

A Practical Study of Life Education in Ideological and Political Courses

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Abstract—Human life status is an important issue that affects the success or failure of education. Education must consistently implement the "people-oriented" policy, develop human body and mind, develop human potential, improve human literacy, and promote human all-round and harmonious development. The thought and administration course in college is an ideological lesson theory course. The life state of students is one of the important factors that determine the teaching effect of thought and politics course. Thought and politics class provides a good platform for students' life education and permeates life education in thought and politics class. Can improve students' vitality and quality of life, and better realize the educational value of the thought course. It is not only urgent but also practical to penetrate life education in university thought and politics class, guide college students to strengthen the understanding of life, improve the quality of life, coruscate life and enhance life value.

Keywords—Colleges and universities, Ideological and Political Courses, Life education, Practical studies

I. INTRODUCTION

For a long time, many colleges and universities in China have not paid enough attention to politics. Although under the support of the national policy, many colleges and universities have changed their understanding of thought politics, they still have not implemented life education in the teaching of thought politics. In recent years, there have been many incidents of low self-esteem and lack of self-love among college students in China, which have attracted wide attention from all walks of life and caused many experts and scholars to think. Therefore, many colleges and universities must carry out life education, and must reform the current college students' thinking mode to improve the effectiveness of life education. Based on this, this article tries to discuss the implementation of life education in university thought course, in order to provide useful reference and reference for relevant persons, promote the active and healthy growth of contemporary college students, and provide strong support for the development of our society.

II. THE RELATIONSHIP BETWEEN THE UNIVERSITY THOUGHT AND THE INFILTRATION OF LIFE EDUCATION

A. Definition of Life Education in Political Studies in Colleges and Universities

The life education in the University thought politics course refers to the teacher to take the law of life development as the principle, has the purpose, the plan, the organization to guide the student to be more perfect to understand the life, enhances its love to the life degree. Make it more value life, respect life and enhance the fear of life. Through the development of life education, students should pay more attention to the overall development of life, be full of life vitality, perfect their own personality, perfect the personality of college students, and enhance the wisdom of college students. The implementation of this process will lead to more efficient and high-quality courses.

B. Objectives of Life Education in Political Studies in Colleges and Universities

The educational goal of the University thought politics course is to help students improve their ideological concepts, political concepts and moral norms, so that students will continuously improve their ideological and moral qualities and scientific and cultural qualities, and eventually become comprehensive and free people. The goal of permeating life education in politics class is to strengthen the life consciousness of college students, guide college students to establish correct values and political orientations, and make them more cherish life and respect life. At the same time, Through life education to achieve the goal of meeting the inherent needs of students' growth, enhance students' learning initiative, and promote the all-round development of students' morality, intelligence, physical integrity and labor.

C. University thought courses are an effective platform for life education

Infiltration of life education in university thought and administration courses is mainly based on education as the main means, taking life as the core, and educating students' entire life activities, guiding students to more deeply recognize life and respect life, so that they can enhance their love for life. In order to improve the quality of life and obtain the value of life. To carry out life education in college students, so that students more care for life status, pursue the mood of life, so as to better feel the meaning of life, coruscated with the glory of life. One of the important goals of ideological education in colleges and universities is to enhance students' awareness of caring for life. It not only refers to the care of individuals in life, but also refers to the guidance of life attitudes and life values. Through the development of life education, students are helped to improve their personal dignity. Enriching the inner world and making it full of vitality. The goal of thought and life education is to integrate with each other. They are all seeking the perfect development of individual life. The education department has given great support to the University thought and administration course, both in the organization and in the guiding ideology, it has provided an effective platform for the implementation of life education in thought and administration class.

III. THE WAY OF INFILTRATION OF LIFE EDUCATION IN UNIVERSITY THOUGHT AND POLITICS

A. *Renewal of life education concepts*

The purpose of the course is not only to impart Marxist theoretical knowledge to students, but also to strengthen the cultivation of students' comprehensive abilities, their own will, and their emotions. The most important thing is to study through the course. Guide students to establish a correct world Outlook, outlook on life and values, ensure students' physical and mental health, help students establish correct ideological values and personality characteristics. The ultimate purpose of education is to help the normal development of life. Teachers of university politics must have the consciousness of life education, consciously infiltrate life education into politics class, and consciously cultivate students' life consciousness. Pay attention to students' growth experiences and growth paths. Students are treated as emotional and intelligent individuals for education. At the same time, they must maintain an optimistic mood and positive attitude towards life, and use vigorous vitality to infect students. Through emotional communication with students, communicating their own experiences and emotions about life, allowing students to fully experience the beautiful meaning of life, through the renewal of their own life education ideas, to truly realize the educational purpose of ideological and political courses.

