construction of Mental Health Educational Mode for College Students

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Abstract. Study on the selection of College Student's psychological health education as the theme, based on summarizing the development trend of domestic education in mental health and problems analysis, investigation and analysis of the present situation of mental health education of college students in Liaoning province, aiming at reason of the insufficient understanding of the importance of mental health education, the management system is not perfect, lack of educational resources, mental health education eliminate polarization and one-sided, uses the method of action research, take teacher training and instruction and class mental health education activities, as well as individual student psychological counsel as the main point, strengthens the administrative departments of the guidance and supervision functions, and actively explores the practical, implements system of mental health education with pertinence and operability.

Introduction

Based on the current understanding of college students in all kinds of emotional and behavior problems and its seriousness, and pay more attention to administrative departments, this study chooses the mental health education of college students as the theme, on the basis of analyzing and summarizing the development trend and existing problems of mental health education in colleges and universities, investigates the status of mental health education in colleges and universities in Liaoning province, studies which combine with open questionnaire investigation, uses interviews in the form of analysis of factors affecting mental health education, and adopts the method of literature, comprehensive and systematic review of the present situation and strategy of implementation of the psychological health education in colleges and universities, understands the current level, dynamic, found in which the problem and solutions are proposed to implement the recommendations, and connects with the work practice, representative of regional, uses the effectiveness of intervention strategies to demonstrate, proposes on the implementation of college student's psychological health education dynamic, pluralistic and stereoscopic. It provides effective reference and guidance for the study and practice of mental health education in University in the future.

Research Methods

This study uses questionnaire survey, depth interview method, literature analysis and other methods, and puts forward own opinions on the basis of previous research results. Among them, questionnaire survey method is a kind of research method which uses the written form to collect the research material indirectly, through the investigation in consult table to get the materials and information of the concise and to the point; depth interview method is a kind of non structure, direct, personal access, in the process of access, through depth interviews with an investigator, reveal the potential motivation, beliefs, attitudes and feelings of a problem; literature analysis method is to collect, identify, collate the literature, through the literature research, the results of previous studies, the formation of the scientific understanding of the facts of the method.

Research Framework

Framework is a basic conceptual structure used to solve or deal with complex problems. The research framework shows the overall thinking and research process of the study. The research framework of this paper is shown in Fig. 1.

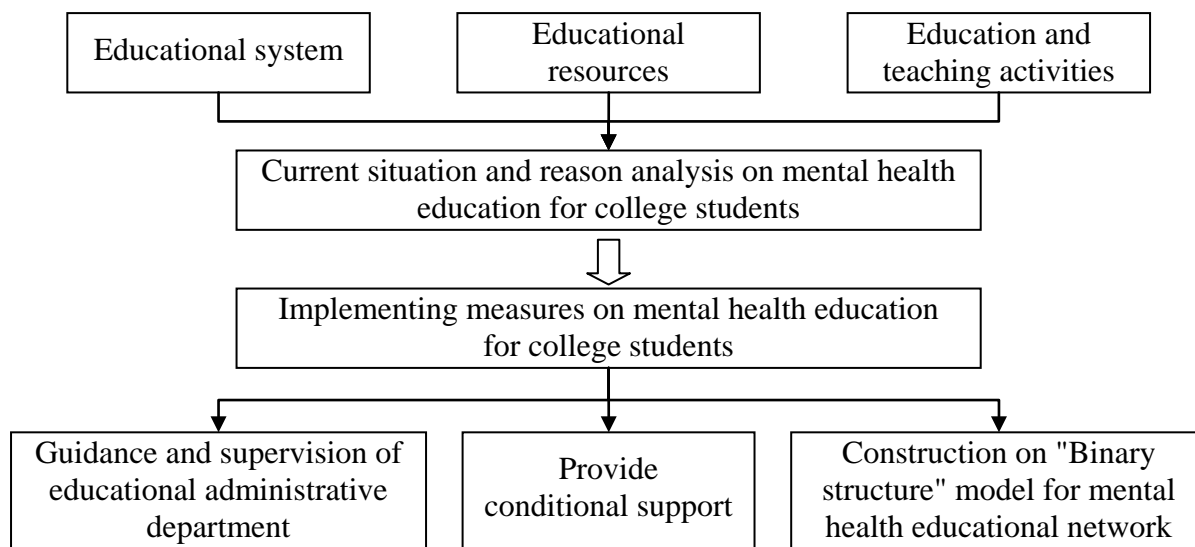


Fig. 1. Research framework on mental health educational mode for college students

