

Exploring the Path of Cultivating Positive Mental Qualities of College Students in the Perspective of "Five Education Programs"

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Abstract

This article focuses on the construction of a new pattern of moral, intellectual, physical, aesthetic and labor, expounds the value implication of the cultivation of college students ' positive psychological quality, analyzes the causes of the current situation of college students ' psychological quality in the new era, and explores the path of the cultivation of college students ' positive psychological quality, so as to shape students ' character and cultivate college students ' positive psychological quality.

Keywords

College Students; Moral Education; Intellectual Education; Physical Education; Aesthetic Education; Labor Education; Positive Psychological Quality.

1. Introduction

School is an important place to shape students ' character and cultivate students ' positive psychology. Promote moral education first, cultivate students ' benevolence and virtue, and cultivate Bacon 's soul. Integrate positive mental health activities into the whole process of school education. The positive psychological quality from the perspective of " five education " is conducive to improving the six major virtues. The school promotes moral education first, cultivates students ' benevolence virtue, friendliness, love and social intelligence, inspires students ' feelings of home and country, cultivates students ' growth background, and cultivates a strong sense of social responsibility.

Enhance intellectual wisdom, promote students' creativity, stimulate curiosity, exercise critical thinking, cultivate diligence and learning, refine insight, and moisten the mind to increase wisdom. Give full play to the academic knowledge and abilities possessed by students, pay attention to cutting-edge and innovation trends, and better grasp social demand and education supply. Actively organize students to participate in college students' innovation and entrepreneurship competitions and "Challenge Cup" competitions to improve the level of innovation and entrepreneurship. Organize students to participate in professional skills competitions. Form a good atmosphere of emphasizing competitions and respecting skills, continuously deepen the change of talent cultivation methods, help synchronize talent cultivation with industrial development, and cultivate a group of new-age college students with drive, theoretical merit, practical ability, and enthusiasm and vitality.

Strengthening sports as a foundation and strengthening the body. Through a variety of forms of sunshine sports activities, build a variety of types of sports events platform and other ways to enhance the students to overcome the difficulties of the courage to hone the quality of perseverance, advocate the promotion of fairness and justice, the blooming of youthful vitality, the real realization of the "body" to educate people, and promote the diversified development of school physical education, and really let the students enjoy the fun, strong body, healthy personality, exercise will, and promote the establishment of positive mental qualities of students. Fun, physical fitness, healthy personality, exercise will, and promote the establishment of positive psychological qualities of students.

Strengthening aesthetic education refreshes the heart and promotes a sense of beauty and elegance. Build practical platforms, organize students to participate in rich extracurricular activities, integrate artistic literacy into students' genes, promote students' physical and mental health, enhance students' sense of well-being and accessibility, improve students' understanding of virtue, and discover and identify and appreciate beauty in practice. With gratitude, beautiful vision, optimism, and humor, students will be able to experience the value and meaning of life in the critical period of their growth, such as serenity, concentration, beauty, harmony, sublimity, and sharing.

Cultivate labor education to strengthen the heart and cultivate labor to raise the will. Cultivate students to establish the concept of student labor through voluntary service and social practice, serve the grassroots, go into the community, go into homes for the elderly, go into primary and secondary schools, learn theoretical knowledge in professional learning, carry out social practice and voluntary service under the guidance of professional skills, experience grass-roots work, serve the local community, work with the people, learn together, and cultivate the practical ability to operate, and guide the students to feel the beauty of labor through labor education. The beauty of labor. Carry out lectures on the deeds of the power of role models, call on students to inherit the spirit of labor with actual cases, and cultivate innovative, compound and applied talents with integrated development.

2. The Value Implications of Cultivating Positive Mental Qualities of College Students in the Context of "Five Education Programs"

Colleges and universities should, in the context of the "Five Education Programs" of moral, intellectual, physical, aesthetic and labor education, fully empower students' mental health, and promote the infiltration of mental education and the integration of the five education. Through the development of comprehensive quality development psychology class, special psychological education activities, mental health education theme class meeting, positive mental quality training lectures, from the cultivation of students' positive mental quality, widely carry out the propaganda of mental health science and technology, with effective measures to consolidate the cornerstone of the development of young people's physical and mental health, to enhance the students' positive psychological adaptability, awareness of the cultivation of students' positive mental health literacy, to maintain the advantages of the positive emotions, to guard the students' spiritual home. Advantage, guarding the student's spiritual home.

