

The Introduction of Socialist Core Values in College Students' Mental Health

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Abstract: As the continuously development and improvement of education, higher details are proposed on education of college students' mental health. Teachers should focus on students' changes of mental health, analyze questions from various aspect. How to use valid education program to introduce socialist core values into college students' mental health is very important. Education Department should pay attention to guide students' learning and growth by combining wisdom of socialist core values and elements of students' mental health, establishing and improving the mechanism of rewards and punishment. By ideological education and mental health education, innovative and useful talents are shaped. This thesis give brief introduction about college students' mental character and atate-of-the-art of socialist core values, ways of introducing socialist core values in college students mental health.

Keywords: College students; Mental health; Socialist core values; Introduction ways

1. Introduction

Socialist core values plays a guiding role in students' mental health as the promotion and reformation of education mode. It points out the direction for ideological and political education in colleges and universities. Therefore, educational institutions and teachers should analyze the socialist core values from different perspectives, which can help them develop good ideological and moral quality. The traditional pattern of Ideological and political education is difficult to meet the development needs of contemporary college students' mental health education, lacks of in-depth understanding of the emotional and mental changes of the student' thinking, no scientific and effective practice, therefore, teachers should start from the mental characteristics of the students, to introduce socialist core values, to develop a scientific and effective the education program is particularly critical.

2. Analysis of Contemporary College Students' Psychological Characteristics

2.1. Self-consciousness is increasing and self-centered

College students' self-consciousness education has been significantly improved. effectively expanding the educational practice to enrich their spiritual world, which can help them know themselves from different angles, make them become more and more outstanding. But because of students' limited social practice experience, self-centered in the cultivation of socialist core values in the process of cognition and the lack of in-depth experience, strong self-esteem is difficult to promote the healthy growth of college students. Contemporary college students are basically post 90s, they grow up under the care of their parents

for a long time, as a result self-centered behavior problems formed, they considerate is themselves at first, they not analyze problems from the perspective of others, which hinder the normal development of college students.

2.2. Thoughts and emotions change greatly and new things are easy to accept

Thoughts and emotions change greatly and new things are easy to accept Post 90s students have more ideological and emotional fluctuations, independence of conduct personality. Their emotions are unsteady and unpredictable. As a result of the social environment influence, university students indulge themselves in the network for a long time, which makes them not communicate with other people, indulge in own innermost feelings world. They are very difficult to control own extreme mood. With the constant updating of information technology, college students have a strong curiosity about various new things, and have their own unique ideas and opinions, and are reluctant to listen to other people's opinions.

2.3. Strong dependence

Contemporary college students are young, confident groups. They are eager to get the attention of others, hoping to get the approval of their parents and teachers. But in fact, their thoughts are relatively immature. They cannot get rid of their parents in learning and life care. They has strong psychological dependence. Therefore, in the ideological education of college students, teachers grasp the students' personality characteristics of socialist core values to guide, which stimulates students' interest.

3. Relationships between College Students' Mental Health Education and Socialist Core Values

3.1. Teaching diversity among different subjects

Socialist core values involve comprehensive theories, mainly analyze the research on psychology, ideological and political science, social ethics and other key contents, pay attention to the ideological and moral education is of guiding significance to the development of college students' mental health. Therefore, teachers should make clear the differences between subjects in the process of teaching. Mental health education of college students based on psychology education, which create a good learning environment for students to help them to set up the perfect personality, to develop a positive learning attitude. Different subjects have certain difference in essence, teachers need to carry out targeted guidance.

3.2. Objective consistency of socialist core values

The introduction of the socialist core values can guide contemporary college students to set up correct values of ideas and form good ideological behavior. To point out the direction of education for the university personnel training and education, mental health education of college students should take effective means of publicity of health knowledge popularization, appropriate adjustment according to the actual situation of students, regularly carry out some meaningful guidance and education activities, to help students clear learning objectives. The introduction of the socialist core values can help college students develop a good attitude towards learning.

3.3. Similarity of teaching approaches

Ways to carry out the socialist core values of college students are diversity, teachers should classify important and difficult problems in teaching, effectively broaden the channels of education, strengthen the daily management work, create a good campus atmosphere, which are conducive to improve the cognitive level of college students. The introduction of psychological health education and socialist core values of college students are similar in teaching methods, educators should consider external factors of reasonable selection of college students' mental health education for all students. Colleges and universities can carry out meaningful activities of mental health, psychological counseling for students. Those two groups both use practical activities and classroom knowledge to guide the teaching, which has obviously improved the teaching effect.

3.4. Obvious effects of education gained

Research show that the mental health of college students is related to the socialist core values. Mental health de-

velops good thinking quality and behavior, good thinking quality is conducive to improve the comprehensive quality of college students. College students in mental health education have strong self-awareness and ability to identify, they can do self grooming and adjust themselves in a positive mental attitude. Therefore, the socialist core values and the mental health education of college students have achieved obvious teaching results, and have a certain complementarity.

