The Construction of “12345” College Students’ Mental Health Education Model

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Abstract. Contemporary college students’ psychological problems have brought serious challenges to college psychological health education work. The passage, after some theoretical studies combined with the working practice, summarizes the construction of the college psychological health education work: to construct a psycho-health education approach of one target, two control levels, three working groups, four systems, and five ideas of “12345” mental health education mode, which can provide the theoretical guidance for college students’ psychological health education work, and give full play to the leading role of the education mode.

Introduction

The Construction of “12345” College Students Mental Health Education Model includes a goal, two control levels, three working groups, four systems and five ideas of “12345” mental health education mode which is of great significance to the mental health education of college students.

The diversity and complexity of college students’ psychological problems require in-depth thinking on the existing work of College Students’ Psychological Health with, new ideas, and a new mode. Chinese scholar Kong Xiaodong (2007) proposed the construction of mental health education network and system: inside and outside of the class, education and guidance, counseling and self-help. [1]. Ou Yuanbo (2012) puts forward a pattern of mental health education with a main position, three big platforms, and five major channels [2]. Liu Lida (2012) proposed an effective three dimensional college mental health education pattern which is built with the extension of the connotation of psychological health education, the horizontal optimization of mental health education’s internal and external environment, and the vertical construction of psychological counseling multistage network. [3]. Yan Xiuli (2013) follows the “Home School Interaction” concept, strengthens home school students’ mental health education cooperation through a variety of ways, in realizing the family mental health education mode [4]. Research has made some achievements, after years of practice and research, this paper tries to construct a college students “12345” mental health education model: one target, two management levels, three teams, four systems, and five ideas.

One Goal: Enhancing Well-Round Development of the Students

The goal of psychological health education is to cultivate psychologically and physically healthy people. It focuses on the developmental problems in students’ life, study and growth rather than clearing out mental disorders. It offers help for students to adapt to the environment, maintain their mental health, to better recognize themselves, accept themselves, develop themselves, coordinate themselves and shape themselves as well-round healthy people.

The Building of Second Layer Mental Health Work System

The 1st layer is the school based mental health center staffed with full time psychological professionals. The main tasks of the center is to train counselors and peer cadres, discussing school cases and exchanging work experiences, doing researches, receiving students visits, counseling,
transferring and file managing; launching general investigation of mental health and intervene, directing the schools to take precautions against mental disorders and interventions. The 2nd layer is building “mental health studio” in college level. The studio builds an information network of dormitory information assistant—class mental commission—mental health society—full time mental health counselor, and works on the intervention of mental crisis, transferring of serious cases. The network will enhance a healthy interaction between school and family, permeating mental health awareness in daily educational management, professional training, out-of-school activities to boost the development of students.

**Integration of Three Mental Health Work Groups with High Quality Resources**

A stable professional team of mental health education with full-time and part-time teachers. Building a team of college mental health teachers with stable full time professionals and part-time supplements is the guarantee for the success of mental health work. Building the teaching staff of college student mental health is included as part of the school’s teaching staff plan. Both full-time and part-time teachers’ counseling and teaching work will be counted into their workload. In order to professionalize the teaching staff, it will be necessary to strengthen the selecting, equipping, cultivating and managing the teaching staff, supporting and encouraging mental health teachers to seek for advanced studies and trainings.

A team of teachers as the main body of mental health tutors. The ministry of education, the ministry of health and The Central Committee of Communist Youth League pointed out in *The Advice On Further Strengthening and Improving College Students’ Psychological Health Education*: all staff of higher education are responsible for the healthy development of college students, we must attach importance to the role of the members of college mental health education staff especially the counselors and class teachers. Therefore, colleges must establish the idea of “multiple participation”, make full use of the guiding function of the teachers. The teachers should combine professional traits in the mental training of the students to boost the students’ creativity. Students should be educated with psychological methods and by those who are influential.

