

Analysis on the Construction of Network Mental Health Education System in Colleges and Universities

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Abstract— For the higher education in the era of network, a systematic, scientific, and three-dimensional system platform is constructed, in order to enhance the efficiency and expansibility of the psychological education. Seen from the current mental education system construction in colleges and universities, such a system has been constructed by many domestic colleges and universities through many methods, but some operations still have many problems necessary to be improved because of the effect from the traditional educational model. In this paper, the strategies for the construction of the network mental education network system in colleges and universities are studied based on the specific characteristics of the network environment, so as to provide a powerful reference for higher education.

Keywords- *Colleges and Universities; Mental Health Education; Network System; Study*

1. Introduction

In today's society, the network technology has been promoted in various fields of the people's life, and its application to higher education has greatly driven the reform and innovation of education in the new period. Domestic colleges and universities can build a three-dimensional, scientific mental education platform system with the aid of the application of network technology to the education. In the network education platform, students can not only query the reported information on television, newspapers

and other media, but also can know about the cutting-edge knowledge and weird stories all over the world, so that the students in China greatly expand their knowledge horizon and also easily acquire some simple and effective psychological knowledge; the mental education is imported in the daily learning to enhance the efficiency and overall quality of the mental education.

2. Analysis on the connotation of network mental education

The mental education under the network environment has significant characteristics, and it is a new concept raised in recent years. To fully understand the inner meanings of this educational model, a discussion is conducted from the broad sense and narrow sense. The network mental education in a broad sense contains the mental educational problems and countermeasures under the network environment, and it is more diversified and innovative in comparison with the traditional ways. In the new period, the educational methods and ways are diversified, and the available resources are abundant; the immediacy of the network education is very obvious, and students can participate in the learning interaction [1]. The network mental education in a narrow sense refers to the concrete application methods for new educational means and technologies, and can make an improvement to the practical efficiency of teaching as an aided tool of classroom education.

3. The importance of establishing a network mental education platform in colleges and universities

3.1 Improving the inevitable requirements for the level of mental education

Since network methods are introduced to the higher education construction in colleges and universities, network teaching has boosted the learning of students in all aspects. With the network mental education, the traditional teaching model is broken, and many new technologies are implemented throughout the entire course of education, so as to promote the teaching materials to be utilized to the maximum. With the help of the network education platform, a campus mental educational platform mechanism can be built to provide a psychological information consulting website for students. Thus, a convenient, systematic service environment is created for students. The network mental education is less susceptible to aspects such as time, space, and regional factors, and therefore, students can participate in the mental knowledge interaction on the available network and also carry out online dialogues and multi-party communication. Ultimately, the teaching in time and space is reduced to the minimum; the range of the knowledge benefiting the students is expanded; the fundamental goal of a comprehensive prevention on mental illness and dysfunction is really achieved [2].

3.2 Solving the problem of deficient faculty

The traditional teaching model in colleges and universities are difficult to meet the demand of college and university students for psychological study, and the teaching team construction in some schools is relatively backward and the psychological learning resources available for students are limited; there is only a smaller number of teachers for mental course teachers, so that the mental educational quality is poor. With the aid of network technology, a campus educational platform is established, which

features less capital investment, high information openness, powerful interactive learning, and wide coverage of resources. All these advantages are unavailable in the traditional teaching model [3].

