

\* \* \* \* \*

## DESIGN OF ENGLISH CLASSROOM TEACHING IN HIGHER VOCATIONAL COLLEGES BASED ON COGNITIVE PSYCHOLOGY

Ling Lin

*Public Course Department, Hainan Vocational University of Science and Technology, Haikou 570203, China*

**Background:** We can interpret cognitive psychology from two aspects. One is cognitive psychology in a broad sense: it is a part of cognitive psychology, which mainly studies people's cognitive process. On the other hand, it is the cognitive psychology mentioned by the expert of western psychology, that is, cognitive psychology in a narrow sense. It has another name called "information processing psychology". It refers to using the viewpoint and terminology of information processing to study human cognitive process by analogy with computer, simulation, verification and other methods. It believes that human cognitive process is the process of information acceptance, coding, storage, exchange, operation, retrieval, extraction and use, and summarizes this process into four system modes: perception system, memory system control system and reaction system. It emphasizes that man's existing knowledge and knowledge structure play a decisive role in his behavior and current cognitive activities.

**Objective:** With the increasing trend of economic globalization, international economic, political and cultural exchanges are becoming closer and closer. As one of the most widely used international languages, English has an important impact on international cultural exchanges. Compared with ordinary colleges and universities, higher vocational colleges have strong professional characteristics, and the main content is to cultivate professional and technical talents. In addition, compared with students in other ordinary colleges, higher vocational students have a low level of cultural knowledge, improper learning methods and insufficient learning ideas, and their learning emotion and enthusiasm are also relatively low. Therefore, in higher vocational English teaching, relevant education and teaching departments and higher vocational English teachers should pay attention to the positive psychological role in English teaching, make a comprehensive and specific analysis of the current higher vocational students' English learning psychology, and formulate higher vocational English teaching methods according to the higher vocational students' psychology and the current higher vocational English teaching requirements, give full play to the role of positive psychology in higher vocational English teaching.

**Subjects and methods:** (1) There are problems in cognition and attitude. (2) Dealing with interpersonal relationships. (3) Learning problems. (4) High psychological pressure.

The employment psychology of higher vocational college students is mainly reflected in two aspects: (1) inferiority complex. (2) The psychological pressure of higher vocational college students is also reflected in the great employment pressure. At present, China's market competition is becoming more and more fierce. The fierce competition in the employment market has also brought great employment pressure to higher vocational college students.

**Results:** Study the psychological state of higher vocational students, correct their learning attitude and stimulate their desire for knowledge. Many vocational college students hate and fear learning English, mainly because they do not establish correct learning motivation and goals and lack interest in learning English. In fact, their purpose of learning English is to cope with the exam! Learning motivation is not to improve their ability to use English, but simply to successfully pass the exam and get a diploma. Therefore, higher vocational English teachers should help students correctly understand the personal value and social significance of learning English, correct their learning attitude, make them improve their learning consciousness and initiative, guide them to actively participate in the learning process, and stimulate their learning interest and desire for knowledge.

Students' cognitive differences are an important basis for studying the rules of students' learning English. The factors that directly affect the efficiency of students' learning English are the different development, cognitive style and selection strategies in these aspects. If students are not taught according to their aptitude according to their intelligence in the process of English teaching, it is difficult for students to achieve qualitative and all-round development. In order to make English teaching targeted, teach students according to their aptitude and ensure the quality of English teaching, it is urgent to understand the characteristics of students' cognitive differences. In the teaching process, we should guide students to carry out meaningful communicative practice independently, perceive language materials in practice, and analyze, synthesize, summarize and compare them on this basis, so as to enable students to understand language laws, master language structure and cultivate their ability to use language independently.

**Conclusions:** Under the guidance of cognitive theory, higher vocational English classroom is more efficient and scientific than traditional classroom. Practice shows that in Higher Vocational English

classroom teaching, combined with the relevant research on attention level, information transmission law, Ebbinghaus forgetting curve and schema theory of cognitive psychology, designing teaching activities in line with the cognitive characteristics of higher vocational students in the three stages of pre class preview, classroom teaching and after-school tasks can achieve good teaching results. Under the guidance of cognitive psychology, students can master a variety of learning strategies. Through more beneficial attempts, they can make remarkable progress in mastering English language learning strategies, expanding thinking and improving their cognitive level.

\* \* \* \* \*

## RELATIONSHIP BETWEEN PHYSICAL HEALTH AND MENTAL HEALTH OF COLLEGE STUDENTS

Yu Shen

*Sport Institute, Kunming University, Kunming 650214, China*

**Background:** Health inherently contains physique. Physique is only one aspect of health. Enhancing physique is consistent with improving health. Enhancing physique is ultimately to improve health, and improving health is people's ultimate goal. Therefore, the concept of "physique" should be understood dialectically. It is not exactly the same as the concept of "health". The main indicator of health evaluation is whether the development and function of human organ system are normal. Physique is a comprehensive quality evaluation of people's physical state, which is the basis of health. Physical health is the minimum condition for good physique. People who are also healthy have very different physique. The measurement and evaluation methods and indicators used to evaluate human health and physique are also different. The evaluation of health status is usually measured by anthropometry, physical examination and various physiological indexes to determine whether the morphology and function of its body organ system and parts are normal. For the physical strength of two people, we should first consider their health status, and then comprehensively measure and evaluate their shape, function, physical quality, ability to adapt to the environment, climate and disease resistance. In the national student physical health standard. Under the guidance of, this paper understands physical health as a concept of two in one, that is, the physical test scores of college students with outstanding physical health problems are located in the health status of college students with outstanding physical health problems, and comprehensively evaluates the physical health level of college students with outstanding physical health problems from the aspects of body shape, physical function, physical quality and common diseases.

**Objective:** Mental health refers to an efficient, continuous and satisfactory psychological state. It refers to a person's basic psychological activity process, with complete and coordinated content, that is, people's emotion, behavior, cognition, will and personality are complete and coordinated, and can keep pace with the society while adapting to the society. To be exact, the so-called mental health means that a person is in a harmonious state of mutual coordination with society in physical and psychological aspects, which is mainly reflected in the following aspects: The first is normal intelligence. The second is emotional pleasure and stability. The third is behavior coordination and unity. The fourth is harmonious interpersonal relationship. The fifth is good social adaptability.

**Subjects and methods:** Exercise the ability of interpersonal communication and social adaptation. Good interpersonal relationship is not only an important indicator of mental health in colleges and universities, but also an important part of maintaining mental health. Sports can make people make more friends, get along well and help each other. This kind of good interpersonal relationship can make people happy and excited, which is of great help to adapt to the society.

Cultivate sound personality. Sports generally have hardship, fatigue, intensity, tension, confrontation and strong competitiveness. Students always engage in physical exercise with strong emotional experience and clear will. Therefore, through sports, it helps to cultivate students' excellent qualities of courage, perseverance and overcoming difficulties, cultivate unity and friendship, and enable students to maintain a positive and healthy mental state.

**Results:** Organization of collective activities. Sports psychology believes that in sports activities, the reason why individuals are attracted by groups is group identity. PE teachers should consciously enable students to participate in collective activities and multiple interactions. This harmonious interpersonal relationship and teaching atmosphere are conducive to the mental health of college students. By participating in group activities, students can enhance the virtue of friendship and mutual assistance and enhance self-confidence. For college students with anxiety and interpersonal disorder, adaptation and education play an important role. Thus, it can cultivate the sense of cooperation and team spirit, and