Application Probe of Coaching in the Ideological and Political Education

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Abstracts. This article explores the coaching techniques applied to the ideological and political education and the teaching process. Through the analysis of the object of education, learning of the coaching technique, we designed Leading issue to teaching mode and teaching methods. We guided students to practice using coaching technique.

The Analysis of the Origin and Development Status of the Coaching Techniques

In the 1980s, the coaching had been rising in European and American countries. Thomas Ronald (Thomas J. Leonard) who served as a financial planner at this time strived to provide tailor-made services, interaction and communication with customers, to form a good relationship. In the course of their work, Thomas Ronald served as a coach unconsciously. So that the original sports coaching skills evolved into the enterprise and began to supply the full range of expertise and training for the customers, employees, based on understanding customers’ awareness and action.

After nearly 40 years of development, business coaching services sector has become one of the fastest growing in Canada and the United States. In other countries, a growing number of universities have begun offering courses and specialized subjects, and even a "coach and mentor Master of practice" to make coaching becomes part of higher education. [1]

At present, China has emerged a large number of coaching training institutions and teams. They combine the research and application of Chinese traditional culture and the core technology of coaching and design courses for the general public, the person who are interested in personal growth. The coaching technology not only applied to business management and corporate training outside, but also more and more applied to family education, parenting education, personal growth, career development, interpersonal relationships, personal qualities and skills as so on about upgrading and development of social life. With the enhancement of the quality of teachers, teams of teachers have the coaching technique applied to the process of ideological and political education, forming positive interaction effect, thus teaching and learning grow together.

The Characteristics of Ideological and Political Education the objects in the new era

In Ideological and political education, the traditional teaching philosophy and teaching methods no longer meet the needs of the students in the new era needs, and no longer are in line with their characteristics. They are called "Y Generation", born in the last decade of the 20th century, this time the child has unique characteristics:

Compare with their parents as follows:

They are in the era of the Internet; having wide science and technology knowledge; being vulnerable to peer influence; Seek immediate pleasure; Competitive sports competition; Parents are divorced or go out to work; Expensive education expenses; Depend on parents; Easy to change jobs; Sensitive pay attention to the brand. [2]

View “the Y generation” from Marketing Point as follows:

They are in the tide of market economy. The children of this age have connection with together all the time. A sentence from parents and teachers education will spread in the middle of the
companion, following the "whoosh" sound. They speak their own language. Such as the popular "SB", we adults tend to think that is a rude and insulting language. However, after the adoption of abbreviations and networking, this word turn to the expression of disagree and emotional catharsis slightly; they suspect the authority because they can find a variety of speech just that look up the Internet. "What you said is not necessarily only, is not necessarily correct"; they are influenced by peers. There is a silent appeal, by which they affect each other in their own inner circle; they seek for recognition and fame, particularly care about their feelings, and care about their own circle is not vilified by others. They like weird humor; hold open-minded attitude to pluralistic subculture; they have a quick text message; easy to feel bored; they have good expression and good innovation and technology.[3]

View ‘the Y generation’ from the Perspective of Management Staff as Follows:

This generation are no longer loyal to their long years of service, are no longer willing to make long-term plans for their own career planning. They are loyal to their own, but not loyal to the company and the unit, which is not any connection with "selfish". They pay attention to their own feelings, their own ideas. They do not want to use conventional fetters to restrain themselves. They are eager to the boss with high IQ, high EQ. They are no longer envy and desire the traditional hard working. They like the high-quality work and life. They asked the boss not only to be open, professional, strong organizational, but also be able to teach, train, at the same time, the boss can be good at psychological counseling. In order to conform their requirements as so the above, ideological and political education workers must face with a very big challenge. They think that money is important, but also essential psychological income. They are willing to have a burden of responsibility for the decision, do not want to burden static, not challenging responsibility. They demanded timely and honest feedback. They say "Goodbye" easily, no longer difficult to speak, because they think the job-hopping is a healthy thing. You’re the boss, so we have to assess your boss abilities. They want to change the world and but cannot imagine themselves to be changed by the world. [4]

View ‘the Y generation’ from their Owning IE Product as Follows:

97% own a computer; 4% have a mobile phone; 45% use mobile phones to download online video and music information; 76% use MSN; 15% MSN users on-line around the clock; 34% read online news; 28% write blog, 44% see other people's blog; 49% share music files; 5 to 75% using Facebook; 60% own iPod. [5]

Application Probe of Coaching in the Ideological and Political Education

As a member of the teaching team of ideological and political education, during our first-line teaching processes, it is clear access to the characteristics of the object of education. Traditional ideological and political teaching methods and models have been unable to meet the needs of the teaching object. We are committed to study the theory and practice of coaching technology into the ideological and political education and teaching.

We Improve Teachers’ Collective Lesson Planning Ideas, based on Theoretical Study of Coaching Technology

The assumptions of coaching technology based on NLP spiritual premise as follows:

No two people are the same; A person cannot control another person; Effective use is more important than truth; There is no absolute truth in the world, only the world shaped by sensory experience; the significance of communication depends on each other's responses; Repeating old practices will only get the old results; Nothing happens at least three solutions; Everyone choose to conduct their own best interests; Everyone has resources to make themselves success and happiness; In any system, the most flexible part can affect the overall situation; No defeat, only respond to information; Motives and emotions cannot be wrong, but it is the behavior has no effect. [6]
Reference the above assumptions, we improve the teachers’ collective lesson planning ideas, in the teaching process of the ideological and political course. We are taking the issue to lead the teaching mode reform about curriculum design theory lesson plans of *Mao Zedong Thought and the Theory of Socialism with Chinese characteristics*.