B. *Development of life education resources*

It is necessary for teachers to fully develop the resources of life education by permeating life education in university thought course. There are many materials containing life education in the ideological and political course textbooks of colleges and universities. Teachers can fully excavate the contents of the teaching materials, integrate these elements together, and infiltrate into classroom teaching. For example, in the course of the Outline of Chinese Modern and Modern History, when we talk about the development process and laws of Chinese history, we can insert the deeds of some great men into the teaching content and tell them about their understanding of the value of life. And how they deal with difficulties and setbacks, allowing students to feel the power of life value in these historical examples. Students are allowed to acquire knowledge and acquire knowledge of life in politics classes, thus constantly creating themselves, realizing themselves, and improving their overall quality. Teachers can expand teaching resources through practical teaching, such as allowing students to watch films, attend court hearings, etc., so that they can truly be washed by the soul and experience the meaning of life. Through beautifying the environment, afforestation and other activities to feel the infinite power of life, and then produce respect for life.

C. *Transformation of the educational model*

The teaching quality and the teaching mode of teachers have an inevitable connection. The teaching mode refers to the teaching mode that is more typical, interesting and stable, based on the teaching purpose of the course, starting from the subject of the course and following certain teaching rules and principles. For a long time, the teaching model commonly adopted in Chinese universities and colleges is to speak, listen, read, remember, and practice. This kind of teaching model is rather rigid, and students often passively acquire knowledge. It does not really appreciate the joy and meaning of learning. The ultimate purpose of the University thought course is not to impart knowledge, but to achieve the purpose of education through the teaching of knowledge. It is a kind of advanced moral and psychological activity. College students are in a period of psychological weaning, and their emotions change greatly. If they simply use the education model of full irrigation, they can not achieve better results. Therefore, teachers of politics in colleges and universities should set out from the students' own characteristics and design teaching plans with their hearts. They can penetrate their own growth experience and life experience into the teaching content to inspire students and truly guide students to pay attention to the meaning of life. Teachers should strengthen their communication and interaction with students, pay attention to the problems they encounter in their growth, teach them to deal with the difficulties in life, so that they can maximize their potential, and continuously enhance their own quality of life and life value in the process of subtle change.

Life tidbits, fresh introduction exciting experience. Life is the most faithful stage of life, love life is the best way to pay tribute to life. In the classroom of thought and government, we should introduce the source of life into the classroom as far as possible, guide students to look at life with a pair of eyes that discover beauty, and capture the truth, goodness, and beauty in life. To bring students into the classroom, as the concept of teaching, to participate in the design of "teaching." At the same time, we must also be good at excavating the reality of students' lives, searching for valuable teaching resources in life, transforming heavy life education into a simple, vivid life tidbits, and making teaching more "approachable". It is enough to remind students of the true experience of life. For example, when teaching "Facing the temptation and learning to say no" in the lesson "Correct treatment of herd psychology and curiosity", when preset before class, you can collect some pictures of life from the classroom and make them "small". topic ". For example, before class, the teacher can take a group of photos-` secret shoes under the school uniform. " In this special event, aim at the shoes under the uniform, shoot the class and the shoes on the campus, and let the students find out for themselves what the secret is hidden in these shiny shoes. When the students looked at a pair of designer shoes, many students turned red. In such life tidbits, students have a deep understanding: the realization of self-worth is not to compare, follow the trend, but to create with personality charm and practice, win the respect and recognition of others.

Extending activities, topics, and understanding of life. Without students familiar with the activities of auxiliary teaching, abstract difficult to understand knowledge will be difficult to establish a foothold in politics. Infiltration of life education in the teaching of thought politics, nature can not put aside the involvement of activities and suspended indoctrination. We should choose more thematic activities related to life education so that students can participate consciously, experience actively, feel positively, and know how to respect life. For example, in teaching the seventh grade of "uniqueness of human life", instead of repeating the "uniqueness of individual life" with tedious written materials and lengthy lectures, the class is enriched by rich and colorful exploration activities. Let students in hands-on practice, exchange and discussion process, explore the uniqueness

of their own life, sense life, understand life. For example, in the teaching link of "I am unique", on the basis of "self-portrait painting", the teaching activity of "personality card" is created. In this teaching activity, students are encouraged to combine their own "self-portraits" to design a personal business card. The content of the business card does not make uniform requirements, and students are encouraged to design independently according to their own characteristics. In this event, students enjoy the flowers and hope that their business cards are different. Some girls show self-portraits in the form of cartoons, merge cartoon elements into personality cards, and introduce their own character characteristics of "love cartoons and love comics"; Some students go simple style, borrow their favorite lyrics, expressed their own character characteristics. These business cards are full of personality, vividly showing the students' uniqueness and indirectly reflecting the uniqueness of individual life.

