

themselves can't learn to summarize themselves and maintain an optimistic spirit, he will be as passive and cowardly in the face of difficulties as this shark in the next learning process. The introduction of positive psychology into college English teaching can effectively mobilize students' internal motivation and improve their language output ability, so as to improve the overall teaching effect.

Objective: The theory of positive psychology is penetrated into the three important factors of students, teachers and teaching environment through all links of teaching, so as to help students cultivate positive emotions and stimulate their long-term learning mechanism. The core of its teaching is to stimulate students' positive emotions as the center, to enhance teachers' positive emotions as the auxiliary, and to take a positive and harmonious foreign language classroom as the main learning environment, so as to fully mobilize the three elements of students' English learning: knowledge, emotion and meaning, and give full play to students' autonomy, enthusiasm and initiative.

Subjects and methods: First, cultivate students' positive emotions. Students complete the items set by the teacher in groups of 3-4 projects. The design of the project must reflect the theoretical core of positive psychology, let students experience successful psychology in the process of project participation, and make full use of positive psychological qualities such as positive emotional regulation ability to complete each project. All projects involve language skills such as listening, speaking, reading, writing and translation. The forms of projects that students often participate in include student lectures, organizing classroom teaching, classroom display, seminars, group discussions, discussion at the same table, self-editing and self-performance, speech competitions, debate competitions, mutual evaluation, etc. The purpose of carrying out these activities is not only to give students a simple task, but also to enable them to form mutual assistance inside and outside the classroom, promote autonomous learning and cultivate innovative consciousness. Second, enhance teachers' positive emotions. At present, college English teachers are facing great workplace pressure, which is positive penetration and application of Neo-Confucianism in school education provides a new opportunity. At the physical level, firstly, college English teachers should make full use of the theory of positive psychology to enrich and guide themselves, evaluate themselves correctly and objectively, and recognize their value and position, which is the basis of maintaining a positive attitude. For example, teachers can explore more potential, positive and subjective experiences through previous successful classroom experiences, combined with the traditional decompression mode, so as to form a powerful pressure shock absorber and be active in the classroom with a full and positive image. College English teachers' positive emotions have a strong role of "infection" and "transformation", which plays an important role in improving students' positive emotions, contributing to students' language output. From the perspective of social organization, society should give teachers more humanistic care in order to improve teachers' subjective well-being and enhance teachers' professional pride.

Results: English teaching process is inseparable from students' psychological process, and teaching work should pay attention to the application of psychological theory. Only in this way can we steadily improve the teaching effect and quality of College English and really cultivate high-quality talents with innovative spirit and practical ability.

Conclusions: Teaching process is an emotional process and cognitive process based on psychological activities unity of process. Correct and positive learning attitude, good achievement motivation, light heart and high attention are the preconditions for the smooth progress of teaching. Under the new situation of major reform and innovation in college English teaching, college English teachers should think about how to take students' psychological construction as a breakthrough, infiltrate and apply the theory of positive psychology to all links of college English teaching, create a harmonious and active English classroom atmosphere and cultivate students' positive psychology of success, enhance the attractiveness and appeal of classroom teaching, so that it is possible to form a strong cohesion and positive energy in college English classroom, stimulate students' English learning enthusiasm and teachers' work enthusiasm, and make college English teaching achieve the best teaching effect under the limited software and hardware conditions.

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THE RELATIONSHIP BETWEEN COLLEGE ENGLISH CULTURE EDUCATION AND COLLEGE STUDENTS' HUMANISTIC QUALITY AND MENTAL HEALTH BASED ON PSYCHOLOGY

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Background: At present, colleges and universities generally adopt the credit system, and their courses are linked to certain credits. This determines that students must take the study and examination of six to ten courses every semester, and they can graduate only after completing certain credits. During this period, the most important are CET-4 and CET-6, computer grade examination, etc. These certificates are like steppingstones. If they are not obtained, they will be at a disadvantage in the fierce employment competition and affect employment. Academic pressure, employment pressure, interpersonal relationship, and emotional frustration lead to college students' psychological vulnerability. According to the sampling research conducted by psychiatrists, about 20% of college students in China have psychological problems, of which 15% belong to general psychological problems, which need to be dredged by schools, relatives and friends. 3.5% had psychological disorders, insomnia, weight loss and other symptoms. 1.5% had psychosis, lost self-control, and could not distinguish reality from illusion. In addition, according to relevant data reports, according to the psychological survey of Freshmen in several colleges and universities in Heilongjiang Province in recent years, 25% of college students have hidden psychological problems. College students' mental health is a social problem that can't be ignored.

Objective: At present, most college students are only children. After entering the University, they often can't integrate into the group quickly. Long term depression will cause psychological obstacles and reduce psychological tolerance. In teaching, it has become one of the important responsibilities of college teachers to find out the psychological vulnerable students in time, help them find out the crux, use the appropriate psychological counseling method to guide them in time, eliminate their psychological diseases, and guide them to establish a correct outlook on life, values, and world outlook.