A team of students’ “mental health peer group”. Studies have discovered that when students are confronted with mental health problems they tend to seek help from their peers at first. Giving play to the initiative of the peer mental health education, a form of mutual aid psychological service among peers breaks the mold of traditional help of psychological service, which takes place during daily communications among peer students. This pattern occurs mainly in the mental society, mental health committee and mental health support groups with professional training. They pay attention to their peer’s mental health situations in daily life, study and communication, and report to and assist teachers in addition to mental health education activities of the school. This pattern is put into practice in Hong Kong, Taiwan and some of the mainland universities with fine outcome.

**Building Four Systems, Boosting Well-Round Mental Health Education**

**The Building of College Students’ Mental Health Education Teaching System**

To begin with, a new curriculum should be constructed with major courses and activities in addition to a majority of psychological courses in order to fully exploit the main channel of classroom teaching in college students’ mental health education. Second, the psychological terms and techniques should be infiltrated into political education courses, law courses, art courses and employment and entrepreneurship courses. The third is to weave mental health education into various classes through the activities of case study, experience, behavior training, and classroom mental health support group.
The Building of College Students’ Mental Health Education Activity System

The colleges should continue to create new forms of mental health education, broaden the channel of mental health education and cultivate a favorable atmosphere for mental health education. First of all, the college should strengthen the promotion of mental health education via a variety of media such as radio, TV programs, college journals and the internet. It is also important to launch theme activities of mental health education, mental health week, quizzes on mental health, mental health poster contest, mental health essay competition, mental health support group practice, fun mental health sports meet and psychological movie show to name a few. The last but not least is to promote the role of the students as the main body of mental health education; attach importance to the value of students’ mental health groups, party branch and class committee in college students’ mental health education, integrating mental health education into their daily life.

The Building of College Students’ Psychological Counseling Service System

The school should provide the students with psychological counseling services in accordance with the need in the form of psychological counseling room with various means as telephone counseling, internet counseling, individual counseling and group counseling. The psychological counseling room should be available to the students in their need. To ensure the psychological counseling is conducted with ethics and efficiency, the institution construction of psychological counseling needs strengthening by a sound watchkeeping schedule, appointment policy and key cases feedback policy. Some key cases of psychological counseling should be discussed and supervised regularly thus improving the professional standards of psychological counseling.

The Building of College Students’ Psychological Crisis Prevention and Intervene System

The college four linkage mental crisis intervene system is a multi-layer bottom-up system. Building a leading group of mental crisis intervene with school leader in charge of students work as the headman and its subordinate units as student affairs office, the colleges, security office and the school clinic and the like. The work should be carried out centering on the four levels of protection.

Establishing Five Work Conventions, Promoting the Mental Health Education Work

For a start, the work should be done with a sense of development. The content of education should turn from problem-solving mental health education to developmental education; the method of education includes reactive intervene in addition to proactive intervene; the educational object focuses on the majority of normal college student rather than the sufferer of mental problems; and the educational goal emphasizes the development of potential and the improvement of personality. Second, the utilization of positive psychology should be made through opening positive psychology courses, activities and methods in order to cultivate positive attitudes and powerful personality in well-round developed students and to prevent and cure mental problems. Third, the idea of people oriented education should be carried out during the work. Leading and encouraging students to participate in mental health education activities is crucial in building an interactive mental health education atmosphere. Fourth, the idea of professionalization is the foundation of an effective mental health education. There are professionalization of staff, professionalization of equipment and professionalization of methodology. The last but not the least is the idea of all members involved education, which means fully permeated, all members involved and whole course supervised. Aiming at better analyzing and monitoring students’ mental health status, a powerful mental health education support system needs to be built with the linking of students’ self-improvement, teacher support system, school support system, family support system and the community support system.
Summary

The Construction of “12345” College Students Mental Health Education Model provides theoretical guidance for the mental health of college students. Aiming at the diversity and complexity of the psychological problems of College Students, we establish a strong mental health education support system which is conducive to the smooth development of mental health work, and promote mental health education.

References


