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The role of college counselors in mental health education of college students in the new era

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Abstract: In the new era, the mental health of college students has become the focus of attention. College counselors play an irreplaceable role in the mental health education of college students. Therefore, on the basis of the analysis of the current situation of college students' psychology, this paper discusses the advantages and conditions of college counselors' participation in mental health education from the perspective of college counselors who have the most direct and close contact with students, and tries to explore the role of college counselors in college students' mental health education.

Keywords: College counselors; College students; Mental health education; Function.

1. Introduction

University stage is the key period of physical and mental development of college students, and also the transition period of college students to society. At present, with the fierce social competition and the increasingly severe employment situation, so that college students in the growth of talent, interpersonal communication, economy, employment, emotion and other aspects of the pressure is increasing. The psychological problems of college students also increase, these psychological problems to a large extent hinder the comprehensive development of college students. In recent years, college students' mental health problems show a trend of diversification, complexity and severity, which has become one of the important factors leading to students' suspension and dropout [1].

As the most basic student workers, college students' mental health mentor, College counselors have long been in the front line of students' work [2], play an irreplaceable role in the growth of college students' mental health. College counselors should understand and grasp the several psychological problems that college students are prone to, and timely find and solve their psychological problems. Here are my thoughts on the effective development of college counselors' mental health education.

2. The psychological problems that college students are prone to

The psychological problems presented by college students are mainly reflected in five aspects. College counselors should understand the psychological problems that college students are prone to, and be good at discovering abnormal phenomena among students in education management, so as to give timely and correct guidance.

2.1. Environmental adaptation problems

Environmental adaptation is more common among freshmen. When freshmen enter a new environment, it is like entering a strange world. They want to be independent, but they don't know how to be independent. Therefore, they will feel fear and insecurity psychologically. At this time, psychological support is especially needed. College counselors should first help them eliminate fear and gain a sense of security, and then guide them to gradually transition from a state of dependence to a state of independence, starting with the development of basic self-care ability, so that they can successfully pass the first stage.

2.2. Learning Problems

Learning difficulties and setbacks have the most significant impact on college students.

University teaching is an adult-oriented teaching, in which students themselves are no longer the leading learners, and the learning pressure is relatively high. Compared with the previous exam-oriented education, the learning method is more flexible and autonomous.

Many students do not understand and adapt to this "student-active" way of learning. Therefore, College counselors should discuss with them the characteristics of college learning, guide them to establish clear learning goals, help them master scientific and effective learning methods and learn to learn.

2.3. Interpersonal problems

College students are in the psychological development period of eager communication, eager to understand, be accepted by others, be recognized by others.

How to get along well with the students around and establish a harmonious interpersonal relationship is an important subject facing college students. The establishment of college students' interpersonal relationship is a long-term process, which cannot be accomplished overnight. College counselors should be their first dialogue partner, help and guide them to combine their own personality characteristics, treat interpersonal relationship with positive attitude and behavior, find appropriate ways to cultivate their interpersonal skills, gradually learn to communicate, and establish a harmonious interpersonal relationship.

2.4. Love and sexual psychological problems

College students are in the middle and late youth, sexual maturity is an important feature, love and sex problems are inevitable. However, the education most college students receive for puberty is far from enough, and they lack psychological preparation for sexual maturity. When their mystery, fear and desire for the opposite sex are intertwined, they will produce various psychological problems.

At this time, College counselors should encourage them to

take the initiative to carry out normal sexual communication, improve their ability to communicate with the opposite sex, help guide them to establish a correct view of love, and treat their sexual behavior carefully, rather than blindly forbid.

2.5. Personality and emotional problems

Some students think that their appearance is not good, or that their ability is lower than others, or that their family conditions are not as good as others, and so on. Seeing oneself and the surrounding environment with colored glasses affects the correct self-understanding, thinking that they can't catch up with others in everything and always feel "inferior". College counselors should pay special attention to these students, help them understand themselves correctly, accept what cannot be changed, change what can be changed, and establish a correct world view, outlook on life and values.