Case-specific, speculative activities self-exhibition. Case teaching is a new teaching method that guides students to study in active thinking and mutual debate, according to the specific teaching goals and contents, and arranges the vivid scenes or events in real life according to certain organizational relations and presentation methods. It has its own characteristics of clarity of purpose, objective authenticity, and profound enlightenment, which make it "match with each other" in the classroom teaching of thought and politics. It is an important platform for activating students' divergent thinking and thinking, and it is also an important platform for demonstrating students' personality and life. Bright and bright stage. There is no right or wrong in life. It is difficult to use mechanical methods to indoctrinate students in the politics classroom. However, it can skillfully integrate the politics teaching and life cases, guide students to collide in fierce arguments, and learn to use universal values to view life. "Managing" life, in the scope and width of life as far as possible, Bloom their own. After teaching the "feeling of growing up", in the review class, an exploration activity with the theme of "growing troubles and happiness" was created. In this activity, the two class students' recording materials "grow very happy" and "grow very annoyed" were introduced into the teaching and triggered discussions. In this debate, students in the class are divided into two camps to encourage students to find favorable arguments for their own life and carry out debate activities. In the process of debate, activities are used to infiltrate life education, so that students feel that "growth" is a necessary stage in their lives, guide students to deal with various setbacks in life with a correct emotional attitude, and actively face life. Cherish your own life and the lives of others and enhance the value of life.

IV. THE URGENCY OF INFILTRATION OF LIFE EDUCATION IN UNIVERSITY THOUGHT AND POLITICS

A. *Highlighting Students' Subjectivity and Improving the Effectiveness of the Teaching of Political Science in Colleges and Universities*

The great Indian poet Tagore said: "The purpose of education is to transmit the breath of life to mankind. The "education" of education should begin with respect for life, and ideological and political education is no exception. Because of its political and theoretical nature, ideological and political theory courses are not the same as professional courses in terms of teaching concepts, teaching methods, teaching methods, and teaching effects. Under the trend of utilitarian education, their status has been severely challenged. In the course of teaching, some teachers of politics pay attention only to the dominant role of teachers, fill the halls, disregard students' feelings and reactions, ignore the main role of students in the education process, and lack communication, communication and dialogue with students. Lack of care and help for students. It is the lack of the concept of life education in the teaching of politics class that ignores the care for students' lives, affects the improvement of teaching results, affects the freedom and all-round development of students, and stifles the personality and diversity of students' lives to a certain extent. Human life is only once. Respect for life is the premise for human beings to carry out all activities. Education must not only concern about the individual natural life of college students, but also guide and enhance the value of college students' life and attitude towards life. To strengthen the life education of college students, we must not only focus on one mode of treatment or correction, but also incorporate the idea of paying attention to life into all fields and all links of education and teaching, so that education and teaching are fully open to life. This is not only the necessary requirement to implement the people-oriented scientific concept of development and build a harmonious socialist society, but also a new subject for higher education, especially ideological and political education in colleges and universities. Only by integrating the ideas of life education into the teaching of ideological and political theory courses can we help teachers to change their education concepts, adhere to "people-oriented" and build classrooms full of vitality. We can also enable college students to understand life and life. Cultivate and establish correct values, outlook on life and world view, improve the quality of life, promote the quality of thought and politics teaching, and effectively realize the purpose of ideological and political education.

B. *Broaden access to life education to reduce tragedies*

With the development of market economy and reform and opening to the outside world, cultural diversity, changing values, and increasing competition make college students face unprecedented confusion and confusion during the period of psychological weaning. A considerable number of college students have problems with social reality, living conditions, and personal development. They have even questioned the value of their own existence and the meaning of life. Therefore, the phenomenon of ignoring the existence of life, the lack of life emotions, and the loss of meaning of life is highlighted. Money worship, individualism, and egoism continue to impact traditional morality. Boredom, emptiness, loneliness, and confusion lead to light birth, self-harm, crime, and trampling. This dramatic event reminds us that the indifference and contempt of college students to life has become a social problem and must be paid enough attention to solve it. In recent years, life education has gradually attracted the attention of academic circles at home and abroad, and departmental colleges and universities have begun to incorporate life education into the content system of university education. However, some schools still can not take life education as a long-term project. Or after the problem has occurred, it has attracted attention. There are

also relatively few practical activities on life education, and there are no special life education teachers. This is the main reason why life education has had little success. The thought politics course is a course that guides college students to establish the correct world Outlook, outlook on life and values. By strengthening ideological and political education, it can help college students grasp the mainstream consciousness and deeply understand the value of life in the complicated cultural environment. To improve the teaching effect of thought and politics courses, it has the function of life education in itself, and it is more consciously permeated into life education in thought and politics courses, relying on systematic thought and politics courses, and it can also broaden the channels of life education. It is of great significance to enhance the life value consciousness of college students.

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In general, the implementation of life education in ideological and political teaching in colleges and universities conforms to the trend of modern education development and also caters to the requirements of the development of the times. Therefore, many teachers must change their own ideas and really attach importance to life education. At the same time, teachers need to base on the study of this article, through the practice of teaching to constantly summarize and exchange, to promote the further development and construction of ideological and political teaching in universities.

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