2.1. Positive Psychological Qualities: Promoting Healthy Physical and Mental Growth of University Students[1]

Colleges and universities bear the important responsibility and mission of escorting the physical and mental health of young people, and the term "brittle college students" has become popular on the Internet, which is a hot Internet terrier. The term "brittle" originally refers to the terminology in the game, which refers to the role of the character who has become extremely low in blood and is unable to take a hit. In the group of college students, college students who are physically fragile and prone to injuries and illnesses will appear, sneeze and flash to the waist, stretching a waist and twisting the neck, such as for various reasons into the hospital, the physical condition of the situation is not good.

This phenomenon makes a lot of netizens concerned, set off a burst of crispy college students network hot terrier, but crispy college students behind the phenomenon is shown by the physical quality of college students, physical and mental health of the situation. The deep-seated reasons, the original students in junior and senior high school students focused on the examination, for the health of the education is also negligent, more is the student's examination

results, so that the student's health consciousness is insufficient, healthy living and eating habits have not been long-term development. Currently, college students do not pay attention to their own health, especially from the original high school students nervous study and preparation for the examination of the environment into the relatively free and open environment of the university, part of the students began to be keen on staying up late to catch up with the drama, all-night game, binge drinking and other lifestyle, a long time of bad habits, retaliatory stay up all night, dietary irregularities, the lack of exercise, etc., and continue to overdraw the body, so that the body deteriorated. Coupled with the college students face the pressure of further education, employment, the original fragile body, coupled with the current generation of young people, "involution" of the students actively prepare for the examination, graduate school, the examination, employment is "a few happy and a few sad," the reality, the students gradually show the "Internal consumption", excessive "internal volume", mental "internal consumption" lead to students' mood swings, insomnia serious. So we should be more concerned about the problem is not only the body of the "brittle", but the students psychological, spiritual "brittle".

In response to the phenomenon of "brittle" college students, colleges and universities should be based on the mental health of students, moral, intellectual, physical, aesthetic and labor "five education" and create a unique working concept and methods, thick planting students' physical and mental health "fertile soil", cultivate more new seedlings to grow. "The first step is to cultivate more new seedlings that can thrive. Education and guidance to students before the physical fitness, to maintain the shape of the body, for the appropriate management of stress, pay attention to psychological adjustment, maintain emotional stability, cultivate positive psychological qualities, etc., take the initiative to "management" of physical and mental health, to achieve "civilization of its spirit, barbaric its body", to develop a healthy personality and good mental health. Cultivate healthy personality and good psychological quality of college students. Through the popularization of science knowledge, students can master life skills and improve their ability to deal with emergencies. Through voluntary service and social practice, forging their muscles and bones, refining their qualities, enabling students to learn the general knowledge of labor science, mastering conventional labor skills, developing good daily habits, strengthening the sense of service, enhancing volunteer labor, attaching importance to internship training for college students, strengthening the production of labor exercises, and further guiding the new era of college students to feel a sense of gain in the creation of the activities to stimulate a positive sunshine mentality, and fostering positive mental qualities. Cultivate positive psychological qualities, cultivate students' social adaptability, and better overcome the pressure of life. Effectively planning the career development of college students, promoting the physical and mental health of college students, and building a positive campus atmosphere.

2.2. Cultivation of Talents: Cultivating New Men of the Times with All-round Development in Morality, Intelligence, Physicality, Aesthetics and Aesthetics

To train university students, it is important to understand the psychological condition of students, to get a clear picture of students, to cultivate their positive psychological qualities, and to improve their psychological adaptability. The 24 strengths of individual character are creativity, curiosity, learning, open-mindedness, insight, courage, perseverance, integrity, vitality, social responsibility, fairness, leadership, love, kindness, social intelligence, forgiveness, modesty, prudence, self-management, appreciation of beauty, gratitude, optimism, humor, and faith. Starting from cultivating students' positive psychological qualities, we promote moral education as the first step, cultivate students' benevolence, love and virtue, and cultivate their roots and souls. Enhance intellectual education to strengthen the foundation and moisten the

heart to increase wisdom. Strengthen sports as the foundation, strengthen the body and solidify the foundation. Strengthen the beauty education to refresh the heart, the beauty and elegance. Cultivate labor and education as the foundation, cultivate labor and nurture the will.