There are Three Teachings Designed, table as follows:

<table>
<thead>
<tr>
<th>Links</th>
<th>One</th>
<th>Two</th>
<th>Three</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contents</td>
<td>Review the last lesson</td>
<td>Teach new courses</td>
<td>Homework, after-school consolidation expansion</td>
</tr>
<tr>
<td>First step</td>
<td>Please first 2-3 students answer essay questions answered Last time job to stay based on personal understanding;</td>
<td>The teacher gives two issues abot this lesson to talk about.</td>
<td>Job One: Theory questions;</td>
</tr>
<tr>
<td>Second step</td>
<td>Combined with the students’ answer, the teacher explain the answer about essay questions Points.</td>
<td>First question</td>
<td>Job two: combining the application of theory and practice problems (mainly a combination of the contents of this lesson the spirit and purpose of teaching a comprehensive, realistic and strong application essay questions, so that students after school to think, prepare, and so before the next lesson pertains to new courses after the teacher asks to answer, the teacher explain )</td>
</tr>
<tr>
<td>Third step</td>
<td>the second question</td>
<td>Steps with the &quot;second step.&quot;</td>
<td></td>
</tr>
<tr>
<td>The fourth step</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

**The Use of Coaching is Essentially a Series of Dialogues between the Coach and the Coach was to expand those.**

It can make the student discover the blind spot, identify problems, clarify ideas, so they will have found answers to questions, to find a breakthrough; it can be administered powered by a positive coach, trainer and coach was inspired by the common goal of development towards the better, and the coach who continue to break and upgrade themselves, to create extraordinary results; The coaching can be extended student's potential, so the student sees more hope, more likely, more choices and more opportunities. They will not limit themselves to a limited extent, a loss disappointed.[7]

Coaching four-step coaching skills are as follows:

First, to clarify goals. The goal and the purpose we will reach is to help the students clarify your goals and to achieve this goal. This goals must be the students' goals, not coach’s. [8]
No one knew more than the student about what they want in the end.

The fourth step, action plan. If a person's beliefs changed with Qianshan mentality, but if they do not go to do, everything is nothing. [9] The coach needs to be a plan of action to assist the student. In order to make the student responsible for their own actions and results, the coach will help the students to firm person's position and confidence.

Practice teaching cases as follows:

A student lose hope for the future, He feels useless study, the total daily listless, on this matter, and he conducted a conversation with the teacher. (Teacher as the role of the coach appears and use four step coaching techniques)

Teacher: Now what’s the spirit?
Student: no spirit, don’t know what should i do.
Teacher: You went to school, what is the purpose? (Sort target)
Student: Parents say that you are younger, let teachers manage me for two years in the school.
Teacher: How huge the teacher’s responsibilities to manage you! (Reflecting the truth)
Student: okay.
Teacher: I understand and respect your feeling now and your current state. Do you think the teacher can manage you all right in your being state? (Reflecting the truth)
Student: Probably not. University students rely consciously in most cases.
Teacher: What do you want to let yourself conscious up? (Qianshan mentality)
Student: Maybe I should change my present state.
Teacher: Do you know what the good side of your state is? (Reflecting the truth)
Student: Actually, I was not listless every day, I have a positive time and have a good time.
Teacher: Can you retell the good, positive time? (Reflecting the truth)
Student: I took the initiative to clean the dormitory and listen carefully sometime.
Teacher: Do you want to continue these (good state) down? How these continued down influence your future? (Reflecting the truth)
Student: think a moment. It is certainly helpful to the future. On the other hand, this good state let me become a good mood.
Teacher: How do you think do it? (Making plans)
Student: Develop a learning plan, handle correctly deal with the relationship among dormitories, on time to class and listen carefully.
Teacher: Okay, now how do you feel?
Student: teacher, I feel a great power.

We Communicate with the Students by Using the four Coaching Ability on the Tutoring Ideological and Political Education after School.

Four coaching abilities are as follows: listen, ask questions, respond and distinguish. Communication is a science and an art. Healthy communication plays inspired leading role to stimulate students' own potential. In the ideological and political education process, we must continue to engage in healthy communication with students, and strive to as follows:

**Effective listening:**

The coach is the coach's mirror, the coach is not a general sense to listen, so he must hear the other party, although which did not be said, but in the words and demeanor have manifested content.[10] You’d better looked at nose each other, showing respect and commitment. When listen carefully happened, your attitude must be best. So that the other party feel respected and comfortable.

**Enlightening asking:**

The coach are from different starting point, different positions, different attitude and tone, the coach's reaction will be different. Critical questions and full of accusations of tone and content indicate that the questioner has had a negative view. The objective cannot be maintained in a neutral position. This time would be meaningless to communicate, because the other side will be blamed
because your emotions and begin to make their own resistance and protection. If the problem is instructive, explaining that the questioner is concerned about how to solve problems, rather than how to bury in the past and blame others. At the same time, I believe the other is good, the other must be able to do. Thereby dig out the other side more possibilities.

**Depth distinction:**
The coach listen to each other' narrative, rapid breakdown distinguish where the problem is, but cannot be stated strategy. The coach should take the guide then to find their own answers by themselves. This may be the answer that the other side of the coach expects to be, may be their own kind of innovation. But in short, the answer must be positive and progressive. The coaching is a process of distinguishing. The coach has stronger ability to distinguish and is more able to tap into the nature of things and be able to help those who coached.

**Timely response:**
The starting point of the coach’s responding should be actively, positive support and encouragement to the one who was coached .The coach's mentality should respond seriously honest, clear and direct and timely. "Responding is a form of the feedback and distinction during coaching process. Response is to ask the coach not only to answer the question by the one who was coached , but also express reaction after listening and distinction. It is necessary to use the feedback to let the coach who was look in the mirror."[11]

**Summary**
Coaching in the ideological and political education more widely used, we will continue our efforts to do better in theory and practice.

**References**