Study on the Emotional Education of College Students Based on the Concept of Students*

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Combined with the emotional education for students in practical work, clear from the career planning, and moral cultivation, psychological coordination level, to innovating the idea of emotional education, grasp the emotional education law and resolve the problem of the emotional education as the focus, also put the warm core mechanism in work, harvest concept. Fully grasp the emotional education of college students to focus on the six point, to develop the concept of innovation, comprehensive, coordinated, and sustainable education and puts forward the direction to help students to grow up to be useful.

Keywords: socialist core values, college students, emotional education

Introduction

In this paper, the theory is closely combined with the actual work. On how to guide the emotional education of college students to actively explore. Emotional education fusion the real case of real life, full of feelings of the text material, teachers life practice as one can tap their potential in life, to highlight the value of life and promote their own and harmonious development of the society.

Research Significance and Necessity

Emotional education is an educational activity which is carried out in the field of the educational object. From the university, emotional education of college students is more concerned about the students’ emotional state, performance, and value. Including students’ life education, live education, students’ growth, and success education. University education should put students into the socialization of immature to adapt society, and to promote student’s social development of high level talents, facing the fierce competition in the social environment; students will have indomitable fighting spirit and tenacity.

People oriented is the core of education, colleges and universities should fully respect and care for students, and have more communication with students, taking care of the students’ problem. At the same time, the instructor should adhere to the principle of concrete analysis of specific issues, combined with the needs of students. Facing students in different grades and character of, the teacher should use different methods, and take appropriate incentives and help methods.

According to the investigation of university: 90% of students will adopt a more positive solution to the

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depression of method, such as the use of entertainment to divert attention, the initiative to vent, self motivation, and so on. A small number of students will use a passive way to avoid the face of depression. With the help of entertainment and diversion of attention is the most frequently used methods of coping with depression. The graduate student is more mature and rational in seeking how to solve the depressed method: Such as thinking by themself or making plans to do some other things, and seeking psychological counseling. At the same time, school psychological consultation also guide students around depressed story onto the stage and psychological drama performance, caused by student’s strong resonance.

Therefore, universities in the growth and development of students need to adhere to a comprehensive coordinated and sustainable development way. College students’ emotional education is all-round, multi-level, and diversified, including ideological and political, moral cultivation, career, psychological education, and so on. Universities need to constantly update the education management service model.

**Basic Ways and Methods of Research**

**Basic Ways**

**Career planning level—Innovation concept of emotional education.** College students gradually insist on scientific and sustainable development view of education, teaching the students how to correctly deal with the relationship between individual and the society. “Student oriented, emotional penetration, scientific development,” fully embodies the student development theme concept, follow the principle of harmonious development. To establish the concept of “people,” and fully respect and care for the student’s value, developing student’s enthusiasm, initiative, and creativity, pay attention to students’ subjective role.

**The level of moral cultivation—Grasping the law of emotion education.** The main content is social morality, traditional virtues, cultural exchanges, and teamwork. Colleges and universities should pay attention to the cultivation of students’ interests, and constantly improve the students’ awareness of participation in the work, pay attention to the education of students’ comprehensive quality and the cultivation of students’ individual consciousness. Using the principle of concrete analysis of concrete problems, for different grade students to tailor the principles and take appropriate and reasonable incentive measures.

**The level of psychological harmony—To resolve the problem of emotional education.** Psychological quality education includes optimistic mood tendency, enterprising life ideal, healthy aesthetic taste, positive learning attitude, perfect personality structure, continuous innovation consciousness, and so on. Based on the evaluation of students’ internal psychology and external environment, analysis and researching. To guide students to set a clear long-term career development goals, and to develop the corresponding planning steps and learning programs, based on how to help students improve their unique ability, interest and value tendency, make career awareness, exploration, and preparation. With the continuous deepening of social progress and educational reform, the students work in colleges and universities has encountered some problems. At present, most of the students are positive, health, but also part of a special group of college students have some problem in grades, physiological and psychological, daily behavior and economic life. Therefore, through the emotional teaching of deepening and extending strengthen guidance to their relationship to the construction of harmonious campus.

**Basic Methods**

The main methods are:
Quantitative research method. By designing College Students Emotional Education Questionnaire, making a survey of students in the school, taking a comprehensive analysis of the different grades of students in different levels, the level of analysis of the current situation of emotional education, analysising of the reasons to find the focus of the work.

Qualitative research method. The method uses a comprehensive, inductive approach, which helps to reveal the internal regularity of emotional education. Gradually guide the students to develop a scientific thinking method and a positive attitude towards life, and be good at influencing the students to perfect self consciousness, make them know how to be self cognition, struggle, and control. At the same time, teachers should be equal, and respect for students, pay attention to the development of students’ potential. And really put into the friendly exchanges with students, which is also an important goal to meet the needs of the community of emotional education. At the same time, we also should pay attention to the data analysis in qualitative research, based on the data from itself retrospective classification system, careful analysis data, using the study of the classification system to classify the collected data, strengthen the analysis and induction of the data.