First, moral education first, cultivate roots and cast souls. From the Analects of Confucius, only those who are benevolent can be good people can be evil to the ordinary to show the benevolence of the healer. All of them are interpreting the virtue of benevolence, not only justice, but also the generosity, unrequited good deeds, and consideration for others under the premise of fairness. Compassion is also embodied in love, kindness, social wisdom, but also embodies the great love without boundaries, for the well-being of others to serve the people and the ability to deal with interpersonal relationships. It is said that the heart of love to cultivate people of love, universities and colleges to expand the platform, rich practice carriers, innovative activities, all-round and three-dimensional carry out the "first lesson", "the first theme of the first class meeting", and take measures to effectively carry out the ideological and political courses. It guides student leaders to clarify their roles, take on responsibilities, and train students to insist on seeking truth from facts, ensuring the truthfulness and reliability of experiments, and following scientific research ethics and academic norms. Career guidance for graduates to lead the way. Do a good job of employment and advancement early planning, and strive for further education at the right time. To inspire college students to aspire to study for the construction of a strong nation and national rejuvenation, and to truly realize the effect of students' great love for their parents, fellow students and the people, I will have no I, not to fail the people, and the effect of win-win cooperation. At the same time, by carrying out education on the history of the Party, the Four Spirits, and integrity education, students are guided to inherit the red genes and carry forward the red spirit, and to cultivate the virtue of loyalty to the Party, the virtue of benefiting the people, and the virtue of disciplining themselves in theoretical studies. In their careers, students will be able to make great achievements and accomplish great feats by cultivating great virtues, building their careers in various parts of the country, integrating their personal dreams into the national dream, cultivating noble moral qualities, and living up to their youthful years.

Secondly, it is to enhance intellectual education to strengthen the foundation, and to embellish the heart and increase wisdom. Intellectual education is more about shaping students' quality, cultivating students' ability and enhancing students' wisdom. The achievement of good results relies on the students' theoretical knowledge reserves and teamwork spirit, condensing the wisdom and sweat of teachers and students. The process of cultivating talents always upholds the line policy of promoting teaching and learning through competition, encouraging students to gather innovative ideas in their studies, consolidate what they have learned in competitions, and improve their personal abilities in competitions. Similarly, curiosity is a person's heartfelt desire for new experiences and knowledge, which can inspire people to explore and approach their goals. In the "three to the countryside" social practice activities, leading students into the fields, in-depth investigation and research, "hard to know life, practice long talent, students in the visit to the base of social practice to exercise open thinking, open up horizons. In professional learning, the target of strengthening students' professional learning ability is locked, students are guided to different majors, students are guided to fill in career planning, formulate the development prospect plan for the convergence of academics and jobs, and interpret the talent cultivation goal and talent cultivation program of this major for students, so as to clarify the learning goal and development direction more deeply.

Thirdly, sports are the basis for strengthening the body and consolidating the fundamentals. Physical education plays a vital role in improving the quality of talent training, and participating in college sports competitions is a platform for universities to show their strengths. Athletes sweat, fight and struggle on the field, bursting with youthful vitality, and students feel the value of transcending themselves and giving full play to their life in the competitions, so as to realize

the integration of physical education and training by replacing training with competition, and promoting teaching with competition. The virtue of justice, which usually stands for fairness, also includes social responsibility and leadership. In fact, true sportsmanship has a strong core and rich meaning. From the national self-confidence of Chinese table tennis to the spirit of the Chinese women's volleyball team, the pursuit of excellence in the spirit of the Beijing Winter Olympics, both the training of sports skills but also shaped the spirit of sports, through intense competition. Race to the top, race to the top. Courage is a virtue that is embodied physically, morally and psychologically, and the ability to overcome fear is a valuable virtue. The real bravery is the total control of "fear", perseverance, indomitable willpower and integrity, and the ability to maintain a state of vitality, all of which are the energy contained in courage. In fact, to strengthen the body and improve the personality, it is important to play sports to educate people, from the university campus morning run, campus night run to morning exercise, all are not in the shaping of personality, physical fitness, the concept of sports and health through the daily learning life of college students. In the Games also pay attention to cultivate college students' interests and hobbies, different grades of students tailor-made personalized programs will enhance the fun and scientific nature of sports, guiding students to exercise independently, active training. In the college sports games to show is the student youth, passionate side, college students in the sports field vigorous vigor, sweat, highlighting the courage to break through, toughness of the fight. In the fun sports projects, more cooperation and collaboration, team cohesion, organizing students to participate in concentric drumming, torpedo missile, tracked chariot, dry-land dragon boat, Hong Luck Dangtou and other fun sports projects, so that college students to exercise their physical qualities, stretching the body during the project competition, and in the achievement of excellent results in the release of the mind, beyond the self. College students give full play to enhance national self-confidence, enhance the cohesion of classmates, show the important role of team spirit, with sports empowering the cultivation of talents.

