

# Research on the Necessity of Career Planning Education for Freshmen

Jie Jiang

Student potential Development Center Xi'an Peihua University, Xi 'an, shaanxi province, China

**Abstract.** The entrance period of freshmen is a critical period for the growth of college students and an early stage of career preparation. Therefore, it is of great significance to carry out career planning education in the period of freshmen entrance education. This paper mainly discusses the necessity and content of career planning education for freshmen.

**Keywords:** college freshmen; career planning; career target.

## 1. Introduction

College students'career planning is a process of self-positioning, setting career goals, choosing established career, making corresponding plans and taking positive actions to achieve career goals on the basis of self-analysis and objective understanding of the environment. The entrance period of freshmen is not only an important stage for the transition of their identity and role from middle school to university, but also an early stage for the preparation of their career. Therefore, it is of great significance to carry out career planning education for freshmen during their enrollment period.

## 2. Necessity of Career Planning Education for Freshmen

(1) Freshmen need to enhance their ability to adapt to environmental changes

From middle school to university, the change of environment is an indisputable fact, such as the change of living environment, learning environment, interpersonal communication environment and management environment. College freshmen should actively cope with these changes, understand the learning lifestyle of the university, master the law of university education activities, adapt to the new environment as soon as possible, and enter new roles. However, the freshmen can not naturally keep up with and adapt to this change in understanding and mentality. They generally lack the consciousness and ability to adapt to the environment actively. This requires timely career planning education and guidance for college students during their enrollment so that they can fully understand themselves, objectively analyze the environment, rationally plan their studies, establish professional awareness, initially establish academic planning and career goals, and take a solid step at a new starting point in life so that they can learn and grow better at the University stage.

(2) Freshmen need to enhance their awareness of career planning

According to the follow-up survey of China Elite Network, at present more than 70% of college students have not received vocational planning training and guidance, most of them have a superficial understanding of career planning. It can be said that there is a general lack of awareness of career planning among college students, which greatly affects the healthy growth of College freshmen. The lack of awareness of career planning is related to the lack of career planning education in primary and secondary schools, and even more to the fact that colleges and universities have not put career counseling in an important position. Therefore, in the period of freshmen's entrance education, colleges and universities must timely carry out career planning education for freshmen, so that they can establish career planning awareness, enter professional roles, scientifically and rationally plan their academic and career, and promote their healthy growth and success.

(3) Needs of Freshmen to Establish Development Goals as Early as possible

The determination of goals is the basis of College Students'career planning and the key to career development. Therefore, early establishment of career development goals is particularly important for college students'personal growth. However, in the face of the change of environmental status, freshmen often suffer from self-evaluation imbalance and the loss of their goal, which affects their healthy growth and career development. This requires timely career planning education. Career

planning education and guidance can help freshmen to establish their career awareness and career development awareness, so that they can deeply feel what is profession, occupation, employment and career. On this basis, they can actively understand their personality, ability, specialty, interest and hobby, and comprehensively analyze the objective environment as well as their strengths and weaknesses in order to establish a reasonable career goal. To lay the foundation for academic planning and future career development.

### **3. Main Contents of Career Planning Education for Freshmen**

#### **(1) Professional ideological education**

To educate freshmen in career planning, the first step is to solve their doubts about "what to learn" and "why to learn", that is, to develop professional ideological education.

Firstly, through professional education, students can understand the historical origin, basic situation, current situation and future trend of their major, understand the curriculum arrangement and specific requirements of their major, facilitate students to allocate their learning time and direction, so as to better improve learning efficiency and learning effect.

Secondly, by introducing the employment forms of the students and the development status of the excellent graduates, we can stimulate the students' interest in the major, define the learning objectives, and encourage the freshmen to devote themselves to the professional study enthusiastically.

Thirdly, we should teach some knowledge about future development, such as career development prospects after graduation, so that students can have a preliminary career awareness, start planning their own future, and have more goals and ideological preparation for their own development.

#### **(2) Education of learning methods**

Compared with the middle school stage, the study in the university stage has undergone significant changes, especially the contents, methods and requirements of learning are obviously different. To master the characteristics and rules of university learning is helpful for freshmen to adapt quickly to university life. In order to educate freshmen to truly learn knowledge and skills in universities, we should not only continue to carry forward the spirit of diligence and hard work, but also adapt to the laws of University teaching, master the characteristics of University learning, and choose the appropriate learning methods. In particular, we should educate freshmen to pay attention to the improvement of comprehensive quality in the process of University learning, because university education has obvious career orientation. In addition to solid mastery of book knowledge, students are required to pay attention to the cultivation of various abilities, such as communicative ability, expressive ability, self-control and planning ability.

#### **(3) Self-cognitive Education**

Self-perception is the premise and foundation of personal career planning. Strengthening the self-awareness education of freshmen is actually a process of guiding freshmen to gradually adapt to the learning and living environment of University and to start their career planning.

