

Construction of Positive Mental Health Education Mode in Colleges

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Abstract. In the perspective of positive psychology, explore the hierarchical psychological intervention for college student. On one hand, take measures to care for the key student just like the sunshine of the winter warm the heart, and arouse the psychological energy rely on the positive psychological experience, helping people to help themselves. On the other hand, cultivate the all students' spiritual growth as the rain of the spring moist the creatures, and promote their positive interaction. The combination of the two sides leads to the cultivation of college students' positive mental quality, and achieves the goal that not only helping people to help themselves, but also knowing about how to help others.

Introduction

With the rapid development of global science, technology and economy, people's quality of life and spiritual pursuit are relatively backward while their material wealth is greatly improved. Negative psychology emerges in endlessly. However, many theories of traditional psychology seem to regard people as animals or machines, ignoring their inherent potential and initiative. Therefore, positive psychology came into being under the influence of humanism, the call of objective social environment and the one-sided study of traditional psychology. The object of mental health education in colleges based on positive psychology refers to all students, striving to tap the positive psychological potential of each student, and advocating a new value orientation of people-oriented.

The Concept of Positive Mental Health Education

Meng Wanjin, founder of positive mental health education in China, pointed out that the core task of positive mental health education is to cultivate positive mental quality. The ultimate goal is to lay the foundation for a successful life. The effective way is to develop the whole brain potential, reduce the burden and increase the efficiency, prevention through development. At the same time, positive mental health education emphasizes "success", pursuing academic success and career success. Therefore, Teachers love to teach, can teach, teach into; students love to learn, can learn, and learn into as the pillar of sustainable development. With the multi-campus amalgamation and cross-campus development of many colleges, and the complex situation of students crossing various types of entrance examination, it is necessary for mental health educators to constantly explore the working ways and educational methods of mental health education practice activities under the new situation, and to implement stratified psychological intervention for students in schools, with the aim of passing through the series of measures of "Winter Sunshine Warming Heart" take care of key students, warm their wounded hearts, awaken their psychological energy and help them to help themselves; through the series of measures of "Spring Rain Moisturizing Heart", moisten all students' spiritual growth and self-realization, ultimately realize the comprehensive cultivation of students' positive psychological quality, and transition from self-help to self-help.

Background of Stratified Intervention Mode

From the conventional perspective, most teachers usually divide students into three categories: excellent students, ordinary students and problem students; but in fact, from the perspective of mental health, students with sound personality, sub-healthy students and students with mental disorders can not simply correspond to excellent students, ordinary students and problem students,

So you can't equate the good students with the healthy students and ignore the mental health of them. Nor can we simply treat the problem correction of sub-healthy students and students with mental disorders as the main body of mental health education, but neglect to tap their potential and cultivate their excellent qualities. Since Martin Seligman, former president of the American Psychological Association, put forward the concept of "positive psychology" in 1997, psychologists have proposed that "positive psychology is a science devoted to the study of human development potential and positive qualities such as virtues". Therefore, it is a very important to combine positive psychology with mental health education. It is necessary and feasible to integrate the value orientation of positive psychology with the goal of mental health education in colleges, advocate the comprehensive implementation of the project of cultivating students' positive psychology, emphasize the value orientation of evaluating students' positive factors, improve students' psychological quality in an all-round way, we should carry forward the positive spirit and build a positive and harmonious campus atmosphere in the campus.

Create Atmosphere and Lay the Foundation for Cultivating Positive Psychological Quality

Popularizing Positive Psychology Knowledge

Open courses like "Modern Psychology", "College Students' Mental Health Education", "Emotional Management and Mental Health", "Psychology and Life", "College Students' Interpersonal Communication" and other characteristic elective courses complementary to mental health education. By including mental health education into the teaching plan, mental health knowledge can be popularized among students, enhance the sense of self care, optimize the psychological quality. By creating a psychological column in the school newspaper, we can popularize psychological knowledge and answer hot psychological questions; compile various publicity materials; set up a special website for mental health, and widely publicize mental health knowledge in the form of window, radio, newspapers, columns and leaflets. Through psychological counseling, network communication, expert lectures, etc. We should popularize the knowledge of mental disease prevention and treatment for key students.

