

Research on the Challenges and Countermeasures of Post Practice for Students Majoring in Design

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Abstract: This article delves into the various challenges that design major students encounter during their on-the-job internship. One of the significant challenges is the lack of practical experience. Design students often find it difficult to apply theoretical knowledge to real-world scenarios, resulting in a sense of uncertainty and inefficiency in their work. Additionally, they may face difficulties in communication and collaboration. Interacting with colleagues and clients from diverse backgrounds can be challenging, as they struggle to convey their ideas effectively and understand the needs of others. Moreover, the high work pressure can be overwhelming for these students, as they are required to meet tight deadlines and handle multiple tasks simultaneously. Another issue is the lack of creative inspiration. Coming up with innovative design concepts on a regular basis can be mentally exhausting, and students may find it hard to stay motivated and inspired. In response to these challenges, several countermeasures can be implemented. Firstly, students should actively participate in practice. By engaging in more practical projects and seeking opportunities to gain hands-on experience, they can enhance their skills and confidence. Secondly, improving communication skills is crucial. Students should learn how to express themselves clearly, listen attentively to others, and build effective relationships. Thirdly, it is important to reasonably arrange time. Creating a schedule that balances work and rest can help students better manage their workload and avoid burnout. Lastly, broadening the vision is essential. By exploring different design styles, trends, and cultures, students can expand their creative horizons and generate more innovative ideas.

Keywords: Design Major Students; On-the-job Internship; Challenges; Countermeasures; Practical Experience; Communication and Collaboration; Work Pressure; Creative Inspiration.

1. Introduction

In today's highly competitive design industry, on-the-job internship holds crucial significance for design major students. It is not only an important stage for students to transform theoretical knowledge into practical ability, but also a critical period for them to adapt to the professional environment and accumulate work experience.

However, design major students often face a series of problems and challenges during on-the-job internship. Firstly, the rapid development and change of the design industry require students to have the ability to keep up with the trend of the times. However, school education may not fully cover the latest design concepts and technologies, resulting in students possibly feeling at a loss during the internship. Secondly, there is a significant difference between the internship environment and the school environment. In the internship position, students need to face a more real and complex work scenario, including collaboration with team members and communication with clients.

In addition, the design work itself has a certain degree of creativity and challenge, requiring students to continuously tap their creative potential and deal with various problems.

Therefore, an in-depth study of the problems faced by design major students in on-the-job internship and the corresponding countermeasures has important practical significance. It helps to improve the internship effect of students, enhance their professional competitiveness, and lay a solid foundation for their future career development.

This study will focus on analyzing the possible problems that design major students may encounter during on-the-job internship, and propose corresponding coping strategies. It is hoped that through this study, it can provide useful references

for students, schools, and enterprises, and promote the smooth progress of on-the-job internship for design major students.

2. Problems

2.1. Lack of Sufficient Practical Experience

Lack of sufficient practical experience means that the theoretical knowledge students learn in school often finds it difficult to be directly applied to practical work, resulting in the possibility that they may not be capable of performing some tasks in the early stages of the internship. This lack of experience can lead to several challenges. For example, they may not be familiar with the actual working processes and operational methods, making it hard to adapt quickly. They might also struggle to understand and meet the actual requirements and standards of the job. In addition, without enough practical experience, students may find it difficult to deal with unexpected situations or problems that arise during the work, and lack the ability to solve them effectively. Moreover, they may not be able to grasp the key points and difficulties of the work, thus affecting the quality and efficiency of the work. To address this issue, students need to actively seek opportunities to participate in practical projects, continuously accumulate experience, and improve their practical ability.