On the one hand, we should educate freshmen to evaluate themselves objectively and comprehensively. We should analyze and evaluate all factors related to individuals, such as personality, personality, ability, emotional quotient and potential. We should guide freshmen to see their strengths in the new environment, to accept their weaknesses, and to find out the direction of their efforts, that is, to find out who they are, what they want to do and what they can do. Why?

On the other hand, we should educate students to fully understand the changes in the objective environment from middle school to university, such as living environment, learning environment, interpersonal environment and management environment. Career planning must take into account the impact of the external environment, and measure and evaluate the various external forces that may affect the career, so as to ensure its scientificity and possibility. Only by comprehensively evaluating oneself and objectively analyzing the environment can freshmen correctly recognize oneself and scientifically plan their university life.

#### (4) Vocational Goal Education

Vocational goal education does not mean to educate students to determine the ultimate goal of learning and career development immediately, but refers to the systematic training of College Freshmen in career planning and design. Through vocational goal education, students can understand the concept and significance of career planning, grasp the contents and links of career planning and the principles and methods they should adhere to in implementing each specific link. In freshmen's entrance education, students should be guided to clarify their career goals for each academic year, such as telling them that freshmen should focus on career analysis, initially establish their academic goals and career orientations, and also educate them to develop flexible career goals and plans, pay close attention to career development and changes, learn to collect and analyze information affecting career planning, and timely adjust and improve their careers. Career planning.

#### (5) Guiding freshmen to make career plans and detailed learning plans

Career planning course is not only to let freshmen in Higher Vocational Colleges know what career planning is, but also to prepare a career planning for themselves according to their professional and ability structure. Freshmen in higher vocational colleges have relatively weak cultural foundation and need to improve their writing ability. Only under the guidance of teachers and on the basis of scientific evaluation, can they complete their career planning and set suitable career development goals and career development paths for themselves. Career planning can be formulated by rolling plan method, near and far, as detailed as possible during school learning plan, after work plan, can be formulated more concisely, waiting for further adjustment and improvement after work. The advantage of making detailed learning plan is not only to design the stage learning goal for freshmen during their study period, but also to plan the path of improving and developing their vocational ability, and to avoid idleness and idleness during their study period.

#### (6) Establishment of career planning guidance institutions to provide follow-up services

Freshmen in the formulation of career planning, but also need to constantly adjust and improve in the learning process. Therefore, it is necessary to set up a special career planning guidance agency, whose function can be considered to be the responsibility of the school employment agency. At the same time, students' associations such as career planning associations can be set up to publicize career knowledge, organize relevant knowledge lectures, and organize school-wide career planning contests every year to enhance freshmen's understanding of the functions and methods of career planning. It can also set up alumni group, which can not only provide continuous career planning services for graduates leaving school, but also understand the employment and entrepreneurship status of graduates, provide convenience for choosing excellent graduates to return to school and exchange with freshmen, stimulate freshmen's interest in learning, and strengthen their learning motivation.

## 4. Conclusion

Career planning refers to the process in which a person establishes career goals, chooses career paths, formulates corresponding training, education and work plans, and takes specific actions to achieve goals in accordance with the stage of career development. Career planning education and guidance for freshmen in Colleges and universities can make them clear the future career development direction, reduce professional confusion, correctly understand themselves, formulate appropriate learning plans, and improve their employability.

## Acknowledgements

This paper is funded by the construction project of counselor's studio in Shaanxi University. The project number is 2018SXFGZS18.

## References

- [1]. Ma Xinjian. Human Resource Development and Management [M]. Beijing: Petroleum Industry Press, 2014.
- [2]. Liang Jieling. An analysis of College Students'weak awareness of career planning [J]. Modern Enterprise Education, 2016, (8).
- [3]. Yan Fu. On the Learning Method of Freshmen [J]. Higher Education Research, Southwest University of Science and Technology, 2017, (2).
- [4]. Chen Guorong, Tang Tao, Liu Xuefen. CGLC Model Career Planning [M]. Beijing: China Labor and Social Security Press, 2015.
- [5]. Duan Guiying, Xu Ningning, Lantian. Characteristics and Management of Freshmen in Higher Vocational Colleges [J]. China Science and Education Innovation Guide, 2012 (22): 220-220.
- [6]. Huang Runhua. An analysis of the ideological characteristics and management methods of post-95 vocational college students [J]. Electronic Journal in the New Educational Era (Student Edition), 2016 (5).
- [7]. Zhao Yuxin. [J] Industry and Science Forum, 2015, 14 (14): 183-184.
- [8]. Department of Training and Employment, Ministry of Labor and Social Security, China Employment Training Technical Guidance Center. Innovative Vocational Guidance - New Concept [M]. Beijing: China Labor and Social Security Press, 2016.
- [9]. Li Jian, Lai Xionglin. Institutional transformation and sound mechanism: a review of employment policies for college graduates in China [J]. Continuing Education Research, 2015, (6).
- [10]. Wang Dingjuan. On How to Promote the Career Guidance Work in Colleges and Universities [J]. Cultural and Educational Materials, 2015, (20).