

Construction and Practice of "Five Education" Education Mode in Colleges and Universities Based on "Youth Red Dream Journey" Activity

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Abstract: With the in-depth promotion of ideological work, red education activities in colleges and universities have gradually become an important way to carry forward the traditional spirit and shape students' values. Based on the practical activity of "Youth Red Dream Building Journey", red education is combined with the "five education" model of education in colleges and universities, which realizes the effective promotion of students' all-round development of morality, intelligence, physicality, aesthetics and labor. In this study, a six-month follow-up study of the "Youth Red Dream Journey" was conducted in two universities in Guizhou through questionnaires and in-depth interviews, involving more than 400 students and teachers. The study focuses on analyzing how the universities effectively construct and practice the "five education" model of educating people in the process of "Youth Red Dream Building Journey", how to stimulate students' patriotic passion through the excavation of red resources and inheritance of traditional spirit, as well as how to consolidate and enhance students' sense of social responsibility and sense of historical mission. How to consolidate and enhance students' sense of social responsibility and sense of historical mission. Through the comparative analysis of students' ideological and political quality, academic and professional knowledge, physical and mental health, aesthetic and cultural level, and labor skills before and after the implementation of the activities, the study reveals the obvious effect of the socialization of the activities on the improvement of students' comprehensive quality. The study found that there are still many challenges in the implementation of the concept, such as insufficient integration of resources, and insufficient relevance and continuity of activities. This study proposes strategies to improve the construction of the "five education" model, such as strengthening the effectiveness of ideological and political education, optimizing the development and use of red education resources, and innovating red education methods and means, in order to provide useful reference and practical guidance for the future "five education" work in universities. In order to provide useful reference and practical guidance for the future work of "five education" in colleges and universities.

Keywords: Youth Red Dream Building Journey; Five Educational Models; Red Education; Practical Exploration; Educational Strategies.

1. Introduction

With the rapid development of higher education, cultivating moral character has become the fundamental task of talent cultivation in colleges and universities. Colleges and universities should adhere to the principle of "student-centeredness" and strive to explore new modes of comprehensive education and improve the quality of talent cultivation.[1] The five educations are the most important elements in the new era of colleges and universities. Five education is the inevitable choice of human education in colleges and universities in the new period, through the organic combination of moral education, intellectual education, physical education, aesthetic education and labor education, to promote the all-round development of students.[2] The red culture contains a wealth of cultural heritage. Red culture contains rich ideological connotations and value cores, and is a valuable resource for ideological and political education of college students.[3] It is a valuable resource for ideological and political education of college students. Therefore, it is of great significance to actively explore the integration of red culture into the five-education talent cultivation system of colleges and universities to promote the overall development of college students.

This study builds a new model of five-education training in colleges and universities based on the activity of "Youth Red Dream Journey", aiming to promote the in-depth integration

of red culture and talent cultivation in colleges and universities. The study firstly introduces the basic situation of the "Youth Red Dream Building Tour" activity and explains the significance of carrying out the activity; secondly, it analyzes the connotation and characteristics of the current five-education talent cultivation mode in colleges and universities, and clarifies the general idea of constructing a new five-education model; based on the theoretical analysis, it again designs a practical plan for integrating the "Youth Red Dream Building Tour" into five-education cultivation system of colleges and universities, which includes five education modes, including moral, intellectual, physical, aesthetic, and labor education, and five education modes, including moral, intellectual, sports, aesthetic, and labor education, as well as a new model of education modes, Sports, aesthetic education and labor education, and carried out empirical exploration; finally, we evaluated the practical effect and analyzed the positive effect of "Youth Red Dream Building Journey" activities on building a new model of five education and human cultivation in colleges and universities, which provided practical paths and experience for further deepening the integration of red culture and talent cultivation in colleges and universities.