3. The advantage of college counselors in college students' mental health education

3.1. Resource Advantage

In addition to classmates and roommates, college counselors are the people who have the longest contact with college students and the closest relationship with them. Compared with professional course teachers and mental health center teachers, college counselors have unique resource advantages, both in terms of time spent with students and the nature of their work. College counselors are responsible for students' dormitory safety, daily living, study management, evaluation and award, student loans, work-study and other work, and has the most contact time with students and the widest range of contact. Coupled with the assistance of the student cadre team, they are the most in-depth understanding of the students' personality characteristics, psychological needs, ideological dynamics, emotional status, communication confusion, so college counselors are the easiest to understand the students' mentality, and find the psychological problems of students. College counselors should follow the "four early" principles of early attention, early guidance, early detection and early intervention, timely counseling and solving students' psychological problems.

3.2. Communication Advantage

Currently, college counselors in our country are undergraduate and graduate students from universities and belong to peer group. There is little difference between college counselors and students based on growth background, similar age, values and life mode, low defensiveness in communication, high effectiveness and strong interaction. Therefore, many college students rely on college counselors and are willing to actively communicate with them to seek advice and support group advantages when there are problems in study and life. College counselors have a direct and far-reaching influence on students to form a correct outlook on life, cultivate good psychological quality and sound personality.

3.3. Professional Advantages

College counselors are usually assigned according to their majors. Due to the different professional backgrounds, learning atmosphere and interpersonal relationships of different departments, college counselors can choose appropriate psychological counseling methods for students with psychological problems according to the actual situation.

4. The conditions for college counselors to participate in mental health education

4.1. Understand the psychological characteristics of college students

Most college students are in the middle youth (18-24 years old). Their physical development is nearly complete, but their psychological maturity is not yet. College students have different psychological characteristics from other age groups. For example, physiological predominance and psychological maturity lag, self-concept enhancement and cognitive ability development incongruity, psychological internal need structure changes, the desire to join the society urgency, and so on. These psychological characteristics dominate and guide the learning attitude of college students, so as to have an important impact on the quality of life in college.

Therefore, the main tasks of college students' mental health education are: according to the psychological characteristics of college students, targeted to teach mental health knowledge, so that college students have a correct understanding of mental health; carry out psychological counseling or psychological counseling activities to help college students establish mental health awareness; optimize the psychological quality and improve the psychological adjustment ability and social adjustment ability of college students; to prevent and alleviate mild psychological disorders; help college students to deal with the environment adaptation, self-management, learning and talent, interpersonal communication, dating, job hunting, personality development and emotional catharsis and adjustment and other aspects of the confusion; improve mental health and promote all-round development of morality, intelligence, physical beauty.

4.2. Understand the mental health level of college students.

Generally speaking, college counselors can understand the psychological status of college students through the following ways: first, to understand their family status and learning experience from the students themselves; The second is to understand the learning situation of each student from the teacher; The third is to learn about students' life and living conditions from other classmates or roommates. Fourth, scientific assessment is carried out through professional psychological testing tools. For students with psychological problems, we must do early detection and early solution. If necessary, college counselors can contact the professional teachers in the psychological counseling center to make further decisions.

4.3. Understand the basic theories and skills of psychological counseling.

College psychological counseling includes two aspects: one is developmental counseling, the other is obstacle counseling. The former aims to let college students understand the correct self-awareness so as to tap their own potential. The purpose is to help college students successfully spend their college life and lay a good foundation for their future life. The latter is mainly aimed at the psychological

disorders of college students, through some psychological therapies to alleviate and eliminate their psychological problems. If college counselors can master certain psychological counseling methods and skills and use them in the communication with students, they can achieve twice the result with half the effort. The methods commonly used in psychological counseling include observation, case, questionnaire, interview and test. In addition, college counselors should also understand the principles of psychological counseling, such as the principle of coming and going, the principle of confidentiality, the principle of punctuality, the principle of emotional limitation. In daily work, college counselors should adopt different counseling methods for different students, depending on people and things.