The study selects three universities to carry out a larger scale questionnaire survey in Liaoning province, real, objective and quantitative reflect the actual situation of Liaoning province college psychological health education; combines with the open questionnaire survey, the interview in the form of analysis factors of carrying out the implementation of the impact of mental health education; uses the method of literature, presents situation and strategy of implementation of the work of psychological health in colleges and universities are comprehensive and systematic review and understand the current level, dynamic, finds the existing problems and solutions, and puts forward views and opinions. In a small scope of the practice of mental health education network access to the "two yuan structure" model, improves and builds the implementation model of mental health education in colleges and universities.

Research Contents

The research contents include the following four aspects:

1. Investigation on the current situation of mental health education of college students in Liaoning province

Study selects three universities (Northeastern university, Bohai university, Dalian jiaotong university) in Liaoning province, carry out a large scale survey, real, objective and quantitative reflects the actual situation of Liaoning province mental health education in colleges and universities, the investigation involves three aspects [1]:

(1) The construction of system and mechanism of mental health education for college students. Mental health education should be included in the school's personnel training system in university. university students should set up a special work leading group, focus on mental health education, establish and improve the rules and regulations.

(2) The construction of the teaching staff of mental health education for college students. One is the teaching staff. The number of full-time teachers is not less than two, at the same time, according to the actual situation of the school is equipped with part-time teachers. Two is to cultivate the training. University students should pay attention to the professional training of mental health

education for part-time teachers, the teachers will be included in the annual work plan and annual budget.

(3) The effect of the implementation of mental health education for college students. Colleges and universities should ensure that students generally accept mental health education curriculum during the period of school, set up compulsory courses or required courses, give the corresponding credits; carry out mental health education activities, and actively create a good atmosphere of psychological health education; set up psychological counseling room, provide counseling services for students; formulate plans to psychological crisis intervention, clear work process and relate departments duties.

2. Attribution analysis of mental health education of college students in Liaoning province

In the questionnaire survey of the status of college student's psychological health education at the same time, affect about mental health education factors [2], in a certain range, use scale, open questionnaire and interview form of supplementary investigation.

(1) The lack of awareness of the importance of mental health education, the management system is not perfect. Consciousness is the forerunner of action, and an emphasis on the education of school psychological health is very favorable. Concept of old, conservative, understanding of the error, is the main reason for the university psychological health education. From the point of view of the colleges and universities, some managers and teachers of mental health education understanding existence erroneous zone, the awareness of mental health education in schools tend to stay in the promotion of learning and improvement of interpersonal relationship, and has not formed a complete system of psychological health education [2], resulting in Education has many problems in the. Three sample schools have not set up a special psychological health education management agencies.

(2) The lack of school psychological health education resources. First, the shortage of the number of teachers. Foreign university mental health education personnel and the proportion of students is roughly 1:1500, and our country's college psychological health education personnel and the proportion of students is far below this level. Quite a number of schools by restrict the preparation and not equipped with professional teachers, mainly relying on the school moral education workers part-time activities, even full-time mental health education teachers also served as the rest of the school work, many schools lack of full-time teachers; second, the professional level is low. Some college psychological consultation, mental health education workers have not received the psychology of learning, lack of mental health education must be scientific and theoretical knowledge and effective methods, carry out mental health education or there is a vague awareness, there will be a tendency of mental health education curriculum, simple teaching methods to teach knowledge, teaching effect is not optimistic [3].

(3) The elimination of polarization and one-sided education in mental health education. Negative tendency is serious (that is too much attention to psychological problems), one-sided tendency obvious (that is the treatment of heavy obstacles, light development counseling, etc.). At present, many mental health education in Colleges and universities is to rescue, focus in individual psychological distress and problems of the student body, do not put more effort to research on the classification of college students, do not have for more attention to college students in some psychological aspects of high-risk groups, such as the new group, poor students, graduates and other, its are effective coaching and consulting. School psychological health education should be based on prevention and development, vigorously carry out mental health education, and actively construct the mechanism of psychological disease prevention and crisis intervention[4].

Mental health education must change to the main development, also is the all the students as the object of psychological health education, according to the student's common challenges to growth to give guidance and focus on the potential development and psychological quality optimization and correction of both minority disabled students psychological therapy and behavior.