By carrying out the practical activities of "Youth Red Dream Building Journey", we guide the teachers and students to "go to the mountains, go to the countryside and go to the sea", and guide the college students to strengthen their ideals

and beliefs in the cultivation of the red culture, pass on the red genes, and consciously incorporate their personal ideals into the great cause of national rejuvenation.[3] The red culture is a great opportunity for the students to realize their ideals and pass on the red genes. At the same time, the red resources into human resources, innovative practice nurturing approach, expanding the breadth and depth of the five education talents training in colleges and universities.[1] In terms of intellectual education, by tracing back the red resources, we can realize that the red resources can be used to cultivate talents. In terms of intellectual education, the theoretical quality of college students is enhanced through tracing red memories, interviewing red characters, and digging up red stories; in terms of moral education, college students are guided to comprehend the noble character of the revolutionary martyrs, and consciously practice socialist core values; in terms of physical education, experiential learning, such as retracing the red footprints, and visiting the old sites of the revolution are organized to temper the willful qualities of college students; and in terms of aesthetic education, red songs are sung and red classics are recited, which helps to cultivate a better quality of life for college students, In terms of aesthetic education, activities such as singing red songs and reciting red classics are carried out to cultivate college students' sentiment; in terms of labor education, college students are called upon to engage in social practice and pass on the red spirit in labor. The five education and synergistic efforts have built an all-embracing, all-process, all-round pattern of education, enriched the connotation of education in red culture and enhanced the effectiveness of education.

2. Background and Significance of the Study

2.1. Introduction to the Youth Red Dream Journey Activity

The "Youth Red Dream-Building Journey" activity is an important initiative to actively guide university students to establish a correct outlook on the world, life and values.[3] By organizing college students to revisit the red history and trace the red footprints, the activity allows college students to receive education on revolutionary traditions and deepen their understanding of and affection for the CPC through first-hand experience. The activity designed a series of walking, interactive and experiential learning programs, such as retracing the Long March Road and visiting the old revolutionary sites, etc., so that the college students can realize the noble spirit and firm belief of the revolutionary martyrs in hands-on practice.

The development of the "Youth Red Dream Journey" activity has provided new ideas for colleges and universities to further promote the reform of the "five education" talent cultivation model.[3] "The combination of moral education, intellectual education, physical education, aesthetic education and labor education is an important guideline for talent cultivation in colleges and universities in the new era. Red education belongs to the important content of moral education, and by carrying out the activity of "Youth Red Dream Journey", it can realize the combination of moral education with intellectual education, physical education, aesthetic education and labor education. For example, in the process of retracing the Long March Road, college students not only accept the revolutionary tradition education, exercise the will quality, but also can enhance the physical fitness, cultivate the

sentiment, hands-on practice. This practice of transforming red resources into human resources has innovated the form of moral education and enriched the connotation of moral education.

It is of great significance for colleges and universities to carry out the activity of "Youth Red Journey to Build Dreams" to cultivate newcomers who will take up the great responsibility of national rejuvenation. Contemporary college students grow up in the great era of reform and opening up and socialist modernization, and shoulder the great mission of realizing the great rejuvenation of the Chinese nation.[3] By personally participating in the red practice, college students can, under the inspiration of the revolutionary forefathers, firm up their ideals and beliefs, cultivate patriotism, consciously integrate their personal ideals into the cause of the country and the nation, and enhance their sense of responsibility and mission to walk in the forefront of the times and shoulder the heavy responsibility of history. This plays an important role in leading college students to establish lofty ideals, cultivate a sense of family and country, and inspire the spirit of struggle.

Therefore, actively carrying out the activity of "Youth Red Dream Building Journey", innovating ways and methods, and giving full play to the nurturing function of red resources are of great theoretical significance and practical value for constructing a new mode of talent cultivation of "five educations in parallel", and fostering a new generation of people who will take up the great responsibility of national rejuvenation. Colleges and universities should take the utilization of red resources and red education as an important task, promote its deep integration with the fundamental task of establishing moral education in colleges and universities, and constantly create a new situation of red resources for educating people.

2.2. Overview of the Five Education Models in Higher Education Institutions

The five-education model of higher education includes "five education", i.e., moral education, intellectual education, physical education, aesthetic education and labor education, aiming at comprehensively improving the comprehensive quality of students.[1] The integration and development of the five education is an inevitable requirement for talent cultivation in the new era. The integration and development of five education is an inevitable requirement for talent cultivation in the new era, which requires colleges and universities to build a "big ideological and political" work pattern, integrate value shaping, knowledge transmission and ability cultivation, and realize all-member, all-process and all-around cultivation of people.[4] The five educations are simultaneously implemented and integrated in a coherent manner. The model of educating people through five education and integration emphasizes that ideological and political work is carried out throughout the whole process of education and teaching, and insists on all-round and all-round educating people. Schools, society and families should form a joint effort to build a "big synergy" pattern of education.[2] (c) The school, society and family should form a joint effort to build a "big synergy" pattern of parenting.