Launch the Psychosocial navigation Theme Education

Actively integrate the advantages of various functional departments and academic resources. Under the overall coordination of the Leading Group of College Students' Mental Health Education, we not only independently carry out the work with distinctive themes, but also cooperate closely with various departments and colleges to organically integrate mental health education with ideological and political education, and carry out the theme education of mental navigation. To cultivate the positive psychological quality of college students in all aspects and from various angles: to discuss, analyze and guide the social phenomena and the hot spots concerned by college students through counselors 'thematic class meetings; to stimulate the vitality of college students' self-study and promote their all-round development through the implementation of quality credits; to Invite related experts and scholars to offer spiritual growth courses and humanities lectures; coordinate recruitment and employment department to guide and help graduates understand employment policies, improve job-hunting skills, adjust career mentality, and improve academic and career planning.

Stratified Intervention to Expand the Contents of Positive Mental Health Education

Implementing "Winter Sunshine Warming Heart" to Deepen Positive Psychological Experience

For the key students with different degrees of psychological problems, warming heart series measures are the main measures, and the core work is to help themselves: prevention of schizophrenia in spring, mania in summer, depression in autumn and winter. At the same time, besides psychological consultation and follow-up work for active visitors, key students need be

intervened when necessary. Targeted activities should be adopted to strengthen the positive psychological experience of key students and obtain self-regulating psychological energy.

Group counseling activities enhance positive psychological experience. Every semester, a series of activities are carried out for the whole school student group, such as “interpersonal communication”, “life education”, “emotional management”, “graduate training camp” and other class group counseling activities. Outdoor quality development, simulation exercises and other activities are regarded as effective extension of indoor group counseling. They are coordination of motion and quiet, and mutually reinforcing. To cultivate college students' good EQ and positive life values; to timely carry out group counseling activities for key students, and to carry out targeted group counseling activities for some key students with strong willingness to seek help, so as to promote their integration into collective life, feel the strength of life from collective warmth, find the courage and perseverance to overcome yourself

Social practice develops positive mental space. Care for the mental health of Left-behind children, on-the-spot visits to investigate the status of Left-behind children, through letters, DV and other means to build a bridge between left-behind children and parents, comfort each fragile and young soul due to lack of affection. Develop social practice activities such as “Wetland Protection Envoy Action” and “Community Volunteer Service”. Call on society to pay attention to environmental protection, care for the life of the elderly and the disabled in the community. Through a series of social research and practice activities with different themes, student can give full play to professional expertise in the process of participating in specific actions , can feel the positive value of self to others and to society. And then further strengthen students' sense of social responsibility and service consciousness, and expand positive psychological space.

Implementing “Spring Rain Moistening Hearts” to Stimulate Positive Psychological Potential

Spring Rain moistening series of measures for all students, run through self-help as the core of the work is: tapping potential, sound personality, beyond ourselves. It is not only to nurture all the students to learn self-regulation and tap their potential, but also to enable them to learn how to help others on the basis of the self-help consciousness to relieve psychological distress, so as to form positive interaction among people and grow together.

Organize competitive activities to stimulate students' potential. With May and October as the month of mental health education every year, in the month of mental health education, “5.25” Mental Health Day for College Students and “10.10” World Mental Health Day as the opportunity to set up a point to publicize and popularize the knowledge of mental health care. Popularize mental health knowledge through such activities as psychological knowledge contest, psychological drama theatre, soul quotation, mental health knowledge speech, interesting psychological games and so on, so as to cultivate college students' courage to challenge, self-confidence beyond self-confidence in a competitive way and in the process of team cooperation. Cultivate their sense of collective honor and team spirit.

Establish excellent models and play an exemplary role. Through the evaluation activities of “self-improvement star”, “campus talent” and “stage star”, outstanding students with self-improvement and outstanding personality are selected as model representatives of students with positive psychological quality, calling on all students to be guided to combine their own characteristics and foster the self-determination consciousness of cultivating positive psychological quality.

Create an active community culture and promote student interaction. As one of the main bodies of campus activities, community activities play an irreplaceable role in the construction of campus civilization and the establishment of a positive campus atmosphere. The positive psychological culture can be effectively infiltrated by making mental health knowledge newspapers and psychic sign language dance by psychological associations. Through the calligraphy and painting society's calligraphy exhibition and Guqin association's various Guqin learning and appreciation activities, participants can not only cultivate noble sentiments, it can help the participants cultivate noble

sentiment and also enjoy spiritual baptism . Psychological drama rehearsed by psychological associations and film associations is lively and inspiring. A series of colorful community activities provide a good carrier for campus infiltration of positive psychological culture. Through the communication, cooperation and interaction among different associations, the radiation of mental health education will be expanded, and good campus culture and positive campus atmosphere will be formed while promoting the positive interaction among students of different grades and majors.

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