Research on the Way to Psychological Education of People in Private Colleges under the Mode of “Three-full Education”

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Abstract. 2019 is the sprint year of building a well-off society in an all-round way, and the year of implementation of carrying out the deployment of the Third Plenary Session of the Eleventh Provincial Party Committee in an all-round way. The improvement of the quality of private colleges is an important link in the all-round development of college students, psychological education is one of the “Top Ten” education systems of Improving the Quality of Ideological and Political Work in Colleges and Universities, it is necessary to construct the working pattern of “Five in One” of education and teaching, practical activities, consulting service, preventive interventions and platform security. To promote the construction and implementation of psychological education in private colleges and universities under the mode of Three-full Education, we must give full play to the role of all personnel in private colleges and universities and carry out the entire process of education at every stage of college students; The mode of psychological education should be all-round permeated in the course of the overall education of the colleges. To analyses the current situation of the way to psychological education of people in private colleges under the mode of “Three-full Education”, and put forward some reasonable advice on the basis of relevant theory and practice of “Three-full Education” and psychological education at home and abroad.

The Current Situation of Psychological Education in Private Colleges and Universities

In his report to the 19th national congress of the communist party of China (CPC), Xi Jinping solemnly swears that “a new era of socialism with Chinese characteristics” will be achieved through hard work and great leaps. In the new era, the main contradiction in our society, that is, the contradiction between people's growing need for a better life and unbalanced and inadequate development has given rise to some problems, such as urban-rural gap, the difference in people's comprehensive quality and income level, and the great pressure on college students to find jobs and choose jobs under the influence of diversified Chinese economy. The problem of over-education caused by the gap between the backward education of parents at that time and the knowledge explosion of the post-1995 and post-2000 generations after the resumption of college entrance examination in 1977; Under the influence of the family planning policy, the difference between the emotional pressure of the only child and the emotional load of the extra child has caused the parents to focus too much on study, which has led to the psychological problems such as inferiority, pride and anxiety of the children. The excessive indulgence of the parents has led to the phenomenon such as the money worship of the college students with high consumption and the hedonism without ideal and faith. In the information age, the addictive nature of online games, the virtual nature of social networking sites and online fraud have negative effects on physically and mentally immature college students, causing academic and psychological problems. Under the influence of the characteristics of low level of students, inconsistent structure and high tuition fee in private colleges and universities, the above problems faced by college students are particularly prominent in private colleges and universities.
The Educational Objects are of Low Foundation, Inconsistent Structure and Lack of Self-Cognition

Private college’s students come from the same batch public school student’s grades on the low side, enroll in all the provinces of admission to big differences, such as the undergraduate colleges enrolled in the third batch of privately-run schools in Liaoning have been transferred to the second batch of undergraduate colleges in recent years. But the level of admission is also different, some private colleges as of now, the only application architecture, project management, building environment and energy engineering in Liaoning is to recruit 2 batches, other provinces or in three batches recruit students, other specialized recruitment of students in the three batches. Because the school expands recruit, recruit students structure is differ also, have full-time undergraduate course, full-time specialized subject, adult from take an examination of undergraduate course, become teach specialized subject. In full-time undergraduate course have those who pass the university entrance exam to take an examination of, also have those who pass rise only this, rise in the post this take an examination of. As a result of the above objective conditions, private colleges and universities students have a sense of frustration in their studies. Due to the inadequate adaptation of freshmen and insufficient learning atmosphere, some students are tired of learning and even reach the level of academic warning, resulting in psychological pressure. College students are in the process of physical and mental immaturity, private college students due to family doting on, the diversified impact of society, lack of self-understanding, some students think they did not do well in the exam, admitted to private colleges and universities, from then on have inferiority complex, autistic psychology; Some uncontrollable problems may also arise due to the high fees charged by private colleges and universities, the uneven development of school-running quality and management system. Some families pay attention to accommodation living environment, despise the importance of interpersonal relationship, the applicant less dormitory. Or students who apply for a day study at home due to physical or other reasons, lack of communication with classmates, as time goes by, resulting in a lack of interpersonal relationship, feeling inferior and helpless.

