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ANALYSIS OF THE IMPACT OF FOREIGN LANGUAGE TEACHING MANAGEMENT REFORM ON COLLEGE STUDENTS' COGNITIVE IMPAIRMENT

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Background: English is an important public basic course in the educational curriculum of colleges and universities in China. The learning and improvement of English skills plays an important role in college students' learning life and even future life. Mastering English skills is of great significance to the improvement of College Students' academic performance and the cultivation of comprehensive quality, and plays an important role in the development of international exchanges and cooperation. With the advancement of globalization and the improvement of information technology, the requirements for college teaching and management mode are higher and higher. The traditional college education is facing great challenges and has been difficult to meet the needs of social talents in the new era. How to improve the quality level of college education output talents and cultivate high-quality talents with innovative spirit and ability in the new era has become the fundamental goal of college education reform and transformation.

The environment people contact and the education they receive in the process of growth will have an impact on their cognitive ability and level. Under the established social conditions and environment, improving individual education level has become an important means to enhance their cognitive ability. Therefore, the reform and transformation of college teaching and management mode has become a key issue to improve the comprehensive quality of college students. Family environment is an important factor affecting college students' social cognitive impairment. Social productivity has an important impact on family income. The total family income limits the investment proportion of education in family expenditure and affects college students' family cognitive education level. The advantages and disadvantages of family education methods will also affect college students' cognitive ability and vision.

Objective: To investigate the cognitive impairment of college students, understand the proportion of college students' cognitive impairment, and analyze the influencing factors of college students' cognitive impairment from the perspective of college foreign language teaching and management model reform, so as to provide suggestions and references for the implementation of college foreign language teaching and management reform.

Research objects and methods: A questionnaire survey was used to analyze the cognitive impairment of college students, understand the current situation of cognitive impairment of college students, and investigate the satisfaction of college students with foreign language teaching and management mode. The comparative experiment method is used to compare and analyze the teaching effect of college foreign language teaching and management mode before and after the reform, the changes of college students' cognitive impairment before and after the reform, and the teaching satisfaction of college students under the old and new modes.

Research design: Taking 1000 college students from three universities in a city as the research object, this paper analyzes the degree of cognitive impairment of contemporary college students through the cognitive impairment survey scale, understands the current situation of college students' cognition, and investigates college students' satisfaction with the current foreign language teaching and management model through the teaching quality satisfaction scale. A total of 1000 questionnaires were distributed and 983 questionnaires were recovered, with a questionnaire recovery rate of 98.3%. The degree was quantified by Likert's 5-level scoring method.

Results: The cognitive impairment of college students in different grades is shown in Table 1. College students in different grades have different performance in cognitive impairment. Interpersonal cognitive impairment and self-cognitive impairment are the main types of cognitive impairment of contemporary college students.

Table 1. Cognitive impairment of college students in different grades

Test dimension	Freshman	Sophomore	Junior	Senior
Interpersonal cognition	4.25	3.51	3.32	3.16
Others' evaluation cognition	3.46	2.55	2.38	2.04
Self-cognition	3.29	2.69	2.93	2.98
Realistic cognition	3.77	2.07	1.82	2.63
social cognition	1.51	1.53	1.25	1.84

Conclusions: The reform of college foreign language teaching and management mode should take student-centered as the core of college foreign language teaching concept, and always adhere to the student demand-oriented college foreign language teaching and management mode. In foreign language teaching and management in colleges and universities, we should increase the investment of teaching funds, improve the informatization level of foreign language teaching, promote foreign language teaching in colleges and universities to keep pace with the times, improve relevant modern equipment and personnel, and ensure the improvement of foreign language teaching quality in colleges and universities. The development of network teaching in the new era requires colleges and universities to improve the level of foreign language online teaching, enrich the network teaching resource database, provide information resource reserves for online foreign language teaching under the new situation, and promote the overall quality of foreign language teaching in colleges and universities.

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STUDY ON THE COMBINATION MECHANISM OF IDEOLOGICAL AND POLITICAL EDUCATION AND MENTAL HEALTH EDUCATION IN COLLEGES

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Background: Under the background of the current era, quality education in colleges and universities has entered a period of rapid development. Ideological and political education and mental health education have received extensive attention. Many teachers are studying and exploring the way of education combination, hoping to bring students a better learning experience, get other aspects of education while learning theoretical and cultural courses, and achieve all-round growth. The combination of ideological and political education and mental health education can help students to establish correct values, outlook on life and emotional outlook, and can help students to solve various psychological problems, realize comprehensive education, give full play to the role of higher education, and promote the reform of higher education system and the development of education.

In recent years, with the deepening of the national college education reform, the mental health education of college students in our country has been obviously improved. As an important part of ideological and political education in colleges and universities, mental health education still lags far behind the basic task of building moral character and cultivating socialist builders and successors. The course of mental health education is an effective way to carry out mental health education in colleges and universities, and it is also an important course reflecting the characteristics of ideological and political education. According to the current situation of mental health education curriculum for college students, there are still some problems, such as the lack of awareness of the importance of ideological and political education, the inadequacy of teaching contents and the need to improve classroom teaching effect. In a word, the synergistic effect of the course of mental health education and ideological and political education needs to be strengthened, and effective strategies should be explored.

Objective: Ideological and political education and psychological health are the important contents of quality education in colleges and universities, which are helpful for students to form good moral quality and values. Therefore, it is very necessary to combine ideological and political education with mental health education in the process of education. It is urgent for college educators to recognize the necessity of the combination of ideological and political education and mental health education, to find an effective way to solve the problems, to improve the efficiency and quality of education, and to promote the comprehensive development of students.

Subjects and methods: Mental health curriculum is aimed at college students, and its main aim is to educate and promote students to become talents, which is consistent with the goal of ideological and political education. In the process of carrying out the basic goal of moral education, the traditional ideological and political education overemphasized the political direction and moral character of college students, ignored the psychological problems of college students, separated the psychological health education from the ideological and political education, did not pay attention to the psychological health problems of college students, affected the growth of college students, and was not conducive to the realization of the goal of ideological and political education. Students are a special group, full of contradictions is the typical psychological characteristics of this group, easy to appear environmental maladjustment, self-cognitive deviation, interpersonal barriers, emotional distress, psychological crisis and other psychological problems. Therefore, this paper studies the effect of the combination mechanism of ideological and political education and mental health education.