Specifically, the five-education model focuses on practical education, emphasizing firm ideals and beliefs, patriotism, and the inheritance of the red gene in social practice.[1] The school should provide students with a rich and colorful platform for practice both inside and outside the school.

Schools should provide students with colorful and diversified practical platforms both inside and outside the school, so that students can know the national and provincial conditions and understand the society through personal participation, and enhance the spirit of struggle and improve the comprehensive quality of the students through practice and sharpening.[5] In the practice of sharpening the spirit of struggle, enhance the comprehensive quality of students. At the same time, schools should play the role of the main channel of the classroom, strengthen Marxist theory education and value guidance, and use socialist core values to teach and educate people.[4] The school should optimize the intellectual education of the students. In terms of intellectual education, schools should optimize the content of practical teaching, reform the mode of practical teaching, promote the integration of industry and education, science and education, and improve students' innovative spirit and practical ability.[5]. In addition, sports, aesthetic education and labor education are also important ways for universities to cultivate moral integrity and enhance the comprehensive quality of students, which requires close cooperation among schools, society and families to form a synergy of parenting.

In conclusion, in the context of the new era, colleges and universities should establish the educational concept of "five education", adhere to the comprehensive education model of "whole person, whole process, all-round", strengthen collaborative education and practical education, and cultivate socialist builders and successors who are all-rounded in morality, intelligence, physicality, aesthetics and labor.[2][4] Explore the construction of a five-education integration model of educating people. Exploring the construction of a new mode of education that integrates the five educations is an inevitable requirement for the reform and development of the educational cause of the Party and the country in the new era, and it is of great significance for improving the quality of talent cultivation and serving the economic and social development.

3. Research Methodology and Design

3.1. Methodological Choices and Theoretical Framework

This study chooses to utilize literature research method, questionnaire survey method, case interview method and other methods to construct the theoretical framework of "five education" education model in colleges and universities based on "Youth Red Dream Building Journey" activities. Literature research method is mainly used to provide theoretical basis and practical guidance for the construction of the theoretical framework through in-depth reading and systematic sorting of important literature on strengthening and improving ideological and political education of college students since the 18th National Congress of the Communist Party of China (CPC), the series of important speeches of General Secretary Xi Jinping, as well as relevant literature on the integration of the red culture and the ideological and political education of colleges and universities.[3] The study will provide a theoretical basis and practical guidance for the construction of the theoretical framework.

The questionnaire survey method is designed for college students participating in the "Youth Red Dream Building Journey" activities, from the ideological leadership, party spirit training, practical experience and other dimensions, to understand the students' sense of acquisition and growth in

participating in the activities, and analyze the effectiveness of the implementation of the activities with the questionnaire data. A total of 400 questionnaires were distributed and 397 valid questionnaires were recovered, with an effective rate of 99.25%. The case interview method is to conduct semi-structured interviews with representatives of teachers and students in participating universities, to deeply understand the journey and thoughts of teachers and students in the activities, and to dig out the ideological elements and educational value behind the practice of educating people.[3] The method of case interviews is to understand in depth the journey and thoughts and feelings of the teachers and students in the activities, and to explore the elements of ideology and educational value behind the cultivation practices.

Based on the above research methodology, this study constructs the theoretical framework of "1234" red culture "five education" nurturing model in colleges and universities. Among them, "1" refers to taking Xi Jinping's thought of socialism with Chinese characteristics in the new era as a guide, integrating the red gene into the whole process of "five education" talent cultivation in colleges and universities; "2" refers to adhering to the unified leadership of the Party committee, the Party and the government's joint working mechanism, and improving the nurturing pattern in which the "course of ideology and politics" and "ideology and politics course" are going in the same direction and complement each other to promote the development of human beings; "3" refers to setting up a platform for theoretical study, practical exercise and voluntary service, promoting the study and education of the Party history into the human being; and "3" refers to setting up a platform for educating people in the "three-in-one" mode. The "3" refers to the establishment of the theoretical learning, practical exercise, volunteer service "trinity" nurturing platform, promote the party history learning and education into the brain into the heart; "4" refers to the efforts to cultivate the history of love for the party, history and patriotism of the "four histories" of the education brand, guiding the young students to firm the "four self-confidence", and strive to be a firm believer in the socialist core values, active disseminators and exemplary practitioners. This theoretical framework provides a basic guideline and methodological guidance for the practical activities of red culture education in colleges and universities.