4.4. Understand the basic types of psychological disorders and mitigation measures.

College counselors should understand some basic types of psychological disorders, especially several common types of psychological disorders and mitigation measures, such as learning disabilities, adaptive disorders, interpersonal disorders, Internet addiction, seasonal affective disorder, depression, personality disorders, mood disorders, etc. In order to solve students' common psychological problems more conveniently.

4.5. Strive to cultivate good psychological quality, noble moral sentiments and strong communication skills

As the main force of college students' mental health education, college counselors can only gain students' understanding and trust, eliminate students' resistance, make students willing to open their hearts, and promote the smooth communication between the two sides only by ensuring that they have positive and good psychological quality, noble moral sentiment and strong communication ability. Psychological research shows that good teacher-student relationship is the link for teachers to carry out mental health education. In the process of communication, college counselors promote the smooth development of mental health education by adopting appropriate methods and skills of psychological counseling.

4.6. Do a good job of mental health regulation.

College counselors themselves are under enormous pressure. First, the degree of specialization and professionalism of the college counselor team is not high. Second, college counselors in some colleges and universities are full-time teachers, who also bear the heavy teaching and scientific research of professional courses, and the work pressure is greater. In the face of this situation, college counselors themselves will appear some mild and common psychological confusion. Therefore, if college counselors want to do a good job in mental health education, they should first adjust their own mental health status.

5. The way for college counselors to participate in college students' mental health education

To do a good job in college students' mental health education is a new task facing college counselors under the new situation. From the point of view of the distribution of psychological normality, most of the psychological problems of college students are adaptability and development, and only a few of them really belong to mental diseases.

Therefore, college counselors can play a role in mental health education through many ways.

5.1. Carry out in-depth heart-to-heart activities

College counselors can carry out psychological counseling through communication with students to further promote the self-adjustment of students' mental state [3]. The contents of heart-to-heart talk can be diversified, including exchanging study puzzles and experiences, dealing with roommate relations, getting to know classmates in other majors, obtaining parents' understanding and support, developing good healthy living habits, making college career plans, and so on. The way of heart-to-heart talk can be diversified, such as to the dormitory chat; Find competent class cadres to understand the relatively hidden situation inside the class; College counselors have a detailed understanding of individual students with academic difficulties, bad living habits and disharmonious interpersonal relations, and find out the root of the specific problems they face from their character and thought, so as to help them deal with the problems of healthy life, learning to become a talent, choosing a career and making friends, and improve their psychological quality.

5.2. Do a good job in psychological counseling for students in special groups

Special groups of students include students with financial difficulties, students with learning difficulties, brokenhearted students, students who violate discipline, students who downgrade and change majors, students suffering from serious diseases, students with abnormal words and deeds, and other students who need special attention. For these students, college counselors should establish special student files, communicate with them regularly, pay timely attention to their psychological feelings and changes, master their emotions and mentality, do not ignore, give up or abandon, and help them resolve psychological pressure and crisis.

5.3. Do a good job of psychological adjustment for freshmen and graduates

Most freshmen have problems in adaptation, and college counselors have to hold class meetings several times. In the class meeting, college counselors should give an in-depth introduction of the school environment, emphasis on professional development prospects, as well as what to learn, what to do, how to do, to help college students to position their life, set up goals. In addition, senior students are invited to exchange experiences with freshmen and talk about their own experiences and regrets, so that freshmen can be prepared mentally, quickly adapt to college life and find their own stage. Each freshman is required to submit a personal autobiography, including his family, hobbies, growth experience, university expectations, the deepest feelings in the university, so as to have a comprehensive and profound understanding of freshmen, to obtain the most powerful information, to achieve early detection of psychological problems, timely prevention.

