

Research on the deep integration of Ideological and political education and mental health education of College Students

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Abstract: the deep integration of College Students' Ideological and political education and mental health education is the inevitable demand for vocational colleges to implement the fundamental task of Building Morality and cultivating people, and it is also the internal demand for cultivating college students' comprehensive development. In the work of teaching reform in the new era, schools should focus on promoting the effective integration of Ideological and political education and mental health education, actively change teaching methods, correctly grasp the internal relationship between the two education modes, promote the organic integration between the two, so that students can not only learn the content of mental health education, but also develop their own ideological and moral level, So as to achieve comprehensive development. Based on this, this paper analyzes the practical strategies of the deep integration of College Students' Ideological and political education and mental health education, in order to provide reference for educators.

Key words: college students; Ideological and political education; Mental health education; Deep fusion

Introduction: the mental health status of contemporary college students has aroused the attention of the society. Mental health education in vocational colleges plays an important role in cultivating students' healthy psychological quality and enhancing students' psychological quality, which is an important content of talent training. Ideological and political education occupies an important position in the school education system and plays an irreplaceable role in improving students' ideological quality. In the new era, the deep integration of mental health education and ideological and political education is the key to promote the development of students' physical and mental health. In this regard, schools should correctly recognize the important value of the integration of the two, in-depth analysis of the teaching methods and teaching contents of the two, promote the deep integration of the two, form a more powerful educational force, and promote the healthy growth of college students.

1. The relationship between College Students' mental health education and ideological and Political Education

Mental health education is an educational work that combines the law of College Students' physical and mental development, promotes students to establish correct ideas, and relieves students' inner pressure and mental illness through psychological counseling and consultation. By carrying out psychological education, students' self-discrimination ability can be improved, students' positive attitude towards life can be cultivated, students can effectively adapt to the pressure of life and learning, bring students good learning experience, and promote students' all-round development. Ideological and political education is an education course to strengthen students' ideals and beliefs, and promote students to establish correct ideas. It can establish an effective connection with students' actual life, promote the improvement of students' spiritual and cultural literacy, and promote the development of students' physical and mental health. There are differences between the above two forms of education, but there are also profound internal links. Through effective and in-depth integration, it can teach students more positive energy knowledge, promote students to form a good psychological state, and improve students' mental health level. Through the analysis, it can be found that the two have the following relationship: first, the consistency of educational objectives. From the perspective of educational objectives, the specific objectives of the two have different emphases and are independent of each other, but the ultimate goal of both is to achieve the overall goal of education and cultivate qualified talents who meet the needs of national construction and all-round development. The former focuses on solving the cognitive or emotional problems existing in college students' psychological development, improving students' character and promoting students' healthy development, which is essentially an important part of the Department of Ideological and political education. The latter focuses on Integrating Ideological and political elements into the whole process of students' learning, guiding students to establish correct ideas and promoting students' all-round development. Second, the content of education is cross cutting. From the perspective of educational content, both belong to spiritual education, and there are overlapping contents between them. For example, in the teaching of Ideological and political course, when teachers explain the content of dialectical materialism, they can make students aware of the subjective and objective factors that affect their own development, and then promote students to reasonably adjust their mentality, actively adapt to the environment, and meet the challenges of the external environment; In the teaching of materialist dialectics, students can make self judgment and others' judgment from a more comprehensive perspective, so as to correct their mentality and effectively overcome their inferiority complex or complacency. In the course of mental health education, teachers can help students adjust their psychological state by teaching correct psychological methods, so that students can form good psychological quality, which has a positive effect on the development of students' qualities. The third is the mutual promotion of education. From the perspective of teaching effect, there is a mutually reinforcing relationship between the two. Mental health education plays a positive role in promoting the smooth development of Ideological and political education, and ideological and political education plays an important leading role in the course of mental health education. Ideological and political education pays attention to the propaganda of national policies and the development of

ideological guidance education. Teachers need to carry out teaching according to the psychological characteristics and actual situation of students, so as to promote the ideological and political content to go deep into the hearts of students and promote students to have a profound understanding. Contemporary college students are at an important stage of ideological formation. Psychological education can reverse students' paranoia, selfishness and other psychological conditions, and promote students to maintain a positive and optimistic psychological state, which plays an important role in enhancing the effect of Ideological and political education. It can be seen that the deep integration of mental health education and ideological and political education plays an important role in clarifying the direction of education and achieving educational goals.

2. Deep integration strategy of Ideological and political education and mental health education for College Students

2.1 Promote the construction of a new curriculum system and promote the deep integration of Education

In the work of education reform, schools should adhere to the effective unity of mental and moral education, combine the psychological and ideological development laws of contemporary college students, build a new curriculum system, and promote the deep integration of mental health education and ideological and political education. In the construction of teaching materials, the school should organize the teachers of Ideological and political courses and psychological courses, jointly develop new teaching materials through teaching research meetings, and compile teaching materials that meet the needs of students' development, are feasible and operable, so as to guide the follow-up teaching reform and guide students' development with scientific teaching materials. In terms of teaching content integration, teachers should pay attention to promoting the effective integration of ideal and belief education and mental health guidance. While imparting textbook knowledge, teachers should be able to achieve the extension of students' actual life, and set the course teaching content from a more comprehensive perspective to achieve the effective guidance of students' learning and life. In terms of teaching evaluation, schools should rebuild the teaching evaluation system, improve the content and methods of teaching evaluation, effectively integrate the ideological state evaluation and mental health level test, promote ideological and political teachers and psychological teachers to participate in the evaluation work, jointly build students' physical and mental development files, and timely track students' physical and mental development status, All aspects of the data are constructed into an ideological and psychological curve to effectively evaluate the educational effect and provide an effective basis for the follow-up curriculum reform.