4. Analysis of the Introduction of Socialist Core Values into College Students' Mental Health Education

4.1. Integration of mental health education and socialist core values education are inadequate

In college education, the introduction of socialist core values did not grasp the psychological characteristics of students. Its guiding form is too superficial. It is difficult for students to conduct psychological counseling. All these elements affect the course teaching. However, the mental health education should guide students from their basic needs, so that education can provide an opportunity for students to express themselves. Current students' ideological cultivation IS under certain conditions, these two kinds of education mode are the ideological and political education work, both only in the process of education without effective integration, which greatly affected the quality level of ideological and political education.

4.2. College students' core values and mental health development are confused with each other

In the mental health education of college students, it is easy to confuse ideological education with mental health education, and lacks a scientific and effective teaching method. The problems of contemporary college students involve many aspects, including not only ideological and political problems, but also many psychological problems, such as family and emotion, which need to be analyzed and solved. The problems that college students face need teachers devote more time to treat. The differences must be distinguished between mental health and the socialist core values, using the new education concept. Otherwise it is difficult to achieve ideal guiding effect, even more serious problems would appear.

4.3. Introduction of core values adds difficulties to mental health education

The theoretical knowledge involves in the socialist core values is more complicated, which is divorced from actual life, and the career choices that college students can choose, which are likely to encounter in the process of growing up, are beyond the scope that they can solve. Some universities neglect the importance of mental health education of college students and lack a set of

scientific management system that make the whole working process of the lack of systematicness and coherence in practical education. This is difficult to integrate into the socialist values of theoretical knowledge and increase the difficulty of higher education.

4.4. Introduction of core values lacks timeliness

In the mental health education of college students, there is no clear teaching objectiveness. The introduction of socialist core values lacks timeliness. Most of the education departments work on cultivating the core values of the Propaganda Department of the Party committee, they did not divide responsibilities of various departments clearly, just stay on the surface form of education. The major colleges and universities lack innovative education model, and they do not have a correct point of enter into the socialist core values, lack of an effective educational program and integrate into the overall guidance.

5. Introduction Ways

The mental health of college students in the introduction of the core values of socialism is a process of constantly sum up experience, teachers should break the traditional teaching concept, combine the characteristics of mental health of college students and the practical problems, innovate to develop a new guidance scheme. Taking college students as the subject of education, analyzing and exploring the problems constantly, and introducing the socialist core values in the teaching of college students' mental health, it is beneficial to improve the effectiveness of higher education.

5.1. Establishing and perfecting the socialist core values cultivation system of college students

The introduction of socialist core values requires a complete set of education mode, education management person should grasp and study the core issues in the work, and constantly establish and improve college student' socialist core value cultivation system. According to the spirit of cultivating socialist core values, we should design scientific talent management scheme, plan the curriculum design for teaching contents, continuous construction of professional teachers, create relevant social practice and socialist core values.

5.2. Paying attention to the introduction of socialist core values into humanistic care

Adhere to the basic principles of people oriented and pay attention to the embodiment of humanistic care. First of all, as the education management workers accustomed to thinking and dynamic behavior of college students to achieve a timely understanding of the in-depth study on the mental state of college students, to distinguish the ideological problems and psychological problems to solve. Second, to prevent a simple across the board. Var-

ious levels of people can get the corresponding guide, according to research different grade levels, to compare the personality of college students, to carry out a variety of educational activities. Finally, in order to cultivate a better view of value to improve the educational level, enhance the appeal, using the methods of some appropriate ways of mental health education to increase the number of communication with students, to narrow the distance with students in psychology, to make it easy for students to accept the education of core values.

5.3. Integrating socialist core values into the development of college students' mental health

Under the trend of diversified development of higher education, there are problems of employment. The mental health problems of college students has become increasingly prominent. Causes of this kind of problems have mutual influence with the actual education form. Therefore, the mental health education and college students' socialist core values combined with each other, the appropriate change of teaching mode, a comprehensive and detailed to understand the students' mental and emotional changes, take the strategy to solve are conducive to change the students' learning attitude.

5.4. Adhering to socialist core values and cultivating ideas

The mental health education of college students is a process of development from the outside to the inside, so we must always adhere to the socialist core values cultivation concept, fully realize the socialist core values education of college students, colleges and universities need to improve the socialist core values guiding mechanism, which is conducive to improve the comprehensive quality of students, truly integrated into all aspects of the life of college students.

6. Conclusions

In a word, grasping the characteristics of mental health of college students in the introduction of the appropriate socialist core values is necessary. Effectively expanding the educational activities to educate college students' socialist core values can help students to establish a correct concept, so as to achieve the real purpose of socialist core values education.

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