Preliminary Study on “Deep Counselling” Work by University Counselors

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Keywords: Deep counseling; University counselor; Ideological and political education.

Abstract. The purpose of ideological and political education for university students is to train high-quality builders and reliable successors for the country and to provide high-quality services for the healthy growth and all-round development of students. As the closest people to college students, university counsellors shoulder the sacred mission of training students to grow into talents smoothly. They should stand in the height of training high-quality talents for the country, fully understand the significance of “deep counselling”, and master the methods, principles and measures of “deep counselling”. Finally, realize the ideological and political work the education level and the effect.

Introduction

New problems, new situations and new tasks in the development of higher education in China have raised new and higher requirements for the ideological and political work in colleges and universities. Especially with the characteristics of The Times of contemporary college students, in thought, learning, life, as well as personality and other aspects are different from the past. How to innovate the way of work, carry out in-depth guidance and effective ideological and political education has become an important research topic that colleges and universities must face. As the backbone of carrying out ideological and political education for college students, counsellors play an important role in the overall growth of students, and “deep counselling” is an effective mode of carrying out ideological and political work, which is conducive to improving the quality of higher education.

Organization of the Text

The Necessary Meaning of “Deep Counselling”

“Deep Counselling” Offer Students Personalized Assistance. “Deep counselling” means on the basis of a thorough understanding of college students’ actual situation, according to the law of education and the needs of the development of the college students to use scientific knowledge and methods, have a destination, undertake to the student thought, academic, emotional, psychological aspects of deep counselling, formulate personalized assistance program, deep counseling process. The state council issued the ”general college counsellor team construction provisions” pointed out: ”around the students, care for students, service students, grasp the law of student growth, and constantly improve students’ ideological level, political consciousness, moral quality, cultural literacy. Under the new situation, students are faced with a diverse environment and diverse needs. Counsellors should teach students in accordance with their aptitude, pay attention to their personal needs and promote their all-round growth. “Deep counselling” is neither a normal teacher-student conversation nor a fashionable concept innovation, but an ideological and political education activity with high professional and scientific requirements.

“Deep Counselling” is an Urgent Requirement for Ideological and Political Work in the New Era. At present, some schools are short of counsellors and their work is complicated. It is difficult for counsellors to have a deep understanding and communication with students, and they cannot touch the deep problems that students care about. When some students are confused and have problems, instead of seeking a counsellor, they seek other ways to get timely and effective guidance. This puts forward a new subject to the counsellors, which is to strengthen their sense of
professional responsibility and mission and to get into the heart of students. Carry out personalized, all-around and high-quality counselling work to improve the validity of ideological and political work.

“Deep Counseling” can Promote the Professional Development of Counselors’ Work. At present, college students’ personality and group characteristics show obvious independence and variability. Students’ demands for guidance in social psychology and cognition are increasing as well as for ideological and political work. How to implement “deep counselling” according to the actual requirements of students is closely related to the mutual growth needs of counsellors. An excellent counsellor is responsible for students, promote students’ all-round development and practice. “Deep counselling” requires the instructors to have certain professional knowledge and work experience, and master scientific and effective working methods. Students around the outlook on life, world, values, mental health, career planning, personal development, etc., to carry out in-depth exchanges and guidance for students. Only by ”learning together and growing together” with students, can counsellors comprehensively improve their comprehensive ability, realize their life value, and promote their development towards professionalism and professionalism.

The Status of “Deep Counselling”

Universities Lack of the Working Mechanism “Deep Counselling”. As an important measure of ideological and political work, “deep counselling” has not been attached importance to by universities but lacks effective operation mechanism and top-level design. The ideological education of students in some universities still remains in the traditional ideas and practices, lacking innovation and depth. In particular, because of the imperfect team construction of college counsellors, they often get bogged down in complicated affairs. As a result, it is difficult for counsellors to be competent for the highly professional “deep counselling” work, which directly affects the practical effect of ideological and political work.

The Professional Responsibility of Counsellors Needs to be Strengthened. Counselors are on the front line of students’ ideological and political education, and their subjective initiative determines the actual effect of “deep counseling”. A responsible counselor is a counselor who has a deep understanding of students, is good at solving students’ deep-seated problems, and enlighten and harvest students. However, the current situation is that some counselors are tired of their jobs and are impetuous, which makes it difficult for them to go deeper. As a result, some students are so confused that they do not seek counselors, but find other ways to influence the effect of ideological and political education.

Not Paying Attention to Students’ Real Needs. The main content of “deep counselling” should be the comprehensive development of students’ deep communication. However, many university counsellors only give superficial guidance to students and give too little guidance to students’ outlook on life and values. Without professional guidance focus on students’ interpersonal communication and personal development are not deep enough to resonate with students, and it is not recognized and trusted by students. As a result, students lack trust in counsellors and tend to indulge themselves or self-abasement.

Counselors Lack the Professional Knowledge of “Deep Counseling”. “Deep counselling” is a highly professional, ideological and political education practice activity. Counsellors must master professional theoretical knowledge of pedagogy, management, psychology and other disciplines, and have rich work experience and professional sense of responsibility. However, at present, the knowledge structure of some counsellors is not reason enough, and their working ability and enthusiasm are limited, so it is difficult to carry out “deep counselling” work.