3. Liaoning college students psychological health education implementation measures[5-10]

On the basis of investigation and analysis by action research, teacher training and guidance, class based mental health education and individual student counseling as the main point, strengthen the

administrative department in charge of guidance and supervision functions, actively explore for the practical, with need and operation of mental health education implementation of the system.

(1) The administrative departments of education should exert the function of guidance and supervision. Establish the vertical management system and horizontal communication mechanism to establish a sound system of mental health education, need from the provincial to the municipal, district, university of progressive layers to ensure college student's psychological health education system in good operation, must have flexible operation system to coordinate and communicate. It should establish horizontal communication mechanism in Liaoning province and even across the country, establish between regions and links between schools and common share the fruits of development, in absorbing the excellent educational experience, the reasonable localization. By the administrative leadership, the province famous experts, teachers composed of leading groups and discuss mental health education, learn from each other and learn together, guarantee the quality of mental health education in high quality and efficiency, so as to enhance the various provinces and cities and the mental health level of education. To the psychological health education as the important content of Ideological and political education of college students, improve school psychological health education work of cognition, standardize the school mental health education, promote universal access to mental health education.

(2) Effectively improving the conditions for the protection of the curriculum. To establish a stable of professional teachers, and earnestly do a good job in the professional construction of mental health education team, the practitioner must have the corresponding qualifications, teacher's psychological is a professional career. However, the state does not expressly psychological health education teachers vocational qualification cognizance standard. The higher education sector to improve mental health education certification system as soon as possible, so that mental health teachers certified and qualified job; do not have the qualifications specified and the corresponding theory and technology qualification, must accept the system of professional theory and technical training; improve training mechanism to actively carry out a variety of forms, multiple levels of teacher training, teachers should be encouraged to take part in the seminar, invite to mental health education expert lectures.

(3) Constructing a dynamic, multi-dimensional, three-dimensional college students mental health education network under the "two yuan structure" model. The content and form of mental health education should gradually get rid of the mode of ideological and political education and overcome the tendency of the subject. Psychological health education in colleges and universities should be focused on the prevention and treatment of psychological symptoms gradually changed to promote the comprehensive development of prevention oriented; individualized education mainly to the development of sex education. To Construct a dynamic, multi-dimensional, three-dimensional college students mental health education network under the "two yuan structure" model.

Combination of "off line" and "online" mental health education method is a method of macro system, it is the result of the integration of the resources of the reality of mental health education and mental health education method, is real psychological counseling (referred to as the "net") and psychological counseling network(referred to as "online") are combined to carry out psychological counseling work, as a combination of mutual penetration, complement each other and mutual promotion. Mental health education under the net three protection network, so that mental health education in the class, department, school level, the establishment of the three level of psychological health protection network, and the formation of interactive effects. Primary protection network, by the psychological education workers in the students through a variety of ways to popularize mental health knowledge, training a number of student counseling, reduce, prevent psychological disease. Mainly train training professional personnel in a timely manner to some serious problems and difficult problems of processing, and through the census, a comprehensive understanding of the mental health status of students, establish archives about the student's psychological health, focus on education, for prevention.

4. The construction of online mental health education platform

The construction of psychological health education of college network implementation mainly bases on the psychological health education web site, achieves network psychological consultation, online psychological tests and psychological health education, network peer counseling and interactive communication, a network of online with the reaction mechanism and so on.

Conclusion

This study's research content in view of the previous studies and research methods on the innovation: college student's mental health education network in Liaoning province real data as the basis to construct a dynamic and diverse, three-dimensional online "binary structure" model, is the urgent problem to put forward in pertinence and operation guidance. The basic principles of school mental health education should be geared to the whole students, and promote the overall development of students. So the purpose for students of all the principles, on the basis of investigation and analysis of college students in Liaoning province mental health education, for groups of students with different levels of mental health take different intervention measures and put forward the content system of college student's mental health education and networking online "dual structure" implementation model. In "intervention intervention" approach to improving college student's psychological health education, the education of scientific research with "climate". According to emphasis on description of the phenomenon, the lack of empirical study of this method, subject of method is improved using the method of action research, partices psychological health education under the internet "dual structure" model in the small scope of network, according to the results of the action research, builds and improves college student's mental health education model for the implementation.

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