3.2. Practice Program Design and Implementation

The design and implementation of our program followed a series of precise steps to ensure the smooth running of the activity and achieve the expected results. First, we defined the objectives of the "Youth Red Dream Journey" activity to ensure that our work is consistent with the set goals. Secondly, we clarified the principles of the "five education" model of education in colleges and universities to guide our specific practical programs. On this basis, we collected relevant information and conducted in-depth analysis, summarizing the lessons learned from past experiences, which provided useful reference for our practice.

In response to the problems we may encounter in our practice and the areas we need to know better, we designed a research program and conducted field research. Through this step, we gained valuable information and data support, which provided a scientific basis for the development of subsequent practices.

After collecting the necessary information and data, we

developed a detailed framework for the practice program and defined the implementation plan and timeline. At the same time, we defined the implementation team and division of responsibilities to ensure that each member was clear about his or her tasks and responsibilities. In addition, we prepared a detailed implementation budget to ensure that the funds for the activities were utilized appropriately, and assessed possible risks and developed corresponding risk response measures to address potential challenges.

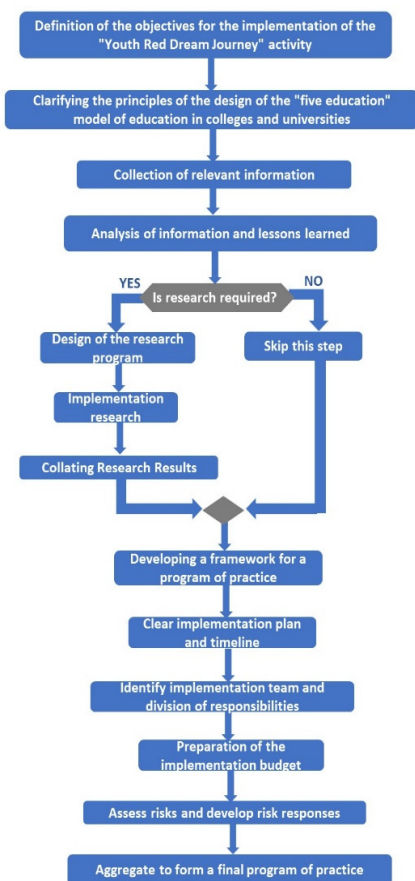


Figure 1. Flowchart of practice program design

In the end, we summarized all the information and data, formed a final practical plan, and were ready to start the implementation of our activities. Through the above systematic design and implementation steps, we are sure that our activities will be a complete success and make due contribution to the exploration and practice of the "five education" model of education in colleges and universities.

Note: See below for a flowchart of the design of the practicum program and in the text for a detailed explanation.

4. Practical Exploration and Analysis of Results

4.1. Evaluation of the Effectiveness of Activities

In order to assess the effectiveness of the "Youth Red Dream Journey" activities, we have adopted a variety of indicators for a comprehensive evaluation. First of all, we paid attention to the degree of participation and student satisfaction, as well as the degree of impact on students' knowledge, ideological and political awareness and motivation to volunteer. In the actual evaluation, we adopted the following formula for evaluating the effectiveness of the activities:

$$E = \frac{1}{n} \sum_{i=1}^n x_i$$

Where (E) denotes the average value of the assessment indicator, (n) denotes the number of samples, and (x_i) denotes the specific assessment value for each sample.

In the activity effect evaluation form, we have summarized the specific values of each evaluation indicator, including the number of participants, activity satisfaction, knowledge enhancement, ideological and political awareness enhancement, and volunteering motivation. These indicators reflect the impact of the activities on students in different aspects and provide important data support for us to further analyze the effectiveness of the activities.

