

Research on the path of college psychological education from the perspective of positive psychology

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Abstract: As a major position of high-quality talents training in our country, a major goal of higher education is to train high-precision and high-quality talents to match social development and the needs of the positions. With the continuous improvement of China's economic strength, the demand standards of the society and related enterprises for talents are also constantly improving, not only requiring students to have strong professional accomplishment and ability, but also requiring them to have excellent psychological quality. This puts forward deeper requirements for college mental health education. Mental health educators in colleges and universities should actively optimize the traditional education system, timely, scientific and systematic infiltration of positive psychology concept, through a series of measures to help students prevent and correct psychological problems, build a strong psychological defense line, develop positive psychological quality and behavior patterns, so as to enable their future learning and development.

Key words: positive psychology; Colleges and universities; Psychological education

Introduction

With the deepening of the reform of vocational education, the mental health of college students has attracted more and more attention. How to do a good job in mental health education while implementing professional skills education, and cultivate high-quality talents that match social development and job demand has become an urgent problem for colleges and universities to deal with. The Ministry of Education clearly points out in the Guiding Outline of Students' Mental Health Education in colleges and universities that it is necessary to fully tap students' psychological potential, cultivate positive psychological quality, and promote the harmonious development of students' body and mind. As an effective mental health concept, positive psychology has a great promotion effect in improving students' mental literacy. If it is infiltrated into the mental health education in colleges and universities, it will be of great benefit to the improvement of the talent training effect in colleges and universities, as well as the employment development of college students. Based on this, while exploring the connotation and application significance of positive psychology, this paper combined with the traditional psychological education model of colleges and universities to explore the relevant innovative countermeasures, in order to provide some references for readers.

I. An overview of positive psychology

1. Connotation concept

As an important branch of psychology, positive psychology emphasizes that we should attach importance to the stimulation of positive factors of human nature, so as to help people develop good psychological quality and behavior habits. Compared with negative psychology, which focuses on the treatment of negative emotions and psychological problems, positive psychology pays more attention to the prevention and correction of psychological problems. It is a psychological theory that fits in with the concept of harmonious development of human society. It can be said that positive psychology is not only the leader of positivity and health, but also the leader of happiness and happiness, but also the restorer of psychological problems and trauma. Therefore, to explore the innovative path of psychological education in colleges and universities around this theory is very beneficial to the quality improvement of college talent training.

2. Application significance

First of all, the application of positive psychology can promote the integration of educational objectives. In college education, the goal of mental health education includes two aspects: promoting psychological development and realizing psychological correction. These two aspects are centered on the prevention and elimination of students' psychological problems, for the cultivation of students' excellent quality and good psychological literacy. However, in the previous psychological education system, there was a strong emphasis on intervention and correction, which obviously ignored the positive and healthy development needs of most students' psychology, and even caused obstacles. Positive psychology not only covers the education of psychological problem correction and other aspects, but also emphasizes the importance of individual satisfaction and happiness, focusing on the cultivation of students' positive quality and positive psychology, which can realize the effective integration of individual education goals and the overall education goals, and has great promoting significance for the improvement of talent training effect in colleges and universities.

Secondly, the application of positive psychology can enrich the connotation of psychological education. If the traditional mental health education is "teach them to fish", then positive psychology is more like "teach them to fish", which emphasizes that the inner potential of individuals can be stimulated through education guidance, and then self-regulation and self-education can be developed. This view enriches the connotation of psychological education and opens a window for the effective development of psychological education in colleges and universities.

Moreover, the application of positive psychology can enrich the psychological education method. According to the actual situation,

in the past, mental health education in colleges and universities was mostly based on individual self-study, publicity lectures and telephone consultation, which had obvious characteristics of singleness and lag, making mental health education ineffective. Positive psychology focuses on students' individual growth experience and emphasizes experiential, action-oriented, interactive and cooperative teaching, which also provides a more advanced and scientific development direction and practical ideas for mental health education in colleges and universities, so that mental health education has a more diversified extension path.

II. The path of college psychological education from the perspective of positive psychology

1. Add more popular science scenes of positive psychology to broaden the horizon of health psychology

Martin Seligman, the father of positive psychology, believes that psychology should not only help those in adverse conditions to understand how to overcome difficulties, so as to better survive and develop, but also help those in a normal state of people, to actively build a high quality of personal life, and constantly improve their own literacy and ability. In the implementation process of psychological education in colleges and universities, classroom teaching is always the first main battlefield of education and popular science. Colleges and universities can explore the mode of major plus elective courses, build a mental health education curriculum system that conforms to students' psychological characteristics and growth needs through vertical and horizontal integration, and organically penetrate positive psychology content into it. Through continuous innovation of case teaching, flipped classroom, psychological drama and other teaching modes, the quality of classroom teaching can be continuously improved, so as to stimulate students' potential and shape students' positive psychological character. At the same time, colleges and universities can distribute publicity books or manuals, carry out special lectures, workshops, training camps, book clubs, etc., continue to innovate and build popular science scenes that meet different audiences and different teaching objectives, and expand the contact surface of positive psychology.

Through the combination of teaching system and popular science scene, students can broaden their horizons of education, increase the channels and frequency of teaching interaction, strengthen mental health awareness, promote the acquisition of various mental health knowledge and skills, help students maintain their physical and mental health and create happiness, and then realize the unity of "teaching" and "educating people", and promote the all-round development of students. Lay a solid foundation for future learning and development.