2.2. Difficulties in Communication and Collaboration

Difficulties in communication and collaboration can present several challenges. Firstly, students may struggle to express their ideas and intentions clearly, leading to misunderstandings or miscommunications. This can affect the progress and quality of the project. Secondly, they might have

trouble understanding and responding to the ideas and needs of others, which can hinder effective collaboration. Additionally, they may find it difficult to build good relationships with team members, leading to a lack of trust and cooperation. Moreover, students may face difficulties in coordinating with different roles and departments within the organization, resulting in delays or errors. They might also have trouble handling conflicts and disputes that arise during the collaboration process. To overcome these challenges, students need to improve their communication skills, learn to listen and understand others, and develop the ability to coordinate and cooperate effectively. They should also actively build good relationships with team members and respect the opinions and suggestions of others.

2.3. High Work Pressure

High work pressure can bring several challenges. Firstly, the tight project schedules and high quality requirements can put a lot of pressure on students, making them feel stressed and anxious. They may have to work long hours to meet deadlines, which can affect their physical and mental health. Secondly, the pressure can lead to high levels of stress and tension, affecting their work efficiency and quality. They might make more mistakes or take longer to complete tasks under stress. Moreover, the pressure to perform well can cause students to feel stressed and worried, which can affect their confidence and motivation. They may start to doubt their abilities and lose interest in the work. In addition, high work pressure can also affect their personal life, taking up too much of their time and energy, and leaving them with little time for rest and relaxation. To deal with this, students need to learn effective stress management skills, such as time management, priority setting, and relaxation techniques. They should also communicate with their supervisors and team members to seek support and help.

2.4. Lack of Creative Inspiration.

Lack of creative inspiration can present several difficulties. Firstly, in a high-intensity work environment, students may feel mentally exhausted, making it hard to generate new ideas. The pressure and monotony of the work can stifle their creativity. Secondly, they might struggle to break free from conventional thinking and find novel perspectives. This can limit the originality of their designs. Moreover, long hours of work can leave them with little time for rest and self-reflection, which are essential for nurturing creativity. They may also lack the opportunity to explore new things and gain diverse experiences, hindering the generation of creative inspiration. In addition, the fear of failure or the need to meet specific requirements can suppress their creativity and make them less willing to take risks. To address this issue, students need to find ways to relax and unwind, such as through hobbies or leisure activities. They should also seek inspiration from various sources, such as art, nature, and culture. Furthermore, they can try different approaches and techniques to stimulate their creativity and break through creative blocks.

3. Measures

3.1. Active Participation in Practice: Actively Seek Opportunities to Accumulate Practical Experience

Actively participating in practical activities is an effective way to address the issue of lack of practical experience.

Students should take the initiative to look for opportunities to engage in practical projects within and outside the school. This could include participating in design competitions, internships, or collaborative projects with other students or external organizations. By being involved in these practical activities, students can gain hands-on experience and apply the theoretical knowledge they have learned in a real-world setting. They can learn about the actual working processes, operational methods, and industry standards, which will help them better adapt to the workplace in the future. Additionally, through practical projects, students can also discover their own strengths and weaknesses, and then make targeted improvements. In the process of participating in practical activities, students should keep learning and reflecting, constantly summarizing experience and lessons, and continuously improving their practical ability. They should also be brave in trying new things and taking on challenges, and continuously explore and innovate to enhance their practical ability and comprehensive quality.

3.2. Improve Communication Skills: Attend Training to Improve Communication Skills.

To enhance communication abilities, participating in training to improve communication skills is a highly effective approach. Firstly, through professional training courses, students can acquire systematic knowledge and skills regarding communication. They can learn various communication methods and techniques, as well as understand the principles and rules of effective communication. This will help them communicate more confidently and appropriately in different situations. Secondly, in the training process, students can have ample opportunities for practical exercises. They can engage in role-playing, group discussions, and other activities to practice and improve their communication skills. This enables them to better handle real communication scenarios in the future. Moreover, participating in training allows students to receive professional guidance and feedback. Trainers can provide personalized advice based on each student's specific situation, helping them identify their strengths and weaknesses and make targeted improvements. In addition, in the training environment, students can also interact and learn from their peers, sharing experiences and insights to broaden their perspectives on communication. By participating in communication skill training, students can not only improve their own communication abilities but also build good relationships with others, which is crucial for their personal and professional development.