Educators Lack of Top-Level Design, Shortage of Teachers, Structural Imbalance and Teachers Own Ability Still Need to Be Improved

The quality improvement system of psychological education is put forward in the <implementation outline of the quality improvement project of ideological and political work in colleges and universities>. Insisting on the unification of mind and moral education, it is necessary to strengthen the humanistic care and psychological counseling, construct the working pattern of “Five in One ”of education and teaching, practical activities, consulting service, preventive interventions and platform security further, and strive to cultivate the teachers and students rational calm and positive health psychology, to promote the teachers and students mental health diathesis and coordinated development of ideological and moral quality, scientific and cultural quality. At present, the forms of psychological education in private colleges and universities mainly include psychological health, education theory courses with 500 students for 6 times, psychological group training courses for 2 times in small classes, general psychological test for freshmen, series of themed activities in school mental health festival, individual psychological counseling, etc. In some schools, the mental health course for college students is only offered as an elective course, while in some schools, it is not offered as a required course, which requires 32 class hours and 2 credits per semester, but actually it is only 16 class hours and 1 credit when we start it. Some schools still use the time of self-study at night to open, and student activities and homework time conflict, but students do not pay attention to them, the school cannot achieve the desired teaching effect. The large-class teaching of theoretical courses cannot pay attention to the psychological dynamics of all students, and the psychological group training is only offered at the entrance of freshmen, failing to take into account the problems arising in the development of students. The results of the general psychological test of freshmen are carried out by counselors for further work, and the guidance and training of counselors need to be strengthened.
Psychological counseling room to consult students, often through counselors do work, has reached the “sick” to seek help, which is not consistent with the original intention of psychological education. The activities of the unified organization of the mental health festival are often targeted at the freshmen and sophomores. All the psychological education stays in the freshmen and sophomores, so the whole school cannot participate in the whole process of cultivating heart and morality, and the methods need to be improved. All the above problems are caused by the deficiency of educators’ top-level design. Leaders should grasp the whole situation from a macro perspective and fully implement it. Due to the shortage of teachers and ability, the theory courses and group training courses are only for freshmen. This is the work done on the basis of part-time counselors and teachers of mental health education. Due to the monotonous age structure of teachers, they are all young teachers who do not attach importance to moral and psychological education so they have less experience and need to improve their abilities.

The Educational Environment is Complex and does not Form an Educational Synergy

In terms of social environment, the state has different support for public colleges and private colleges. Private colleges have limited funds and relatively high tuition fees. The Ministry of Education's 2018 work points propose to support and standardize social forces to set up education, but it takes time and various conditions to implement them. The society discriminates against private colleges, and does not recognize graduates from private colleges. Some units do not accept private college graduates in recruitment. At the same time, the solidification concept of “heavy skills and light morality” in private colleges also makes their social status worse than that of public schools.

In terms of school environment, private colleges have a short history of running schools. Therefore, private colleges do not have the precipitation of the history of public colleges, so we should strengthen the shaping of campus spiritual culture and bring positive inner experience to students. In the aspect of campus culture, some private colleges are organized by students ‘offices, league committees and other departments. Too many activities make freshmen busy and passive participation, while sophomores and seniors have no activities the polarized management mechanism leads to psychological conflict among students, and the enthusiasm of students who always participate in activities will be greatly reduced. There is no full participation of all the students, the whole process and all-round participation in private colleges.

In terms of family environment, under the influence of family planning policy, many problems of only-child emerge since the reform and opening up. Nowadays the elders of the family revolve around their children, they will hope on the child, but they also give the child too much pressure. But at the same time, excessive care and spoiling of children result in poor independence, self-centeredness, lack of dedication, discord in dormitory relations and lack of collective consciousness of most private college students. Lack of communication with parent’s leads to distortions in students ‘values and outlook on life. Due to family divorce, parents working in the field, parents ‘discord and other reasons, parents lack of concern for their children, leading to depression, anxiety, autism of some private college students, and even individual students can not complete their studies and need to leave school for treatment.

