

and political factors in dance education and teaching, complement each other in professional courses and ideological and political education, and imperceptibly carry out ideological and political infiltration of college students, so as to enable students to consciously undertake the historical mission and the responsibility of the times on the premise of mastering professional skills, and become a good young man with responsibilities.

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COLLEGE ENGLISH TEACHING STRATEGIES FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

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Background: Teaching method is the link between teachers' teaching plan and students' actual learning effect. Teaching method is based on the principle of educational psychology. As far as foreign language education is concerned, various schools of pedagogy in history have established their own theoretical systems directly based on corresponding psychological viewpoints. As far as school education is concerned, teaching is not an end in itself, but a means of promoting students to learn better, teaching is subordinate to learning and serving learning. Teaching is a process, is a process of interaction with students, the nature of teaching is the method of choice, is to choose the best way to promote students to learn best. Based on the analysis of the psychological characteristics of teaching and learning by teachers and students, we can get better teaching results by choosing appropriate teaching methods according to relevant language materials. College students have different psychological characteristics in English learning because of their different origins, different personality and different English proficiency. Some are confident, some are self-abased, some are proficient in spoken English, and some are proficient in written tests. Some students are afraid of learning English and have no clear goal. They think that learning English is useless and their interest in learning English is not strong. They generally reject the study of English from the psychological, that their vocabulary is small, weak grammar, poor spoken English, fundamentally poor English. Many students study English only for the sake of obtaining certificates and coping with exams. They only pay attention to the examination results and neglect the improvement of communicative competence. The phenomenon of "dumb English" is everywhere. Therefore, teachers must analyze the psychological characteristics of students' English learning and improve the teaching methods in order to improve the effectiveness of learning. The basic principles of educational psychology have a profound impact on teachers' educational ideas, teaching modes, teaching evaluation methods and curriculum structure. It plays a positive role in improving teaching methods, stimulating students' interest and motivation in learning and coordinating the interpersonal relationship with the people around them. As one of the main parts of college English teaching activities, teachers should have some educational psychology, understand the psychological characteristics and personality differences of students, arouse their interest, mobilize their enthusiasm for learning English, so as to achieve better teaching results.

Objective: Modern educational psychology holds that school situation includes teaching and learning, all activities of education can be classified into the category of teaching, and the influence of students can be classified into the category of learning. At present, there are many difficulties in the teaching and learning of college English courses. How to improve the teaching effect of college public English has been a hot topic. From the perspective of educational psychology, it is a valuable way to examine the psychological characteristics of teachers and students in the process of teaching and find out the measures of teaching improvement.

Subjects and methods: In this study, 200 college students and 30 English teachers were selected to fill in the questionnaire, which was composed of 35 questions. The time of filling in the questionnaire was controlled from 30 to 60 minutes. At the same time, the teachers were interviewed, the contents of the interview were added to support targeted teaching, taking into account the psychological characteristics of the teaching content. The mental states of teachers and students were collected, recorded and archived in Excel.

Results: The psychological state of students and teachers to the current curriculum design is shown in Table 1. It can be found that both students and teachers, there are some people are not satisfied with the

existing teaching model. At the same time, we find that 27 teachers strongly support it. Teachers think that the combination of educational psychology can help students to find out the true psychological thoughts of students, help students solve problems, not only improve students' English scores to some extent, but also improve students' mental health.

Conclusions: Educational psychology is one of the important theories in the study of modern English teaching methods. In the process of teaching, teachers should follow the teaching law, understand the students' individual psychological characteristics, explore the process and characteristics of using language, learning language and mastering language from the psychological point of view, arrange teaching contents reasonably, adopt appropriate teaching methods, effectively solve a series of psychological problems encountered in teaching practice, and achieve the actual effect of teaching.

Table 1. Status of two groups of students after the experiment.

Crowd	Numbers	
Teacher	Dissatisfied	3
	A little dissatisfied	7
	General	15
	Relatively satisfactory	5
	With great satisfaction	15
Student	Dissatisfied	25
	A little dissatisfied	86
	General	54
	Relatively satisfactory	35

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THE CONCRETE IMPLEMENTATION OF IDEOLOGICAL AND POLITICAL EDUCATION REFORM IN COLLEGES AND UNIVERSITIES FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

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Background: Educational psychology has been well applied in domestic higher education, and has made great contributions to the improvement of subject teaching quality. Under the people-oriented education and teaching concept, the teaching method and learning model advocated by educational psychology also conform to the overall direction of educational reform. But most teachers are at a loss about the concrete application of educational psychology, so it is necessary to explore the concrete application path of educational psychology in teaching practice.

Objective: Most college students will go to work directly after graduation, and whether this group has a firm will and good ideological and political consciousness will directly affect its comprehensive development. In the domestic education system, great attention is paid to the ideological and political teaching, changing the teaching mode and improving the teaching efficiency are frequently mentioned. Because students can obtain information through many ways, their immature world outlook, outlook on life and values are easy to be influenced by many bad ideas when they are formed. The negative emotions of some students have seriously affected their physical and mental health, and it is necessary to improve the ideological and political quality of students through the ideological and political class reform.

Subjects and methods: Stratified cluster random sampling method was used to investigate 200 students randomly. 200 questionnaires were distributed and 178 valid questionnaires were collected. The content of the questionnaire is to evaluate the existing ideological and political teaching methods.

Methods: Using Excel statistical survey results.

Results: The resulting statistical tables are shown in Table 1.

Therefore, the specific implementation paths of the reform are:

(1) Applying innovative education methods to improve classroom teaching

Under the background of educational psychology, the reform of ideological and political curriculum in