4. Exploration on the methods of establishing a campus network mental educational platform system

4.1 Analysis on the construction of campus network mental educational platform

For interface architecture, the interface style, module structure and specific functions is designed according to the actual conditions of colleges and universities; the overall network platform scheme is designed by adhering to the principle of "highlighting the school characteristics" and the principle of "improving mental education". For module design, platform interface necessarily reflects a simple, visual impression and promotes students to quickly find the relevant function modules. For theme designs, students are regarded as the cores, and theme is designed according to the demand for mental knowledge learning. Meanwhile, the current typical problems of students are discussed; the principles such as practicality, conciseness, and scientific design are followed; the use functions of the network system are improved, making it easy for students to quickly fall into the network learning state [4]. For site management, the management design of network education system is better to be "simple" and "easy"; a few more management accounts are set up for web designers; the contents and ranges managed by each account are different; the job duties of each administrator are distributed according to the account privileges, and related management personnel are permitted to get involved in the function management of each channel. For maintenance and management, school administrators need to consider from the aspects such as routine maintenance, technology updates, and upgraded services in the maintenance

process of the mental education website system, so as to improve the maintenance skills training, website overhaul, and upgrade efficiency, and guarantee the system to operate effectively.

4.2 Suggestions on the management of the network mental education network platform

The construction of the network mental education network platform in colleges and universities involves the management of the five branches. These branches include all parts of mental education, and their coverage is very wide, aiming to achieve the goal of co-education by teachers and students. The five branch network platforms refer to mental discussion network platform, teachers exchange and management platform, students' psychological consulting platform, professional network management platform, and psychological experts function platform [5]. The management personnel in colleges and universities need to carry out the education work from the aspects such as the students' psychological study, analysis of health education strategies, education personnel training, curriculum content innovation, the supervision on mental education, and creative mental activities.

4.3 The construction of network mental education platform

4.3.1 Enriching the network courses of mental education

In the actual psychological study, more and broader psychological knowledge is acquired by students through Googlereader, 360doc, dropbox file service, public network class, and network disks, so that the importance of the construction of network teaching platform is felt by students, and then students can take initiative to the network self-learning activities [7].

4.3.2 Establishing network psychological resource sharing system

In the process of establishing a resource sharing network system, the actual factors such as teaching outline, teaching requirements,

courseware show, activity experience, and comments on exercises are necessarily considered by designers; some resources producing spiritually enlightened significance are added to purify the mind world of students and improve their mental character and humanistic accomplishment [8].

4.4 Building up the characteristics of network mental education platform

To establish a campus network mental education platform, a practice discussion is required based on the mental and growing characteristics of students; a characteristic construction is conducted by combining with the demand of students for psychological knowledge; the platform is connected with the Internet based on the school campus network; two kinds of network connection platforms are set up for promoting the generalization of the mental education among all the students. The mental education website contains a lot of guidance information in mental health; students can master some effective maintenance methods in the process of online learning. Mental communication is implemented in the form of anonymity, so that students can thoroughly expose inner doubts and real ideas and get an effective, scientific mental help in multi-party communication [9].

4.5 Establishing the faculty for network mental education platform

The specific teaching task of the mental education in colleges and universities falls mainly on teachers, and teachers' psychological quality and personal charm will affect the students' interest in the psychological knowledge to explore. Schools, in the process of building the network system, therefore, should clearly recognize the current education situation, but do not blindly rely on the network and conform to the old, backward rules. The Internet has brought a lot of fresh and unique learning resources for college and university students; the students in school can access to a variety of psychological

information in the network environment; teachers need to focus on the mental dynamics of the students when guiding students to study psychology, so as to cultivate students' awareness of correct idea and realize positive, healthy growth [10].

5. Conclusion

Various information and data materials have been brought by the network to the students from many aspects, so that an extensive number of students can read a lot of fresh knowledge and give priority to the "special, strange, and new" information, and become very interested in the network teaching. Colleges and universities, in the process of constructing a network mental education platform system, need to take all aspects of the practical problem into consideration, and also place the students' subjectivity in the first place, so as to create a campus network education platform integrating mental education, curriculum construction, academic exchanges, class management, psychological answer, and suggestion feedbacks, and effectively cultivate students' awareness of mental health and help them solve all kinds of mental problems in the study and life. As a result, the scientific, networking, and efficient construction of the mental education in colleges and universities is realized, and a high quality, systematic mental education service is available for students, and the overall level of mental education is improved.

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