The Significance of Psychological Education in Private Colleges and Universities

To guide and promote the effective, in-depth, lasting, standardized and healthy development of psychological education in private colleges and universities

There are many problems in psychological education in private colleges and universities, such as the tendency of “isolation, formalization, specialization, medicine and localization”. Therefore, in the future, the development of psychological education in private colleges and universities in China should achieve “the rational and peaceful, positive and healthy mentality of teachers and students, the coordinated development of psychological health quality of teachers and students, ideological and moral quality, scientific and cultural quality, enrich the ways and methods of psychological education
in colleges and universities, and realize the modernization of psychological education in private colleges and universities”.

**To Realize the New Pattern of “Trinity” of Cultivation of Mind, Morality and Teaching**

Combined with local culture and the deficiency of the lack of private college students' ideal faith, after analyzing the characteristics of psychological pressure, to achieve “China's new development” concept, “the human comprehensive sustainable development”, college students should have five ability, namely the physical and mental health, learning, education, culture, civilization, employment, entrepreneurship and social security, the first is the physical and mental health, therefore, education, moral education and teaching is necessary. In addition, psychological counseling and humanistic care should also be strengthened, and the overall tone of psychological health education should be deeply constructed, including education and teaching, practical activities, consulting services, prevention and intervention, and platform guarantee.

**Construct a “Psychological” Education System and form a Pattern of All-Round Education throughout the Whole Process**

The outline for the implementation of the project to improve the quality of ideological and political work in colleges and universities proposes to vigorously promote psychological education. We will strengthen knowledge education, incorporate mental health education courses into the overall school teaching plan, organize the compilation of model textbooks for mental health education for college students, develop and build online courses such as mental health for college students, and achieve full coverage of mental health education. We will build a “three-whole education community” to form a collaborative education mechanism that organically combines school, family and social education.

**Optimization Path of Psychological Education of People in Private Colleges under the Mode of “Three-Full Education”**

**The Top-Level Design of Overall Psychological Education with the Goal of “Cultivating Talents by Virtue”**

“Cultivating talents by virtue” has always been an educational concept that China attaches great importance to. In the 19th National Congress of the Communist Party of China, Xi Jinping also reaffirmed the position of “Cultivating talents by virtue” in the development of education, which helped to promote the intensive development of higher education. After the introduction of the new program for the assessment of undergraduate teaching work in ordinary colleges, major private colleges (or “new undergraduate colleges”) also ushered in the qualification assessment of undergraduate teaching work, the first of the seventh content of the first-level indicators is Moral Education. “Cultivating talents by virtue” is ideological and political education and ideological and moral education. School ideological and political work must implement the “three advances” policy (into the teaching materials, into the classroom, into the minds of college students), form an education system, and build a long-term mechanism. It mainly examines the methods of the ideological and political education, the students' ideological and political level and satisfaction; the ideological and moral education mainly examines whether the school conscientiously implements the relevant provisions of the relevant documents of the central government, and cultivates the good qualities of students who love the motherland, are dedicated, honest and trustworthy, and abide by the law. Therefore, private colleges must establish a correct concept of moral education to coordinate the top-level design of psychological education. Providing students with psychological consultation and other services, planning activities of serving students, caring students on the basis of moral education to serve students, high-quality guidance and service not only reflect the student-oriented thinking, but also make up for the lack of quality of students.

By analyzing the development trend of psychological education in foreign schools, there are several points that are worthy of special attention from private universities, namely, the concept of
human-centered service, multi-integrated vision, local research movement and social culture. Combining education, nurturing and teaching, and organically infiltrating into the psychological health education curriculum of college students, this is a new opportunity and new vision for the development of psychological education among Chinese private colleges.

**All Members Participating and Working Together to form a New System of “Education and Cooperation”**

**Private Colleges Establish Unified Leadership of Party Committees and all Departments Must Grasp the Team Mechanism of Joint Management.**

The party committee unified planning and guidance, and the Academic Affairs Office, the Youth League Committee, and the Student Office organized and coordinated. Private colleges should not only strengthen the backbone role of counselors and psychology teachers, but also strengthen the service and education awareness of classroom teachers, administrative staff, logistics personnel, and campus shops;

**Home-school Cooperation**

Counselors should keep in touch with parents through home visits and media forms, paying attention to the students and parents’ daily life, understanding the students’ families deeply which helps to dig deep into the root causes of students' psychological problems, so as to help students get out of the predicament. Parents should pay more attention to students’ performance at school, students’ network dynamics, and often talk with students to guide them.