Students are not Willing to Accept “Deep Tutoring”. At present, a large part of the students don’t understand “depth counselling” work, some even have not heard of this concept, think that “depth counselling” is just the counsellor’s daily work, and can’t solve their practical problems, showed a positive, active state, some students even escape, rebellious attitude, take care as criticism, the talk as talks, is not willing to accept the counsellor’s help, don’t want to open up and counselors, and against “deep counseling” the real meaning and purpose.
The Principle of “Deep Counselling”

Focus on Students’ Actual Needs. In combination with the reality of university life, we should help them deal with the specific problems in learning, making friends, and living a healthy life so as to improve their self-cognition. Counsellors should grasp the main problems and main groups, develop corresponding counselling programs, and strive to have face-to-face in-depth communication with each student. Only by thinking from the perspective of students, mastering working skills, and looking at the essence through the phenomenon, can the counsellors gain the trust and recognition of students.

Conduct Scientific Counselling. “Deep counselling” involves students’ thoughts, psychology, learning, employment and many other aspects. Counsellors must have certain professional knowledge and work experience and have the ability to analyze various difficulties, focal points and hot issues. Provide correct guidance for students and help each student to grow up healthily. The team of counsellors should strengthen the construction of experts and professionalism, strive to become experts in ideological and moral education, psychological counselling, study and employment, career planning and other aspects, and improve the scientific level of ideological and political work.

Focus on the Student’s Main Job. Academic work is the main job of students’ future survival and development. If a counsellor can maximize the understanding of students’ professional knowledge and give timely guidance and instructions in the relevant links of academic development, they will stimulate students’ interest and enthusiasm for learning. This will greatly enhance the counsellor’s prestige and influence, receive the unexpected educational effect. The study guidance mainly includes many aspects, such as the study method guidance, the specialty guidance, the study plan guidance, the academic innovation guidance and so on.

Adhere to the “Three Values” Education. Education and guide students to set up the correct outlook on life, world outlook, values, insist on the socialist core values armed college students’ mind, for students concerned about social issues such as current affairs, timely and accurate counseling and guidance, in politics, ideology and culture in the integration of campus cultural activities and social practice, to make every college students’ ideological understanding knowledge, not only can internalized in action to develop more.

Effective Implementation of “Deep Counselling”

The confusion and contradictions of college students in thoughts, study, psychology and life will directly affect their healthy growth. However, in practical work, these contradictions and perplexity are often ignored or simply dealt with. Sometimes, students feel at a loss about what to do, and the long-term accumulation often leads to bigger problems and hidden dangers. Therefore, colleges and universities must improve the quality of ideological and political work, implement “deep counselling” for students, form resultant force in the mechanism, and focus on the implementation. In terms of content, we should focus on building the basic quality and ability of students, conduct deep counselling, and promote the comprehensive development of college students.

Universities should Attach Importance to the “Deep Counselling” Work. In order to carry out the “deep counselling” work, it is not enough to rely on the counsellors’ own efforts. Schools should strengthen the top-level design and overall arrangement and coordinated promotion to improve the quality of ideological and political work and provide effective intellectual support and an institutional guarantee for the development of “deep counselling”. Universities should set up an ideological and political education research centre composed of experts from different disciplines. In view of the characteristics of university students under the new situation, this paper explores and innovates a new mode of ideological and political work to effectively improve the quality of education.

Strengthen the Construction of Instructor Team. “Deep counseling” as a high degree of specialization, scientific education practical activity, covering the pedagogy, management, psychology, pedagogy and other multi-disciplinary theory knowledge, is the mix of knowledge system, which requires the counsellor must have great theoretical level and business knowledge, master certain coaching methods and techniques, to help students in a scientific and effective way to solve the problem. Counsellors should also enhance their sense of professional responsibility, and
care about and help students from the bottom of their hearts. In addition, specific training and evaluation mechanisms should be formulated to ensure that “deep counselling” is normalized and institutionalized.

**Understand the Real Needs of Students.** Whether the “deep counselling” can achieve the expected effect depends on if it is appropriate to students’ ideological and practical problems in life. The counsellor should be good at looking at the essence through the phenomenon and seeking for the root cause and key of the problem, and should not take it for granted to conduct “deep counselling”. Taking it for granted not only can’t solve the problem but also give rise to the phenomenon of “being tutored”. Only by arousing the resonance of students, can “deep counselling” achieve the educational purpose. According to the survey, the most core confusion and confusion of college students is the contradiction and conflict between people, growth and values, rather than the nanny-style life service. Counsellors should be good at listening to the aspirations of college students and responding to their needs. They should conduct systematic and effective counselling and communication around the improvement of students’ core abilities, so as to promote the all-round development of university students.

**Pay Attention to Individual Differences of Students.** Counsellors should consider the differences between different students and make counselling programs for different individuals or groups. We should take into account the different growth stages of the counselling objects, there are different ideological contradictions and confusion, we should pay attention to the principle of dynamics, in view of the main contradictions and problems faced by students at different stages, develop a scientific and reasonable counselling program, to provide strong guidance for the healthy growth of every student.

**Seize the Opportunity, Counsel Appropriately.** We should be good at grasping the important links of the teaching process and campus cultural activities for targeted “deep counselling”, especially at the beginning of the students’ campus life. If students can feel the warmth of the school as soon as they step into the campus, their sense of identity with the university will gradually strengthen. The way of “deep counselling” should not be limited to the form of setting. It can be determined randomly according to the specific situation, as long as the corresponding effect can be achieved. The counsellors should enter the process of “deep counselling” with the role of a guide and a companion. By mobilizing the initiative of students to participate in “deep counselling”, the instructor can make them fully understand and reflect on themselves to get effective help and guidance in respect, cooperation and trust.

**Acknowledgement**

Supported by social science project of the 13th five-year plan of Jilin provincial education department “Innovation research on ‘Deep Counselling’ carried out by counselors in local engineering universities”. (JJKH20170591SK)

**References**