Subjects and methods: Make full use of the text content to cultivate humanistic quality. The English curriculum standard issued by the Ministry of education clearly states: "The study of English course is not only a process in which students gradually master English knowledge and skills and improve their ability to use language through English learning and practice, but also a process in which they sharpen their will, cultivate their sentiment, expand their horizons, enrich their life experience, develop their thinking ability, develop their personality and improve their humanistic quality" College English. The textbook is a set of comprehensive practical teaching materials for students of Arts and Sciences. The articles are selected from the original works, with vivid content and strong knowledge. If teachers can deeply excavate the ideological nature of the text and organically combine English teaching and ideological education, it can play a good role in improving students' ideological quality. During the introduction, analysis and explanation of the background of the text. For example, the first text after students entering the branch, how to improve your study habits Volume 1, new horizons of College English Is a good start. Combined with the text, students can be educated in learning objectives and learning methods, help students adapt to the new learning environment and teaching methods in the University as soon as possible, cultivate self-study ability and establish self-awareness. When learning the second text, teachers highlight the hero Chichester's ability to overcome himself through questions and answers, and do not shake the goal for any difficulties and obstacles Strong will and independent personality. Tell students how to be a person through English learning, which is easy for students to accept.

2. Pay attention to the cultivation of language quality. Due to many disadvantages brought by exam-oriented education, many difficulties have been added to the development of College English teaching. In teaching, students have to often supplement some basic skills training, such as supplementary teaching of international phonetic symbols, repeatedly correcting pronunciation and intonation, patiently correcting writing format, case, punctuation, especially patiently cultivating students' listening and speaking ability, although this will take some time and be very patient, it is necessary.

3. Broaden students' knowledge and improve students' humanistic quality. The humanistic quality education of college students is a process that affects the physical and mental development of the educated through the selection and teaching of higher education culture, that is, from absorbing the achievements of culture to participating in the creation of culture. Therefore, the characteristics of culture as the content of education will affect the humanistic quality to be formed by the educated, and then directly affect their behavior level and mode in social practice. Such as Lesson 7, Volume 3 of College English the English character), this article tells people that British people are quiet, shy and silent. They are unrestrained only in front of acquaintances, and they are uncomfortable or even embarrassed when communicating with strangers, forming their unique national concepts and habits. Through the study of this article, students can understand some British cultural background and etiquette, and broaden their knowledge, in addition, College English teachers can also guide college students to read more English books and participate in English lectures, enrich the content and form of cultural quality education, integrate cultural quality education into various English activities, and strengthen college students' communication in many aspects' Humanistic quality.

Results: 1. Promote the all-round development of College Students' physical and mental quality. "A person who has no consciousness of humanistic spirit, even if he is full of knowledge, is only a memory of

knowledge.”, solid professional knowledge and professional skills are the basic requirements for all-round development of college students in the new era. In addition, under the changing social background, college students should have broad and broad humanistic spirit and humanistic quality. The reserve of professional knowledge and skills can enhance a person’s professional image, and the richness of humanities knowledge can add personality charm. With the development of society, the competition between people is becoming increasingly fierce. In the face of fierce competition, tough psychological quality and rapid social adaptability are the first step based on the society. To some extent, cultivating students’ humanistic quality can be used to improve students’ psychological quality and social adaptability.

2. Consciously safeguard the physical and mental health of others and yourself. Through the study of Humanities and Social Sciences, college students can correctly understand and understand the relationship with people, things and things around them, understand the value of life, acquire some ability to deal with problems with personnel and things, and actively deal with problems around them, which not only maintains their own physical and mental health, but also improves their own ability, Finally, you can help the people around you who need help.

3. Improve your personality. The university stage is an important stage for a person from late adolescence to early adulthood. Physically, he gradually develops and matures, has strong energy, strong thirst for knowledge and strong plasticity, but he is not completely independent psychologically. This stage is also the key period of personality shaping. College life will make them mature step by step and gradually become independent individuals.

Conclusions: Humanistic quality education is a systematic project. Comrade Li Lanqing’s report at the third national education work conference clearly pointed out that “we should advocate creating good and loose conditions for the all-round development of students, and overcome the tendency of only paying attention to intellectual education, ignoring moral, physical and aesthetic education, paying attention to knowledge teaching and ignoring ability training in intellectual education.” therefore, For teachers, we should first change the educational concept, reform the talent training mode, actively implement heuristic and discussion teaching methods, stimulate students’ awareness of independent thinking and innovation, and effectively improve the teaching quality. We should let students feel and understand the process of knowledge generation and development, cultivate students’ scientific spirit and innovative thinking habits, and pay attention to cultivating students’ ability to collect and process information, acquire new knowledge, analyze, and solve problems, as well as their ability of language expression, unity and cooperation and social activities.

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EXPLORATION ON THE WORKING PATH OF PSYCHOLOGICAL EDUCATION IN COLLEGES OF TRADITIONAL CHINESE MEDICINE UNDER THE BACKGROUND OF “THREE COMPLETE EDUCATIONS”

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Background: Psychological education is an important content of Ideological and political work in colleges and universities and the basic guarantee for the all-round development of college students.

Psychological education is an effective carrier to promote the implementation of the concept of “three complete educations”. The spirit of humanistic care and the attitude of respect, acceptance, trust, understanding, and empathy are the basis for other educational work. The method of psychological education can also be extended to other educational work. Therefore, laying a good foundation for psychological education is not only a practical starting point for promoting the combination of mental education and moral education, but also a beneficial exploration for comprehensively coordinating the educational resources and forces in all fields of running and running the school, all links of education and teaching, and all aspects of talent training, as well as comprehensively promoting the comprehensive reform of “three complete educations”. Psychological health education is an important part of ideological and political education in colleges and universities.

It is one of the basic principles to strengthen and improve the ideological and political work in colleges and universities. China is in the critical period of building a well-off society in an all-round way. We are closer to the goal of national rejuvenation than at any time in history. Our demand for higher education is