2.2 Build a platform for psychological education and pool all forces of psychological education

In order to promote the deep integration of Ideological and political education and mental health education, and open up the last mile of psychological education, schools should pay attention to the construction of a cooperation platform for psychological education, so as to promote the effective cohesion of all forces and enhance the effect of education. First, focus on occupying the new media position. Contemporary college students have more frequent contact with the Internet. Schools should pay attention to occupying the new media position, give full play to the functional advantages of the new media platform, spread correct ideas to students through online education, strengthen the effective integration of online education and offline education, and lead students' development. On the one hand, the school can apply for official accounts on wechat, microblog and other platforms, and regularly publish ideological and political and mental health education related content on new media platforms, so that students can accept the correct ideological guidance while entertaining. On the other hand, teachers should pay attention to the integration of network political hot spots and research frontiers and other resources, introduce them into daily teaching, and teach curriculum knowledge in the form of students' favorite, so as to enrich students' learning experience and enhance teaching effect. Secondly, build a psychological education platform. The school should build a network second classroom, improve the function of the psychological education platform, and build an education platform integrating online teaching, self-assessment, communication and interaction. It can not only provide students with rich educational resources, but also guide students to actively participate in online learning by means of live webcast, knowledge competition and so on, Timely answer students' inner doubts, relieve students' inner pressure, and help students grow healthily. Finally, focus on the cohesion of all forces. In the educational work, schools should pay attention to the introduction of social, family and other forces, and give full play to the advantages of the joint force of educational work. In terms of family education, schools should build a home school cooperation platform, effectively extend ideological and political education and psychological education to the family environment, change the lack of family education in the past, and promote home school cooperation in education to improve quality and efficiency. At the level of social education, the school should build a community organization cooperation platform, lead students to participate in social practice activities, effectively combine theoretical education and practice activities, strengthen the strength of psychological education practice activities, enrich the organizational forms of practice activities, and let students accumulate experience and grow in interactive communication. At the peer education level, schools should build a peer group mutual assistance and cooperation platform, give full play to the positive role of excellent students in Ideological and political psychological education, so that students can open their hearts to their peers and talk about their troubles, so as to help students solve problems in learning or interpersonal communication, and promote students to establish a good psychological state.

2.3 Innovating teaching methods and implementing the goal of integrated education

The goal of inclusive education is to help students solve psychological and ideological puzzles, and promote students to have healthy psychology and noble ideological level. In the process of integrated education, teachers should pay attention to innovative teaching methods, promote the deep integration of theoretical education and practical education, and effectively improve the effectiveness of education. The

following education methods can be selected: first, the teaching method of combining theory with practice. Traditional teaching pays too much attention to the teaching of theoretical knowledge, which makes it difficult for students to understand. Therefore, teachers should pay attention to the combination of theoretical knowledge and practical activities, and design interesting educational activities. For example, when explaining the content of party history, teachers can penetrate the knowledge of mental health education to enrich the classroom content. At the same time, teachers should pay attention to leading students to visit the history museum and the red base to enrich students' learning experience, so that students can learn the positive qualities of their predecessors and develop a good psychological state during the visit. The second is the targeted teaching method. There are differences in the life experience and psychological quality of contemporary college students. Teachers should pay attention to the actual situation of students and set up targeted teaching activities to maximize the educational effect. For example, some students' psychological pressure is high, which can not well relieve their bad emotions. Teachers can use practical activities in class to help students relieve their inner pressure and teach students methods of self relief. Some students rely too much on the Internet, have difficulties in interpersonal communication, and are unwilling to communicate with others. Teachers can establish in-depth communication with students through network channels, so that students can open their hearts, pay attention to observing external things, boldly try and practice, and truly feel the beauty of the external world. Some students have vanity psychology. Teachers should guide students to look at themselves from an objective perspective, clarify their future direction, and change their psychological state in time. In the work of education, teachers should timely understand the psychological needs of contemporary college students, maximize the teaching effect through diversified means, and play the educational role of both, so as to further develop the level and quality of education. Diversified teaching methods can not only deepen the integration of mental health education and ideological and political education, ensure the pertinence and effectiveness of education, provide targeted teaching guidance for students, but also help to meet the needs of students' development and consolidate the foundation of students' future development.

Concluding remarks

To sum up, promoting the deep integration of Ideological and political education and mental health education is the focus of teaching reform in Vocational Colleges and an important way to implement the educational objectives of the new era. Ideological and political education can promote students to establish correct ideas and point out the direction for students' future development. Mental health education can ensure students' physical and mental health development. The integration of the two has a positive effect on students' future development. In this regard, the university should pay attention to the integration of both, strengthen the integration of both education, actively build a new teaching mode, promote students to obtain better education, cultivate students as roundly developed high-quality talents, and promote the healthy development of China's higher education.

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