As for graduates, it is necessary to hold special class meetings on how to write a good resume, how to dress, how

to interview. For frustrated because of the interview, do not dare to participate in the interview of students, it is necessary to communicate with their parents in a timely manner, help them build confidence, realize that the interview is a process of exercise, only through tempering it is possible to realize their own strengths and weaknesses, so as to constantly reflect on and improve their own internal quality.

5.4. Do a good job of psychological counseling for poor students

As a special group of young college students, poor college students face the double pressure of economy and study, which is easy to cause psychological problems. It is the duty of college counselors to do a good job in psychological counseling of poor students.

College counselors should give priority to the poor students for student loans, grants, work-study and other ways to reduce the financial pressure on poor students; Usually equal tolerance to poor students, pay attention to emotional exchange and communication with poor students, let them properly express their opinions and vent pent-up emotions;

In view of the psychological disorders and behavioral problems of poor students, such as inferiority, depression, depression, deterioration of interpersonal relationship, isolation and other aspects, the use of psychological theory knowledge, strengthen their psychological dredging, help them to understand poverty again, guide them to establish self-esteem, self-confidence, self-reliance, self-reliance consciousness.

5.5. Do a good job of calming the psychological gap of the students who failed in the evaluation

College counselors often organize a variety of class meetings for all students, such as selection of class cadres, selection of grants, party members and so on. Due to the limitations of the quota and conditions, there will always be some people fail to be selected, resulting in imbalance and loss of self-esteem, serious and even a loss of confidence, become self-pity and unhappy, do not fit in. Especially the financial aid, every college student is very concerned about, apply for the financial aid but failed to pass the students, how much the heart is a little unbalanced; Students who have failed to apply for several times in a row will feel even more uncomfortable and resent college counselors for being unfair. If they fail to talk with them and do a good job in the follow-up counseling and enlightenment work, they will easily feel uncomfortable due to a little friction with classmates, and even have paranoid thoughts and thoughts of revenge. College counselors can take this opportunity to have a deeper understanding of the specific situation and personality differences of individual students, carry out targeted guidance and education, and make full use of class group effect, special restriction function of strong sense of belonging of peer group, improve and develop good psychological quality of college students.

5.6. Pay active attention to the psychological hidden dangers of the removed class cadres

For no ability, not competent class cadre work, other students refuse to accept and forced to change down the students, more should pay twelve points of love. Some class cadres feel that being replaced is a matter of losing face, which will blow their self-esteem and cause them to lose face in front of classmates, which is likely to degenerate in inferiority and self-abandonment. Counselors must do a good job of appeasement, put themselves in his shoes, and make him realize that this job is just not suitable for him, not a matter of personal ability and attitude, so as to form their own principles and styles of doing things. Learn to communicate with students, really do for the students to take proper measures.

5.7. Timely discovery and referral of students with serious mental disorders

College counselors should be careful in their work and be able to find and refer students with serious mental disorders in time. If the students with moderate depression or mild schizophrenia are found, college counselors should take the initiative to interview them, analyze and distinguish different types and degrees of problems, take immediate action, contact the teacher in the psychological counseling room, ask the psychological teacher to do some professional tests, contact the parents, ask the parents to come to the school, disclose the students' mental illness in detail, and do a good job of parents' ideological work.

Let parents accept the fact that their children have mental illness, realize the seriousness of their children's problems, and together with parents to professional health institutions for diagnosis and diagnosis, promote parents to actively communicate with professional psychologists, early treatment of children.

6. Conclusion

College counselors play an important role in college students' mental health education. College counselors should consciously improve their political position, start from improving their own quality and ability, give full play to their own advantages, integrate educational resources, fully understand the actual situation of students, timely grasp the psychological dynamics of students, enrich their own mental health education knowledge, expand the channels of mental health education, effectively improve the effectiveness of college students' mental health education, and cultivate students' growth.

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