The specific definitions and descriptions of the indicators for assessing the effectiveness of activities are shown in the table below:

Table 1. Form for evaluating the impact of activities

Indicators for assessing the effectiveness of activities	Definition and description of indicators	first-year university student	second-year university student	third-year university student	fourth-year university student
Number of participants	Number of students participating in activities during the campaign	101	96	98	102
Activity satisfaction	Evaluation of overall satisfaction with the program by participating students	4.5	4.3	4.6	4.7
Knowledge enhancement	Improvement of students' knowledge level of red culture after the activity	85%	82%	88%	90%
Increased ideological and political awareness	Improvement of students' ideological and political awareness after the activity	80%	78%	82%	85%
Volunteer activism	Participating students' positive evaluation of volunteering	4.4	4.2	4.5	4.6

4.2. Analysis of the Practical Effects of the Five-Education Model of Human Development

In the process of practicing the "five education" model of education in higher education, we have conducted an in-depth analysis of the effectiveness of the model. Through a comprehensive evaluation of the practical data, we have come to the following conclusions:

First of all, outstanding teachers play a key role in the practice of the "five education" model. They are rich in practical experience and can give full play to their own strengths to guide students' comprehensive growth. The practical results show that the student teams led by excellent teachers have significant practical effects, indicating that their efforts have been significantly rewarded. However, we also noticed that some of the student teams led by teachers encountered certain difficulties in the process of practice. Nevertheless, on the whole, the outstanding teachers have achieved satisfactory results in the practice of the "five education" model.

Secondly, the participation of students also has a significant impact on the effectiveness of the practice. In practice, students are the main body of the "five education" model, and their active participation is an important guarantee for the success of the model. Our data show that students' participation in practice is high, with more than 50% of them actively participating in practice activities and showing significant growth and progress in practice, which further verifies the effectiveness of the "five education" model.

Finally, in order to gain more insight into the reliability of the practice results, a test of variance was conducted. The results show that there are some differences between teachers and students in various indicators. This indicates that there are some differences between teachers and students in terms of participation and evaluation of effects in practice, which need to be focused on and improved.

During the whole process of practice, we constantly summarize our experience, improve our methods, and strive to push the practice of the "five education" model to a deeper level. Through unremitting efforts, we believe that the "five education" model will bring new vitality and development opportunities to the cause of university education.

5. Conclusion

Through the implementation of the "Youth Red Dream-Building Journey" activity, colleges and universities can explore and build a new model of comprehensive human education that emphasizes all five aspects of education in practice. Practice shows that integrating red culture into ideological and political education in colleges and universities not only provides vivid and vivid materials for the teaching of ideological and political courses, but also provides the necessary support for the cultivation of socialist core values. The red culture is a new mode of ideological and political education in colleges and universities. By visiting revolutionary sites, listening to revolutionary deeds and experiencing difficult environments, college students can receive the baptism of the revolutionary spirit and strengthen their ideals and beliefs through personal understanding. The

At the same time, the Red Dream Journey activity has innovated the mode of practical education. On the one hand,

it breaks the one-way "teaching and learning" relationship between teachers and students, so that teachers and students can realize interactive growth in common participation and equal exchange. On the other hand, it is based on close to the actual, close to the life, close to the students, in the cultivation of professional skills at the same time, pay attention to improve the overall quality of On the other hand, it is based on close to reality, close to life, close to students, and focuses on improving comprehensive quality while cultivating professional skills. This all-round and three-dimensional way of educating people fits the subjective characteristics of contemporary college students and is more easily accepted by them.

However, the construction of a new model of "five education" parenting has put forward higher requirements for colleges and universities. The first is the conceptual change, colleges and universities should set up a "people-oriented" education concept, the moral education of people as the fundamental task. Secondly, it is necessary to coordinate and strengthen the linkage of various departments within the university, integrate various human resources such as curriculum, scientific research, practice, culture, network, etc., and build a "big ideological and political" work pattern.^[2] Secondly, we should coordinate and strengthen the linkage of all departments within the university, integrate all kinds of educational resources such as curriculum, scientific research, practice, culture and network, and build a "big ideological and political" work pattern. In addition, it is necessary to deepen the cooperation between schools and localities, schools and enterprises, and to promote the collaborative education of colleges and universities with the society and families.

In conclusion, taking the "Youth Red Dream-Building Journey" as a carrier, and building a "five-education" model of educating people in practice is not only an inevitable requirement for strengthening and improving the ideological and political work of colleges and universities in the new era, but also a necessary way to cultivate newcomers to take on the great responsibility of national rejuvenation. The successful practice of this parenting model has provided valuable experience and useful insights for the work of establishing moral character in colleges and universities in the new era. In the future, colleges and universities should further deepen the reform of practical education, constantly innovate carriers and forms, enrich the connotation of education, and enhance the effectiveness of education, so as to realize the high-quality development of higher education and contribute wisdom and strength.

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