

Results: The course of mental health education in colleges and universities is very important. By popularizing and opening the course of mental health education, students' comprehensive ability can be developed in an all-round way.

In this survey, the influence value of specific factors is 0-4, which means irrelevant, 1 means slight influence, 2 means general influence, 3 means obvious influence, and 4 means very important. In order to reduce the great error caused by individual subjectivity in the evaluation, the evaluation value of 500 college students shall be rounded off and the result shall be determined by means of rounding off the average. The specific statistical table is shown in Table 1.

Table 1. Importance of course design and teaching theory in mental health education in colleges and universities

Factor	Volition	Exertion property	Persistence
Freshman student	4	3	3
Sophomore student	4	3	4
A junior student	3	4	3
Senior year student	3	4	4

Conclusions: The basic idea of curriculum design of mental health education for college students, the working mode of group activities and the basic content of group working process and program. It is of great developmental significance for college students to enhance their consciousness of mental health, prevent mental problems, and improve their confidence, overcome obstacles, tap potentials and realize themselves by learning mental health skills and methods. Therefore, it is important to study the curriculum design and theory of mental health education in colleges and universities.

* * * * *

DUAL SIGNIFICANCE OF SOUTHWEST DEVELOPMENT AND ASEAN HIGHER EDUCATION EXCHANGE AND COOPERATION IN THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

Ting Jiang & Fangzheng Liang

CPC Publicity Department, Guangxi University of Finance and Economics, Nanning 530007, China

Background: Educational psychology is the study of human learning, the effect of educational intervention, the psychology of teaching, and the social psychology organized by schools. The focus of educational psychology is the application of psychological theories or research to education. As a bridge science between psychology and pedagogy, educational psychology studies psychological phenomena, laws and their interaction between students and teachers in the process of learning and teaching. Since its birth, educational psychology has paid close attention to mental health problems. At the beginning of the 20th century, Thorndike focused on the mental health problems of special children, including the mental and moral defects of special children, and emphasized the objective and accurate measurement. The southwest of China mainly includes Guangxi, Yunnan, Guizhou, Tibet and other provinces and municipalities. The southwest of China has a vast area and a large population. However, the conditions for opening up to the outside world are not good compared with the coastal areas, and most of the neighboring countries in Southeast Asia are relatively backward and isolated developing countries. Therefore, the economic development of the southwestern region of China is relatively slow, and the southwestern region of China has gradually become an area neglected by the opening-up policy. In order to improve this phenomenon, the application of educational psychology to the development of higher education exchanges and cooperation with ASEAN and the establishment of higher education exchanges and cooperation between ASEAN countries and southwest China will help promote the process of opening up of southwest China.

Objective: The first FTA established by China is the FTA with ASEAN. In this environment, the exchanges and cooperation between universities in southwest China and ASEAN countries have their own unique features. In order to train international talents with certain abilities in Southwest China, promote the development of education industry in Southwest China, and improve the overall strength, the psychology theory and research institute should be applied in education, so as to make the levels and ways of running schools become more and more diversified, and the scale of running schools expands continuously, and the resources allocation and the overall structure of Sino-foreign cooperation and exchange in higher education

will be optimized accordingly.

Subjects and methods: From the perspective of educational psychology, we should innovate the teaching mode, that is, we should change the teaching idea of educators under the existing objective environment, change the teaching goal from correcting students' behavior deviation to guiding students' positive psychological quality, change the focus of attention from a few problem students to all students, change the teaching method from full classroom teaching to experiential teaching, and combine and supplement the three classes from the main channel of class to the first class theory teaching, practical teaching group tutoring and psychological activities carried out by association, so as to cultivate international talents, accelerate the development of southwest China, and optimize the resource allocation and overall structure of Sino-foreign cooperation and exchange in higher education. Through the questionnaire, statistical analysis of the significance of the development of southwest area and ASEAN higher education exchange and cooperation under the perspective of educational psychology.

Study design: Stratified cluster random sampling method was used to investigate 500 college students. Randomly selected 10 universities, each grade randomly selected 20 students, a total of 25 classes of students to carry out a questionnaire survey, a total of 500, 479 recovered, the number of effective 462.

This paper makes use of the double influence of the development of southwest area and ASEAN higher education exchange and cooperation under the perspective of Excel statistical educational psychology.

Results: Through the analysis of the application of educational psychology, it strengthens the cooperation of higher education between Southwest China and ASEAN countries, promotes the development of Southwest China, and lays a foundation for exporting more compound talents, which is of far-reaching significance for promoting the cultural exchange and economic development between the two countries.

In this survey, the influence values of specific factors are 0-4, which are irrelevant, 1 is slightly influential, 2 is ordinary, 3 is obvious, and 4 is sufficient. In order to reduce the great error caused by individual subjectivity in the evaluation, the evaluation values of 500 college students are adopted and the average values are rounded off to obtain the results. The specific statistical table is shown in Table 1.

Table 1. Impact of educational psychology on development of southwest region and Asian higher education exchange and cooperation

Factor	Volition	Exertion property	Exertion property
Freshman student	4	3	3
Sophomore student	4	3	4
A junior student	3	4	3
Senior year student	3	4	4

Conclusions: In today's world, cultural pluralism is becoming more and more obvious, and different cultures are constantly confronting and colliding. Only by understanding and tolerating these pluralistic cultures can we truly realize the great fusion of world cultures in the perspective of international understanding. At present, cultural exchanges and cooperation between China and ASEAN in the field of higher education have made great progress, but it is necessary to further broaden and deepen cultural exchanges and cooperation between China and ASEAN in the field of higher education in order to truly realize the mutual understanding between China and ASEAN and to establish a China-ASEAN family featuring good-neighborliness, mutual trust, friendship, dialogue and consultation. Based on educational psychology, strengthening the cooperation of higher education between Southwest China and ASEAN countries is conducive to exporting more compound talents for the development of Southwest China, and is of far-reaching significance for promoting the cultural exchange and economic development between the two countries.

Acknowledgement: The research is supported by: Subject: General Subject of Pedagogy in 2017 in the 13th Five-Year Plan of the National Social Science Fund of China-On the Status Quo and Prospect of Higher Education Cooperation between Southwest China and ASEAN, (No: BIA170J98).

* * * * *

DIVERSIFICATION OF ENGLISH TRANSLATION CRITERIA FROM THE PERSPECTIVE OF HUMANISTIC PSYCHOLOGY

Jing Li & Yao Long