Fourth, to strengthen the beauty of the heart, the beauty of elegant feelings. Beauty is visually appreciated and audibly felt beauty, the acquisition of skills and talents, as well as good virtues. Harvest joyful gratitude and appreciation, be positive about what you crave, maintain a good state of mind, and show humor. Promote the innovative development of school aesthetic education. It can be seen that colleges and universities attach importance to the degree of aesthetic education, and actively build a new model of aesthetic education. From the Confucian "six arts", rites, music, archery, imperialism, calligraphy and mathematics to Mr. Cai Yuanpei's statement that we should really complete people's lives with a heart of love for beauty to the contemporary rhythms of singing ancient poems and reciting the beauty of the classics. The traditional culture to the enjoyable audio-visual form of dissemination to college students, set up a special art course teaching, art practice, the organization of campus cultural activities, art festivals and other exhibitions, cultivate sentiment, purify the mind, enhance the personality, and truly promote the physical and mental health development of the students, the cultivation of the core values of socialism, and tamping the solid foundation.

Fifthly, we cultivate labor as the basis for the cultivation of the will. Temperance in character strengths is a virtue of good control and avoidance of excess. This complements participation in labor and the promotion of thrift and hard work. It is through personal participation in labor, experience workers from the cafeteria, to complete the classification of garbage, to clean the classroom laboratory, staircase exhibits, to the dormitory safety and health cleaning, in-depth community volunteering, so that young college students in the grass-roots level of experience in the fields, factories and workshops to grow their talents, so that the sweat of youth to splash! In the new era and new journey, through empowering labor education, students are guided to pass on the virtues of diligence, thrift, and hard work.

2.3. Educational Effectiveness: Promoting Effective Ideological and Political Education for University Students

Ideological and political education for college students is a systematic project, the current mainstream thinking of college students is positive and upward, but inevitably affected by the impact of Western culture and trends, it is crucial to carry out deep spiritual nourishment and moral leadership for college students to pay attention to the ideological dynamics of students, care for students' learning and life, and help students grow up healthily.

Mental health education is an important part of the ideological and political education of college students, helping students to build up good character, master professional skills and cultivate comprehensive abilities during their college years, and communicating with students' hearts, enlightening their minds and stimulating their morale. Based on the psychological characteristics of young students and the main classroom of ideology and politics, we integrate, transform and apply the resources of mental health education, cultivate the soul, enlighten the mind and embellish the heart, and empower the ideological and political education of college students with the psychological knowledge competition, lectures on the theme of college students' mental health, group counseling, psychological class meetings, dormitory creativity contest, psychological essay contest, psychological cartoon contest, and campus psychological drama contest to realize the deep fusion of the psychological classroom and the ideological and political education of college students. The deep integration of the large ideological and political classroom. Continuously expand the psychological education platform to activate the psychological classroom, and cultivate and deliver new era college students with excellent political literacy and firm ideals and beliefs for the society.

3. "Five Education" in the Perspective of the Positive Psychological Quality of College Students to Cultivate the Path of Investigation[2]

Under the vision of "five education", we insist on moral education as the first step to cultivate people's souls, intellectual education to seek the truth, to grow wisdom and increase intelligence, physical education to strengthen the foundation, to strengthen the body and health, aesthetic education to make students happy, beauty and elegance, and labor education to be proud of, and to gain from labor. Cultivate students to correctly understand themselves, objectively and rationally treat their own strengths and weaknesses, through a combination of theoretical and practical teaching, so that students can clearly recognize the importance of the mental health of college students, clear that college students are responsible for the future of the motherland, shouldering the historical responsibility to achieve the prosperity of the Chinese nation, to maintain the health of the self is the basis of the college students to achieve this important task, to guide the students to firmly uphold the ideals and beliefs, and to develop good behavioral habits, to become a good person, and to become a good person. Good behavioral habits, to become a new man of the times who can be responsible for the rejuvenation of the nation.