**Cooperate with the Mental Health Center to Help Students Get Out of the Psychological Shadow**

Students are more likely to communicate with people who they think are intimate. On the basis of the medical treatment of mental health centers, it is better to arrange intimate people for psychological counseling. For example, if a student in a university has a bad relationship with his parents, but he has established a trust relationship with his counselor, he or she will contact with the counselor. Therefore, the counselor and the mental health center doctor can work together to help the student faster and better.

**Social Forces**

The problem students can be filed in the public security department and the police station. When the student gets lost, parents will be informed at the first time. There is a case that a day-student argued with her parents, and then stayed nakedly at the door of the community in the middle of the night without speaking. After a passerby turned on the alarm, she did not cooperate with the police. After several hours of work, police learned that the girl was a college student and contacted her college. If filed in advance, we can help students with psychological problems in a timely and efficient manner.

**Whole Process Development, Come in to Being “Key Help” New Education**

Community education: College is largely for employment, combination of psychological education and employment; solve China’s biggest livelihood issues. Career exploration in freshman In terms of psychological education, group counseling and relevant activities related to self-understanding and freshmen's adaptation to interpersonal communication can be carried out. Theoretically, what is mental health. Let students as soon as possible to adapt to college life, for the future employment to adapt to society. Orientation period of sophomore year: choose their future development direction on the basis of knowing about further study and employment. Students in private colleges and universities can improve their skills by participating in student union societies and other organizations. They can start to try part-time social practice activities related to their future career, contact the society and expand their career platform. In the aspect of psychological education, it can focus on the psychological adjustment of learning strategies and methods, which is conducive to the
study of professional courses and the establishment of a sound personality. The career intensification period in their junior year: They made clear their future development direction and began to prepare formally. In the aspect of psychological education, it focuses on the psychological adjustment of emotional love communication to cope with pressure and frustration, etc. In the process of making life choices, it prevents all kinds of psychological problems, keep a clear mind of love, handle romantic relationships well, and enable students to keep a good state of mind and prepare for war. Career difference in the senior year: the first semester of the senior year is the professional practice stage, and the second semester officially enters the stage of admission and job hunting. In terms of psychological education, activities can be carried out around the matching relationship between simulated interview non-intellectual factors and occupations, so as to prepare students for the arrival of work with adequate psychological and employment preparation. Tutorial: due to the particularity of private college students, it is very important to carry out the tutorial, the diversity of private college students because of family misfortune social students based on the low side have different structure, under the influence of the characteristics of high tuition according to the results of the new psychological some 2% college students have serious psychological problems need the intervention of psychological consultant, 5% of the students psychological extremity, need self psychological adjustment or seek counseling to help others.93% of the students have normal psychological results, but they will be affected by family changes, family spoiling, negative social impact and so on. They need to pay close attention to the students' psychological dynamics, teach students in accordance with their aptitude and educate students in accordance with their circumstances.

All-Round Implementation to form a New Pattern of “All-Round Development”
Western countries, especially the United States and Japan, pay special attention to psychological education. Schools attach equal importance to psychological education and subject teaching. Referring to the Western model of psychological education, private higher education in China should also integrate psychological education curriculum and the second classroom into subject teaching, student daily management, student logistics services and so on. Psychological education can be divided into developmental primary counseling, preventive secondary counseling and diagnostic and therapeutic tertiary counseling to serve students in an all-round way. In terms of methods, we should also conform to the requirements of the times, and popularize the theory and practice of mental health in all directions through new forms and ways of educating students who are interested in it.

Concluding Remarks
This paper focuses on the students of private colleges and universities as the research object, and makes an in-depth analysis on the problems of one-sided, single and limited psychological education in private colleges and universities, and puts forward practical solutions. “Three Quantities Education” is a complete education system engineering, which combines it with psychological education to improve the quality of Ideological and political work of psychological education in private colleges and universities. Through the study of private college students, it is helpful to improve the comprehensive quality of private college students, model-driven, typical guide, point-to-point, face-to-face, take the lead in breakthroughs, and explore experience for the transformation and development of similar colleges and universities in the country.

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