

the ideological and political teaching resources, teachers and teachers are relatively scarce, and the teaching facilities are relatively backward. Under this influence, students' attention to the ideological and political education curriculum will also decline. The results of the questionnaire show that the attendance rate of the ideological and political education curriculum is much lower than that of other professional courses. Secondly, the ideological and political education curriculum has too much theoretical knowledge, and the teaching method is too single and traditional, which leads to the ideological and political teaching content is relatively boring and cannot arouse the interest of students. Finally, the teaching content of Ideological and political education is relatively broad and not combined with practice, which leads to the disconnection between theoretical knowledge and practice, and students cannot understand it well. For the above reasons, students cannot fully understand ideological and political education, so ideological and political education cannot fully play the role of strengthening students' ideological construction and guiding college students to cultivate correct outlook on life and values.

Cognitive neuroscience is a new discipline combining cognitive science and neuroscience. Cognitive psychology first appeared in the 1970s. Up to now, it has been a comprehensive discipline integrating psychology, cognitive science, computer technology and neuroscience. Cognitive neurology mainly studies the brain mechanism of human body, then expounds human cognitive activities, and describes the process of brain mobilizing various tissues and cells for cognitive activities. Combined with cognitive neuroscience, this study reformed and innovated the ideological and political teaching model in colleges and universities. First, promote the small class teaching mode, so that teachers can pay attention to each student, and then teach students according to their aptitude for personalized teaching. Secondly, the ideological and political theory should be made into life, that is, the combination of theory and all aspects of life, so as to strengthen students' understanding of theoretical knowledge and produce ideological resonance. Finally, combined with computer technology and new media technology, innovate and reform teaching forms and teaching contents to improve students' interest in learning. The improved teaching mode of Ideological and political education can effectively stimulate students' learning enthusiasm, strengthen students' understanding of Ideological and political theoretical knowledge, then strengthen students' ideological construction, guide college students to cultivate correct outlook on life and values, cultivate good moral concepts and strengthen college students' ideals and beliefs.

Objective: Due to various reasons, there are still some defects in the current ideological and political teaching model in colleges and universities. Cognitive neurology is a comprehensive subject integrating psychology, cognition, computer technology and neurology. Combined with cognitive neuroscience, this study reforms and innovates the ideological and political teaching mode in colleges and universities, effectively stimulates students' learning enthusiasm, strengthens students' understanding of Ideological and political theoretical knowledge, and then strengthens students' ideological construction.

Research objects and methods: 100 students in a university were selected as the research object, and a questionnaire survey was used to explore students' satisfaction with the teaching mode of Ideological and political education.

Research design: A questionnaire survey was conducted among 100 students to count their satisfaction with the improvement of the teaching mode of Ideological and political education and the traditional teaching mode of Ideological and political education. The score of satisfaction is 1 - 5. The higher the score, the higher the students' satisfaction with the teaching mode.

Methods: The relevant data were counted and analyzed by Excel software.

Results: Students' satisfaction with the improved teaching mode of Ideological and political education is significantly higher than that of the traditional teaching mode of Ideological and political education.

Conclusions: There are still some defects in the current ideological and political teaching mode in colleges and universities, such as too much theoretical knowledge of Ideological and political education courses, and too single and traditional teaching methods, which lead to the relatively boring ideological and political teaching content and cannot arouse the interest of students. Combined with cognitive neuroscience, the research carries out reform and innovation on the ideological and political teaching mode in colleges and universities, effectively stimulates students' learning enthusiasm, strengthens students' understanding of Ideological and political theoretical knowledge, then strengthens students' ideological construction, guides college students to cultivate correct outlook on life and values, cultivate good moral concepts and firm college students' ideals and beliefs.

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ON THE OPTIMIZATION OF THE DYNAMIC ADJUSTMENT MECHANISM OF HIGHER EDUCATION FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

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Background: Higher education is a professional education or vocational education above secondary education. At the same time, higher education is also the main way to cultivate high-quality talents and all kinds of vocational talents for the society. In China's education system, higher education is one of the most important and concerned parts, so higher education is very important. With the continuous development of society, the continuous improvement of economy and the continuous improvement of scientific and technological level, the demand for high-quality talents in society and the market is increasing day by day, so higher education also develops rapidly, transforming from elite education to mass education, and exporting more high-quality talents for the society. In other words, the educational effect of higher education affects the development of national economy and social progress to a certain extent. At present, there are some problems in the education management mechanism of most colleges and universities, such as the inadequate management of teaching quality, the imperfect supervision and incentive mechanism, and the difficulty in the adjustment of professional structure. Among them, the inadequate management of teaching quality means that the current teaching methods and modes in colleges and universities are single, not innovative enough, and still using the traditional indoctrination teaching methods. In this teaching method, students can only play a passive role in absorbing knowledge. In addition, there is a certain disconnection between the teaching content and the times, and the theory and practice are separated from each other, resulting in the inconsistency between the trained talents and the social needs. Finally, due to the expansion of college enrollment, a large number of young teachers who lack practical experience emerge in college education, which makes it difficult to improve the teaching quality in a short time. The imperfect supervision and incentive mechanism means that the supervision and control of teaching quality in colleges and universities are not in place. The evaluation of teaching quality is dominated by subjective evaluation, lacking objectivity and rationality; In addition, the evaluation systems formulated by many colleges and universities fail to refer to the opinions of front-line teachers and students, but are based on the subjective judgment of managers, so they lack rationality and effectiveness. Therefore, it is necessary to optimize and improve the current dynamic adjustment mechanism of higher education.