3.1. Enhancing Self-knowledge and Stimulating the Role of Individual Subjectivity

First of all, to help students improve their self-knowledge ability, through reference to students' academic performance, social practice and other comprehensive considerations, to guide students to correctly understand themselves, to enhance their strengths and avoid their weaknesses, to give full play to their strengths, exercise their weaknesses, and constantly improve their own ability. They also need to better understand themselves in the mutual evaluation of classmates and roommates, master correct interpersonal skills, humbly consult the teacher's teaching, and correctly evaluate their own selves. Secondly, to help students

enhance the ability to resist pressure, in the face of learning difficulties, we must actively seek the help of teachers and classmates, study hard, master the learning methods and skills, to make up for the failure of the subjects in a timely manner. The pressure of life, to learn to establish a positive and optimistic attitude, can not change the development of events, then gladly accept, enhance the ability of self-resilience. It is important to gain knowledge in course learning and improve ability in social practice. For example, in the mental health education program for college students, students are helped to cultivate their self-knowledge, interpersonal communication, and self-regulation abilities, so as to effectively improve their psychological quality and promote their all-round development. To be able to understand the basic theories on the basis of health and mental health, the main factors affecting the mental health of college students, the common psychological confusion of college students and abnormal psychological debugging of the psychological state, to establish a correct treatment of how to adapt to the new college life, to cultivate college students independent personality and good moral character, to achieve the cultivation of comprehensive quality. Finally, to help students improve self-control. That is to say, there should be self-discipline, strict self-discipline, the formation of good habits lies in the accumulation of day after day, to see the wise and wise, to be on par with the best students, to explore the true knowledge in the study, in the voluntary service to exercise firm and tenacious will.

3.2. Schools Focus on the Cultivation of Psychological Qualities, and Educate People with an Emphasis on Educating the Heart

First, build a psychological counseling platform to carry out stress relief. When a situation arises in learning and life, positive measures are taken in time to relieve students' psychological pressure and avoid psychological crisis. Secondly, we construct all-round and multi-level mental health education activities to cultivate students' positive mental qualities. Opened the [Mental Health Activity Month] column: "Mind know I know race out of style" psychological knowledge contest, "psychological stage, have a painting you come" mental health theme painting competition, "with the heart, with the healthy walk" Psychological game activities. We organize and carry out the election of "peer counselors", participate in the training of secondary psychological counseling stations, and hold the campus psychological drama competition, so as to build a healthy and sunny psychological health platform for college students. Finally, through the "first lesson of the school year", "the first theme class meeting of the school year", and college students' mental health courses, we carry out life education and gratitude education for students, and through case studies, theoretical lectures, questionnaire surveys, and classroom psychological tests, etc., we help students grasp the importance of coping with academic stress, human problems and psychological problems in their study life, as well as the importance of psychological health. In addition, we will provide students with the skills to cope with stress and interpersonal relationships in their study life, so as to form an all-around psychological nurturing atmosphere in the campus.

3.3. Forming Joint Efforts between Home and School and Insisting on Empowering Family Education with Positive Orientation[3]

Parents' words and teachings to their children affect their children's life, and college students' behavior and interpersonal interactions reflect the imprint of their parents' education. The image that often appears in short videos is that adults at home cover their cell phones with books, so that young children at home may think that their parents are also reading, creating an atmosphere of reading, which is the idea of parents educating their children. There is also the case of a child who does not do too well in an exam, but the parents do not blame, but encourage the student to do better in the next exam. In fact, parents adhere to the positive orientation in accompanying their children's growth, communication and role modeling, and establish a harmonious and harmonious parent-child relationship. College students should be

more so, parents and schools to form a joint force, in the home visit, through the home-school contact to help parents understand more about the growth and character characteristics of students, parents can also understand the student's academic situation, career planning, etc., pay more attention to cultivate students' self-confidence, optimism, perseverance and other positive psychological qualities, improve civilization, physical fitness, develop good study habits, establish a sense of responsibility, enhance practical ability, explore potential, and find advantages. The parents' education is to develop their children's abilities, explore their potentials, discover their strengths, and stimulate their interests, so that they can maintain a more rational, calm, optimistic, and cheerful positive mindset.

4. Conclusion

Schools need to adhere to the party building to lead the gathering force, the five education, cultivate noble morals, comprehensively improve students' professional skills and comprehensive quality, strong physical fitness, enhance the ability to find beauty, create beauty, inherit the excellent tradition of thrift and hard work of the new era of college students. We insist on observing the correctness and innovation, pioneering the cultivation mechanism, fine-tuning the cultivation process, and promoting the improvement of teaching quality and connotative development.

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