2. Cultivate fine cultural practice activities and cultivate positive behavior quality

The effect of mental health education on students only by language is limited. In this regard, it is necessary for colleges and universities to strengthen practical education, explore and create a series of high-quality practical cultural activities on the basis of comprehensive and sufficient research on the influence and role of various factors on college students' psychology in the open system, so as to achieve significant and positive changes in the quality of students' psychological behavior.

Studies have proved that 27% of individual psychological quality is formed through targeted training, 73% is acquired through nature. The psychological and behavioral training is mainly a training method to continuously improve the psychological quality of college students and keep their mental health at a healthy level by using the basic psychological principles of counseling psychology, cognitive psychology and behavioral psychology, and through experiential training and behavioral training. Its core idea is to stimulate students' positive emotions, develop good and positive cognitive patterns and behavioral habits, and then shape excellent psychological quality.

Therefore, mental health education staff in colleges and universities can gradually cultivate and polish fine cultural practice activities supported by positive psychology theory on the basis of existing practical activities. According to the actual psychological quality of the university students, scientific and reasonable setting of some situations and training content, through this way, so that they in a specific situation to carry out psychological behavior training, so as to constantly debug the self, beyond the self, and gradually form a good psychological quality. For example, to carry out the positive psychological three run plan, that is, around the "freshman starting plan", "full team running plan" and "graduate run-up plan" to carry out thematic practical activities, for different students to provide full, whole process, full range of positive behavior training guidance. Can also be in the "525 mental health Culture Festival", "10·10 Positive psychology Youth Forum" and "Psychological creative contest" and other characteristics of the theme of practice activities to vigorously infiltrate the concept of positive psychology, targeted to cultivate students' optimistic psychological quality. At the same time, according to students' psychological characteristics, combined with their life, study and social interaction, focusing on the attentive, loving and interesting community culture and the home-school co-education and care space, design and carry out relevant practical activities to promote students' positive psychological quality in an all-round way.

3. Broaden the channels for help and help, and infiltrate positive education guidelines

Mental health education in colleges and universities cannot be separated from psychological crisis intervention and emergency treatment. With the psychological education system becoming more and more mature and the work experience gradually enriched, colleges and universities can continue to explore the diversified development of mental health education and services according to the actual needs of students, on the basis of the original psychological survey, crisis early warning and screening, individual professional assessment and characteristic green service. For example, the establishment of a relief tree hole, listening hotline, intimate mailbox, health consultation, experience salon and other forms of education and assistance.

Colleges and universities can combine students' specific problems and difficulties, and in the process of answering questions and helping, infiltrate positive psychology concepts such as positive self, growth thinking and happiness flow, to help students establish correct self-cognition, promote personality development, enhance thinking and cognitive ability, build positive interpersonal relationships, and

explore the meaning of life growth. In group counseling, positive psychological quality training camp can be added to help students understand the six virtues and 24 positive psychological qualities, explore their own advantages and develop the habit of playing advantages. In the experience salon, add three good things punched in, meditation experience and 3km mini run, etc., to help students feel physical and mental changes, learn to create positive emotions and experience positive emotions. In the individual psychological counseling or suspension period, mental health workers in colleges and universities can also infiltrate positive psychology concepts or practical training in different work stages, so as to help shorten the intervention time or consolidate the intervention effect.

4. Create characteristic brand space to enhance individual happiness experience

Colleges and universities should attach importance to and pay attention to the construction of campus culture, infiltrate mental health education into the construction of campus culture, and imperceptibly carry out mental health education for students in this way, so as to gradually cultivate students' mental health awareness and promote their all-round development. Colleges and universities can focus on the design theme of "planting beautiful and happy growth", relying on the design positioning of irregular spatial layout, multimedia digital display, diversified cultural presentation, multi-sensory immersion experience, and multi-scene emotional interaction, and strive to create and form a characteristic benchmarking brand space that integrates the application, science popularization, practice, exploration and sharing of positive psychology. In the characteristic brand space of positive psychology, the educational elements of positive psychology should be permeated to create immersive experience and educational scenes. For example, through the development and use of smiley face wall, smelling area, singing space, grateful hug bear, tea tasting experience, cultural and creative area and art word exhibition area, students are taught to learn to display Di Xiang smile, use volatile compounds to regulate emotions, open vagus nerve to relieve depression, reduce physical and mental pressure, and experience gratitude, enlarge happiness and explore meaning. Leading students to experience positive educational and cultural elements in depth can enhance students' positive emotions, cultivate the ability of communication, exchange and innovative cooperation, and also enable students to have a different campus life experience, help students build up self-confidence, have the courage to experience happiness, explore happiness and pursue happiness, and better adapt to the future development of society.

Epilogue

To sum up, the introduction of positive psychology into mental health education in colleges and universities can not only promote students to develop a healthy and upward mentality and character, but also shape their positive psychological quality and good behavior, laying a good foundation for students to pursue personal prosperity and create more social value. Therefore, colleges and universities can continuously explore psychological education paths from the perspective of positive psychology, gradually enrich the contents of popular science teaching in the first class, cultivate high-quality cultural practice activities, infiltrate positive education concepts, and create experiential cultural space to continuously optimize the traditional psychological education model, expand the mental health education platform and resources, and effectively serve more students. The level of psychological education in colleges and universities has reached a new level.

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