3.3. Learn to Manage Your Time: Organize Your Work to Avoid Excessive Stress.

Learning time management and reasonably arranging work to avoid excessive pressure is a crucial aspect. Firstly, by mastering time management skills, individuals can better plan and organize their work tasks. They can prioritize tasks based on importance and urgency, ensuring that they focus on the most critical ones first. This helps to reduce stress and anxiety caused by a sense of being overwhelmed. Secondly, through effective time management, people can avoid procrastination and ensure that tasks are completed within the specified time frame. This not only increases work efficiency but also reduces the likelihood of last-minute rushes and associated stress. Moreover, by properly arranging work, individuals can

better balance their work and personal life. They can allocate sufficient time for rest and relaxation, which is essential for maintaining good physical and mental health. This helps to prevent burnout and excessive stress. In addition, learning time management enables people to handle unexpected situations more calmly. They can make appropriate adjustments to their schedule to accommodate unexpected tasks or changes without feeling overly stressed. Furthermore, by managing time effectively, individuals can also improve their self-confidence and sense of accomplishment. They feel more in control of their work and life, which leads to a greater sense of satisfaction and well-being. Overall, learning time management and reasonably arranging work is essential for avoiding excessive pressure and achieving a better work-life balance.

3.4. Broaden your Horizons: Inspire Creativity Through Extensive Learning.

Widening the perspective and inspiring creative inspiration through extensive learning is of great significance. Firstly, by expanding the scope of knowledge, individuals can gain a deeper understanding of various fields and industries. This helps to break through the limitations of conventional thinking and explore new ideas and perspectives. Secondly, extensive learning provides abundant materials and resources for generating creative inspiration. It allows people to draw inspiration from different cultures, art forms, and scientific discoveries. Moreover, through learning, individuals can connect and integrate different knowledge fields, leading to the emergence of innovative ideas. In addition, broad learning also helps to develop critical thinking skills. It enables people to analyze and evaluate different viewpoints and ideas, thus forming their own unique perspectives. This critical thinking ability is essential for generating creative inspiration. Furthermore, by exposing oneself to a wide range of information and knowledge, people can stay up-to-date with the latest trends and developments, and find new opportunities and potential in their work. To achieve this, individuals can read various types of books, attend workshops and seminars, and engage in cross-disciplinary learning. They can also communicate and exchange ideas with others to gain different perspectives and inspiration. In conclusion, widening the perspective through extensive learning is an effective way to stimulate creative inspiration and bring new ideas and opportunities to work and life.

4. Conclusion

Design major students indeed face many challenges in the on-the-job internship, which may bring them certain pressure and trouble. However, by taking positive response measures, they can overcome these difficulties and achieve self-improvement and growth.

During the internship, students may encounter challenges such as insufficient professional skills, poor communication, high work pressure, and lack of creative inspiration. These problems may affect their work efficiency and quality, and even hit their self-confidence.

However, students can overcome these difficulties by taking response measures such as actively participating in practice, improving communication skills, participating in training to improve communication skills, learning time management, reasonably arranging work to avoid excessive

pressure, broadening their horizons, and inspiring creative inspiration through extensive learning. Actively participating in practice allows them to accumulate more experience and improve professional skills; good communication skills help them carry out effective collaboration with team members and superiors; reasonable time management can improve work efficiency and avoid excessive pressure; and extensive learning can broaden their horizons and inspire creative inspiration.

In addition, students can also actively seek help and support from mentors and colleagues, and constantly learn and draw on the experience of others. Through these efforts, they can gradually adapt to the work environment and improve their ability and quality.

In short, the challenges faced by design major students in the on-the-job internship do exist objectively, but through positive response measures, they have the ability to overcome difficulties and lay a solid foundation for their future career development.

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