

to their aptitude. And in the teaching process, constantly guide students' positive emotions, encourage students to practice more, improve their singing level, and continuously improve students' psychological quality, which is also conducive to the smooth development of teaching activities.

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## THE FUNCTION AND STRATEGY OF PSYCHOLOGICAL SUGGESTION IN MODERN ENGLISH TEACHING

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**Background:** Suggestion is a process in which individuals or groups exert influence on individuals through implicit and indirect methods. It is the most common psychological phenomenon in people's daily life. Its role is often greater than that of direct persuasion or instruction. English teachers should make full use of psychological suggestion to stimulate students' interest in learning, actively dredge their negative and dull emotions, timely solve students' psychological problems of anxiety, inferiority and weariness, and improve the efficiency of English teaching.

**Subjects and methods:** Psychological suggestion refers to the psychological characteristics that people accept the influence of the wishes, ideas, emotions, judgments or attitudes of the outside world or others. It is a psychological phenomenon that people or environment send information to individuals in a very natural way, and individuals inadvertently accept this information, so as to make a corresponding response. English classroom teaching needs teachers to actively create the conditions for the implementation of psychological suggestion, adopt reasonable and effective ways and methods, and effectively use all the existing favorable conditions. Indirectly stimulate students' potential consciousness from the side, so as to have a positive impact on students' psychology and behavior.

**Study design:** Build a harmonious classroom interpersonal relationship. First, the harmony between teachers and students. The relationship between teachers and students is the most basic interpersonal relationship in middle school and one of the key factors to measure the success or failure of school teaching. Building a harmonious relationship between teachers and students with mutual respect, personality equality, teaching and learning and mutual care is the core content of harmonious interpersonal relationship on campus. We should achieve harmony in this regard. It is inseparable from the improvement of teachers' own quality and their own teaching ability. As the saying goes, "learning from high is a teacher and being a model", teachers can't do this. The establishment of a harmonious relationship between teachers and students can only become empty talk. Secondly, the harmony between students. Without the harmony between students, there will be no normal teaching order and learning atmosphere.

**Methods of statistical analysis:** Implication of language. Language is the basic way of human communication, so it is also an important means to realize psychological hint. The key of language suggestion is to use affirmative language to give psychological support to the implied object. Therefore, in teaching. Especially in class, appropriate language should be used to hint at students. In English classroom teaching, guiding people is a very important link. Through the use of guiding language, give students hints about the contents to be discussed and learned in this class, and naturally introduce students into the state to smoothly enter the next step of learning. Using relaxed and lively language will create a positive and active classroom atmosphere. Make students learn knowledge in a cheerful atmosphere and experience the fun of learning. From the topics most students are interested in. Everyone is familiar with the theme of this class in the conversation, so that the students unknowingly enter the state of learning, so as to avoid sudden transfer. In addition, when responding to students' activities and answers, we should also pay attention to language hint. When students answer questions or participate in activities, they always want to be supported and recognized by others. If teachers do not affirm and encourage their behavior at this time, it is bound to bring negative psychological impact to students, thus affecting their learning mood and effect.

**Results:** Stimulate learning interest and improve motivation. Motivation in psychological suggestion includes external motivation and internal motivation. External motivation stimulation focuses on creating various external conditions to improve students' learning motivation, such as reward, praise and so on. Internal motivation stimulation focuses on optimizing personal internal psychological factors to improve the level of learning motivation, such as arousing curiosity, thirst for knowledge, interest, sense of success, self-esteem, self-confidence and so on. Examples of stimulating students' interest in learning and improving their motivation can be found everywhere in teaching.

**Conclusions:** The application of psychological suggestion in English teaching permeates all aspects. We should also continue to explore and study in ordinary teaching, according to the actual situation of students.

It varies from person to person, targeted and strive to achieve better results.

**Acknowledgements:** Ganzhou Social Science Association of Jiangxi Province: Problems and countermeasures of English teaching in normal colleges and universities, No. 16244. Ganzhou Social Science Association of Jiangxi Province: a study on multi-level Public English teaching in higher Vocational colleges, No. 19321. Ganzhou Association of Social Sciences: A study on the influence of context on foreign language learning, No.20200674.

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## DISCUSSION ON THE NECESSITY OF BIM AND PREFABRICATED BUILDING WHOLE PROJECT COOPERATION FROM THE PERSPECTIVE OF ADAPTIVE PSYCHOLOGY

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**Background:** China's GDP surpassed the 100 trillion-yuan level for the first time in 2020, with the construction industry accounting for 7.2 percent of the total, indicating that the driving role of the construction industry in the national economy remains strong. According to the survey report of McKinsey, a famous international consulting company, the informatization level of the global industry shows that the informatization level of construction industry is only higher than that of agriculture and slaughterhouse industry. The informatization input of construction enterprises in developed countries accounts for 1% of their total value, while the index in China is only 0.08%, a difference of one order of magnitude. This also shows that our building information industry has a very broad space for development from the differentiated input-output ratio at the stage of social and economic development.

Recently released "China Construction Industry Information Development Report" shows that the assembly building market is developing from a single point of component factory concept to information management, in the deepening of design, production planning management, safety and schedule management, is a relatively concentrated application of information in the field. At present, BIM and assembly are respectively in the separation stage of single point application. The development trend of the future should be to connect points into lines. The deep integration of BIM and assembly technology will chemically react with data generated by other digital technologies to form data assets to empower construction enterprises. Therefore, from two aspects of economy and technology, the combination of BIM and assembly building will become a hub for construction enterprises to realize digital transformation and complete industrial upgrading of construction industry in adversity.

**Methods of statistical analysis:** Guided by the positive psychology, this article mainly from the industrial policy, industry development and practical application aspects, combing analysis of prefabricated construction and the development path of BIM technology, the advantages and disadvantages of their existence, facing the internal and external environment, analysis of BIM and prefabricated building fit, interpretation of the construction of prefabricated building based on BIM process the necessity of cooperative mode.

**Study design:** By sorting out and analyzing the development path of prefabricated building and BIM technology, this paper distinguishes the fit between BIM and prefabricated construction, and explains the necessity of building a BIM-based cooperation model for the whole process of prefabricated construction. It can be said that, guided by positive psychology. It is expected to provide a new idea for improving the synergy efficiency among the participants of prefabricated construction, giving play to the marginal cost advantage of prefabricated construction, and providing a theoretical basis for the development of information synergy platform software in the future.

**Results:** The development of prefabricated buildings. Prefabricated building has experienced a tortuous development history in China. In 1956, The State Council issued the Decision on Strengthening and Developing the Industrialization of construction, and issued a series of policies to vigorously develop the industrialization of construction. Since the 1960s, through a patchwork of precast reinforced concrete plate big board houses nationwide promotion, but in the 90s the big board building due to the model of a single, cannot satisfy the consumer demand for family diversity under the market economy, and the key technology such as waterproof, seismic, connection of major defects has been eliminated by the market. For the next 30 years, there was little prefab in the construction market. This situation lasted until 2016, when The State Council issued the relevant document "Guidance on Vigorously Developing Prefabricated Buildings", and "prefabricated" buildings returned to public view, and people suddenly found that many of the original "prefabricated" technical defects had been solved by new technology. With the policy support of The State