Educational psychology is a branch of psychology. Its main research direction is the learning effect of students, the effect of teaching intervention, the teaching psychology of teachers and the social psychology of school organization under the educational situation. Based on the perspective of educational psychology, this paper puts forward optimization strategies for the current dynamic adjustment mechanism of college education, that is, to improve the college curriculum system; Innovative teaching concepts; Improve the teaching quality evaluation system, improve the supervision mechanism and establish an incentive mechanism. The optimized dynamic adjustment mechanism of higher education can better manage the work of colleges and universities, control the teaching quality, improve the professional quality of students, output more and higher quality talents for the society, and promote economic development and social progress.

Objective: To optimize and improve the dynamic adjustment mechanism of higher education, so as to better carry out the work management of colleges and universities, control the teaching quality, improve the professional quality level of students, output more and higher quality talents for the society, and promote the economic development and social progress.

Research objects and methods: 120 students from two universities were selected as the research objects, including 72 boys and 48 girls. The students came from 6 different majors. After teaching, a survey scale is developed to investigate students' satisfaction with teaching. The teaching quality is evaluated according to students' achievements and satisfaction, and then the application effect of improving the dynamic adjustment mechanism of higher education is evaluated.

Study design: Students were randomly divided into study group and control group, with 60 people in each group. For the research group, the quality of teaching content is evaluated and improved by improving the dynamic adjustment mechanism of higher education; The control group adopted the traditional dynamic adjustment mechanism of higher education. After 3 months of teaching, the two groups of students' satisfaction with teaching and professional course scores were compared.

Methods: The corresponding data were processed and analyzed by SPSS 22.0 software.

Results: After 3 months of teaching, the professional course scores and teaching satisfaction of the students in the research group were significantly higher than those in the control group ($P < 0.05$). The professional course scores of the two groups are shown in Table 1.

Conclusions: After optimizing the dynamic adjustment mechanism of college education, it can effectively improve students' performance and satisfaction, so as to better carry out college work management, control teaching quality, improve students' professional quality level, output more and higher quality talents for the society, and promote economic development and social progress.

Table 1. Professional course scores of the two groups of students

Timing	Communication ability score		<i>t</i>	<i>P</i>
	Research group	Control group		
Before teaching	57.1±10.2	56.4±11.1	0.246	0.752
After teaching	85.3±8.4	57.9±12.4	8.572	0.001
<i>t</i>	8.72	0.453	-	-
<i>P</i>	0.001	0.654	-	-

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THE POSITIVE GUIDING FUNCTION OF MORAL EDUCATION TEACHING CONCEPT IN COLLEGES AND UNIVERSITIES ON STUDENTS’ PHYSICAL AND MENTAL HEALTH

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Background: Moral education refers to the education of students’ ideological, political, moral, legal and mental health. Moral education plays an important role in the education system. It shoulders the responsibility of cultivating students’ moral management and helping students establish a correct outlook on life, values and world outlook, so as to make students have a sound psychological personality and psychology. With the continuous development of society and the continuous improvement of economic level, the demand for talents in society and market is also increasing. Talents are not only required to have rich theoretical knowledge and practical experience, but also required to have strong psychological quality and high-pressure level. Therefore, in school education, moral education is an important part, an important way for the all-round development of students’ morality, intelligence, physique, beauty and labor, and is of great significance to the healthy growth and success of students. University is an important stage for students. During this period, students’ mentality and cognition are changing rapidly. If they are not guided, it is easy for students to have incorrect and unhealthy ideas, such as money worship, profligacy, worship foreign countries and so on. Therefore, moral education also plays an important role in college education. Moral education in colleges and universities generally includes the education of national spirit; ideal and belief education; moral quality and civilized behavior education; discipline and law-abiding education and mental health education require students to have national self-esteem, self-confidence and pride; establish a correct outlook on life, values and world outlook, have a sound personality and strong psychological quality, and have a sense of civilization and behavior habits.

Human’s perception of the external environment, human’s own situation and the relationship between the external environment and its own situation is called consciousness. Generally speaking, consciousness activities include consciousness activities and consciousness awakening. Among them, consciousness awakening is also called consciousness awareness. Consciousness awakening is a prerequisite for individuals to have subjective experience. The different degree of consciousness awakening can reflect the intensity of individual consciousness, and the individual will have conscious activities only after consciousness awakening to a certain degree. When the cerebral cortex of an individual is damaged, there may be obstacles to the level of consciousness awakening in varying degrees, which hinders the level of individual consciousness activities. Patients with consciousness disorders will have drowsiness, drowsiness, confusion and delirium, which seriously hinder their daily life, work and study. In the moral education of colleges and universities, students with consciousness disorder can’t concentrate on listening, and moral education can’t achieve the desired effect. And the students with consciousness disorder will have certain anxiety symptoms, which will harm their physical and mental health. Therefore, college teachers need to focus on the moral education of students with consciousness disorders. The research puts forward the following points: trust with students; Actively contact students and actively solve problems or dredge psychology for students; Fully respect students; Innovative teaching mode; Strengthen practical teaching; Establish an equal relationship between teachers and students. The improved moral education model in colleges and universities can effectively alleviate the anxiety and depression of students with consciousness disorders, so as to improve their mental health level, promote the healthy growth of students, and output more