

method of cognitive therapy and sports emotion university students' random intervention experiment, through the experimental test results before and after the evaluation and the feasibility of the method of emotion, cognitive therapy experiment after significant improvement of the students' anxiety, as a result, this paper studies to a certain extent, has promoted the study on college students' anxiety treatment.

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ANALYSIS OF PSYCHOLOGICAL CONSTRUCTION UNDER THE ENGLISH TEACHING MODEL IN COLLEGES AND UNIVERSITIES

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Background: In recent years, although the reform of college English teaching has made some achievements on the whole, college English Teaching in colleges and universities is still under the unsatisfactory traditional teaching mode. The research on it still focuses on the transformation of appearance mode and the improvement of teaching methods in specific links. up to now. The effect of college English teaching reform in colleges and universities is not obvious, and it is still under the hat of "time-consuming and inefficient". However, the development of social economy and technology in China is becoming more and more international, and the society has higher and higher requirements for College English teaching. Therefore, there are obvious contradictions in reality: Although the annual supply of foreign language graduates is in a state of oversupply, there is still a serious lack of high-end foreign language talents in social development. There is an urgent need for talents with excellent foreign language level and professional knowledge. However, field surveys in some colleges and universities show that students generally have unsatisfactory attitudes towards college English teaching. On the one hand, students hope to improve their English learning ability and learning effect, and can put the language into practice. On the other hand, many teachers often pay too much attention to the content of teaching materials in order to complete the teaching task and keep up with the scheduled teaching progress. This may lead to the phenomenon that teachers only explain the subject according to the book in class, but only teach teaching materials. This will inevitably lead to an embarrassing situation completely divorced from the basic law of language teaching: teaching has become the mechanical teaching of language knowledge, and knowledge has become the only link between teachers and students.

Objective: In view of the problems existing in college English teaching in colleges and universities, the state officially promulgated the college English curriculum teaching requirements in 2007, which puts forward the need to cultivate students' comprehensive English application ability, and clearly requires colleges and universities to formulate a scientific, systematic and personalized college English syllabus according to the actual situation of the University and with reference to this requirement, to guide college English Teaching in our university. The promulgation of this requirement provides programmatic guidance for the reform of the new college English teaching model, and will help colleges and universities give more effective play to their subjective initiative according to the actual situation.

Subjects and methods: By analyzing the current situation of college English teaching, this paper puts forward that the necessary premise of realizing the new college English teaching model is to realize psychological construction, and there are three ways to realize psychological construction. Establish a harmonious relationship between teachers and students. Using constructivism theory to guide the adjustment of students' cognitive structure. Adopt diversified teaching forms.

Results: Establishing a harmonious relationship between teachers and students is the primary way to realize psychological construction. Tracing back to western educational psychology, humanistic psychology, an important psychological school, rose in the United States in the 1960s. Humanistic psychology holds that behaviorism theory ignores the characteristics of people's active thinking and does not distinguish the learning of people and animals in essence. It also believes that cognitivism does not pay attention to the influence of people's emotions, values, attitudes and other factors on learning. Therefore, humanism emphasizes the human factor in learning and respects learners' wishes, emotional needs and values. In this way, it is possible to form a harmonious atmosphere in the classroom, the main environment for teacher-student communication, get out of the misunderstanding of extremely ignoring students' emotional factors in traditional classroom teaching, pay attention to students' emotional experience, eliminate students' negative emotions, raise the enthusiasm of teachers and students, realize the preliminary construction of teachers and students' benign psychology, and provide the possibility to improve the effect of language teaching.

Use constructivism theory to guide the adjustment of students' cognitive structure and consciously realize psychological construction. The first to put forward the theory of constructivism was the famous Swiss psychologist, Piaget. He believes that the individual cognitive structure is constantly developing through assimilation and adaptation to adapt to the new environment. In the process of college English teaching, the application of constructivism theory can give students more scientific theoretical guidance and help them adjust their cognitive structure in order to better improve their learning effect.

Conclusions: Although the reform of college English teaching in colleges and universities has a long way to go, cultivating a harmonious relationship between teachers and students, using constructivism theory to guide the adjustment of students' cognitive structure and adopting diversified teaching forms will help to complete the early psychological construction under the reform mode of college English teaching in colleges and universities, and will ultimately establish an efficient and the practical new college English teaching model plays a cornerstone role.

Acknowledgements: JLPOPSS-Study on English Acquisition Optimization Strategy of Hearing-impaired Students in Jilin Province (Project Number: 2021JB903W12). Climbing Program of Changchun University (Project Number: 2020JBD03W16). The study was sponsored by JLPOPSS-Study on English Acquisition Optimization Strategy of Hearing-impaired Students in Jilin Province (Project Number: 2021JB903W12) and also sponsored by Changchun University -Climbing Program of Changchun University (Project Number: 2020JBD03W16).

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MENTAL COMPOSITION AND MORAL BASIS OF CHINA'S INTERNATIONAL LAW

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Background: China's position in international relations is becoming more and more important. How to treat international law and how to treat international law has attracted more and more attention. At this time, judging the basic expression of China's attitude towards international law and exploring the main factors shaping China's attitude towards international law have not only the theoretical significance of cultural deconstruction, but also the practical significance of practical analysis and guidance.

Objective: China's concept of international law is the psychological mapping of the actors' own situation and the international social environment in international relations. It is the result of the joint action of the international political structure, the situation of international law and China's own situation. It is manifested in the theoretical research and practical links of China's international law, and finally forms psychological cognition and judgment. China holds a respectful attitude towards international law, which is jointly determined by the great power of international law itself and China's backward economic, political and cultural environment in modern times. It is specifically reflected in the negative feedback of international law to China and the lack of China's knowledge and ability of international law. It is expected that to strengthen China's position on international law, enhance China's enthusiasm in participating in international legislation, supervising the implementation of international law and international justice, we must improve the mentality of international law. The way is to strengthen China's accumulation of international legal knowledge and increase its own legal participation and application ability.

Subjects and methods: Analysis of external environmental factors of China's international law mentality. (1) The essence of power under the justice of international law in the 19th century, with the capitalist revolution in many countries in Europe and America in the 18th century, a more appropriate political coordination mechanism and a stable peace situation have gradually formed. (2) The world war has promoted the decline and rebirth of international law. After the end of World War I, an idealistic international relationship was widely respected. It advocated promoting national self-determination, abolishing secret diplomacy, establishing international organizations and building collective security. (3) Great power politics in global governance in the late cold war. In the second half of the 20th century, the relationship between the economic development of all countries in the world is becoming closer and closer.

The self-transformation factors of China's international law mentality. (1) Chinese traditional legal mentality. Under the environment of Chinese traditional culture, it is difficult to cultivate people's belief and trust in law. (2) China's study and judgment of international law in the late Qing Dynasty and the early Republic of China. In the late Qing Dynasty and the early Republic of China, the introduction of western culture set off a wave of international law research. (3) China's international law dilemma during and after the cold war. With the implementation of reform and opening up, China's participation in international legal exchanges has become more and more frequent, which has improved this situation, but the generation of research talents has had an impact on China's international law research.