Six Points of the Emotional Education in Colleges and Universities Based on the Students’ Idea

In this paper, we take the study from the need to improve the level of students, to promote the diversification of incentive models, strengthen the students’ family education. Actively build a bridge and a platform for education, through the classroom, network and three aspects of the apartment. Promote personal quality practice exercise; find a new path to explore the emotional education of college students by “combination of points, point to an area.” We will also put the warm heart mechanism, ideas harvest into daily work, let the students experience the real “home” warm feeling, improve students’ overall cohesion and centripetal force.

Sincerity

In the process of communication with students, the authors treated with students by sincere, honest attitude. In order to win the trust from them, let them have the confidence. When it comes to class selection awards or seek funding, and so on. We will promptly convene a meeting to discuss with everyone, and arrived five minutes ahead of schedule meeting room. Students are willing to together with the organization to participate in class activities, and student’s participation and enthusiasm are very high. Especially pay attention to part of the economic difficulties, academic difficulties, emotional problems, mental confusion and other students in class, timely give them care and help.

Love

Only love students can do a good job. Love is a bridge, love is a key, love is a catalyst, only pay more attention on students, into the heart of the students, grasping its ideological dynamics in time, achieving harmony between teachers and students to communicate, and to become student’s friends and relatives.

Delighted

With extreme passion and unlimited power, willing to do every job. To some extent, this passion comes in communication with the students, especially the emotional communication, with infectious and passion to drive students, more to participate to the students, and their common development and progress. Learn to appreciate your students, encourage and praise, “Touching the heart, love is the first.” The authors will be glad to go deep into the students, listen to their voice, go into the classroom to see their network teaching, see their art
performance, be in the dorm to care about their well-being, and let the students feel my existence is meaningful and valuable to them.

**Industrious**

In the practical work, actively explore the “brain industrious, eye industrious, mouth industrious, ear industrious, leg industrious, and hand industrious” methods of work to correctly guide the students to resist the temptations of a society. Cultivate a down-to-earth style of work, learn professional knowledge, and constantly cultivate interest and hobbies, cut to improve the emotional education targeted. Brain industrious means think more in the work find the problem in time and think about the countermeasures. Eye industrious means that with the advantages of traditional media and new media pay close attention to and students, colleges, and universities related information. Mouth industrious means to communicate with students face to face, to understand the background of students. Ear industrious refers to listen to the students to learn more about the students’ achievements and difficulties. Leg industrious refers to go the library, classroom, dormitory, playground, and so on. Hand industrious means to write a summary of the work in a timely manner, to refine the work experience and to form the results.

**Happiness**

Be happy for the growth of students. An educator once said, “If you want to see the future of the society, you can see today’s campus.” Young people, especially college students are the builders and successors of the socialist, to win the youth also is to win the future, counselors like navigation that guide students progress, successfully guide the growth, cultivate their lofty ideological and moral quality. When graduation draws near, the authors organized the students took a group photo in order to stay as a souvenir. And held a graduation theme class meeting, each of the students will speak, expressing feelings about the past four years. Memorized a beautiful, memorable college life.

**Innovation**

With the development of the new situation, we must continue to innovate methods in daily work, seriously absorb the students’ suggestions and opinions. Using dynamic service management, to let the students feel that there is a growing hope of success, but also let the student cadres have a sense of crisis. This kind of competition incentive mechanism can be a very good method to improve class cohesion and centripetal force, easy to form a healthy competitive atmosphere. Now, the students are more distinctive personality, when we are in the face of individual differences for the students, who should take individual talk, pay attention to the exchange of skills, timely finishing materials, and further summary.

Emotional education research in universities is very important. Students are the main object that we should pay more attention. Whether it is love, innovation, or joyful, all is we need in the student work has been continuously strengthened. Only through many aspects of thought and effort, in order to truly develop students’ emotional education in existence question, and then help students solve problems.

**The Direction of Next Research**

College students’ emotional education focuses on the emotion of students influence and strengthens the guidance to the students. Actively strive for the school’s educational goals and services for students. In the process of strengthening college students’ emotional education, we should focus on innovative ideas, grasping the laws of emotional education, and crack the problem of emotional education.
In short, we need to put a high sense of responsibility into the whole process of emotional education of students, to influence students with love. The purpose is to help students grow up, to become useful, and to gain the positive meaning of life from the heart. Help them to experience the dignity of life, cultivate self-discipline, unity and help others important quality. This is also a great significance to realize the harmonious development of students’ minds and promote the construction of a harmonious campus.

References


