

2) *The art of cultivating interest in learning.* Students' interest in Chinese learning is a cognitive interest based on spiritual needs. It shows that they have a positive emotional experience of Chinese learning itself and are strongly inclined to master the art of language expression. Stimulating interest has become the most basic requirement of classroom teaching art. Chinese teachers use both literary and beautiful articles to attract students, fully tap the image, vividness and interest factors of the textbook itself, take this as a breakthrough, and use vivid explanations to arouse students' strong interest in learning and make the whole teaching process lively and interesting. When studying "on the fall of Leifeng Tower", considering that this article causes discussion from the story, no matter laughing and scolding, it is to take advantage of the topic. Although the article has more discussion, it is accompanied by specific and vivid images. Combined with this feature, when guiding students to read, first start with the image, and then improve their rational understanding, which alleviates the difficulty and facilitates students' self satisfaction. Therefore, in order to arrange the reading sequence, let the students recall the story of the legend of the White Snake, read the second natural paragraph of the text, and ask the students to summarize the plot outline of "Xu Xian saving the snake, white snake repaying kindness, Fahai Tibetan Xu, white snake looking for her husband, white snake plotting, tower building suppression". In this way, students not only realize that the white snake is a "righteous demon" and Leifeng Tower is a "Tower of repression", but also full of sympathy for the White Snake and hope that Leifeng Tower will fall down as soon as possible. Finally, it briefly introduces the background of the times: after the collapse of Leifeng Tower in September 1924, the feudal retro school took advantage of the topic to sing elegy for the collapsing feudal forces; Lu Xun was tit for tat, and also revealed the profound philosophy that "the collapse of feudal forces is the necessity of historical development" by virtue of the collapse of Leifeng Tower.

3) *The art of stimulating learning emotions.* Emotion is an inner experience produced when people feel external things and restrict their actions. The process of people feeling, understanding, remembering, thinking and using knowledge is always inseparable from the participation of emotional activities. Emotional education should run through Chinese education. Only emotional education is comprehensive education. From the perspective of the characteristics of Chinese subject, most of the selected Chinese textbooks are literary works of both literary quality and beauty. When the author conceives the artistic image according to real life, he has poured his feelings into it. The textbook itself is the carrier of enriching emotional communication, and the artistic image is the load of emotional strength. For example, the last lesson reflects patriotism; "Jujube core" reflects the feelings of loving my hometown; "Cell 267" reflects the friendship between comrades in arms; A precious shirt reflects the love of leaders; "Lotus Lake" reflects the love between husband and wife; "Back" reflects the feelings of father and son; "My teacher" reflects the feelings of teachers and students; The little orange lantern reflects the spiritual beauty of the characters, and so on. Therefore, while teaching Chinese knowledge, teachers must carry out emotional transmission and education. When guiding students to read, analyze articles, stimulate students' emotions, and gradually improve the quality and level of students' inner emotional experience, they must first have true feelings, internalize the emotions of the works into their own emotions, and convey feelings with emotion.

Conclusions: Psychological regulation from the aspects of motivation, interest and emotion is an important measure to optimize the art of Chinese classroom teaching. As a college Chinese teacher, we should make efforts from these aspects, so that college Chinese teaching can have new hope.

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ENLIGHTENMENT OF MARXIST HUMANISTIC THOUGHT ON COLLEGE STUDENTS' MENTAL HEALTH EDUCATION

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Background: In the 60 years since the founding of new China, especially in the 30 years of reform and opening up, China's College Students' mental health education has made great progress. However, with the globalization of the world economy and the deepening of China's reform and opening up, the social competition intensifies, the value orientation is diversified, the pressure faced by college students increases, the psychological conflict increases, and they are more eager for high-quality mental health education. The author believes that only by using Marxist Humanistic Thought to examine college students'

mental health education and adhering to the guidance of Marxist humanism, can China's College Students' mental health education really be based on scientific theory, realize the leap from experience to science, and further improve its effectiveness. The core content of Marxist humanism is the theory of human essence and the theory of human all-round and free development. The problem of human nature, that is, the problem of human nature, is a basic problem in psychological research. Human nature stipulates the specific connotation of human all-round development, that is, the free and full development of labor ability, social relations and individual quality, which is also the first problem that must be solved in mental health education. The theory of human nature reveals the physiological, social and practical basis of mental health education, while the theory of human all-round and free development points out the ultimate goal of mental health education.

Objective: Marxism's revelation of human's natural and social essence has laid the physiological, social and practical foundation of College Students' mental health education. To carry out college students' mental health education, we must deeply study the characteristics and laws of College Students' physical and mental development, accurately grasp the current situation and causes of College Students' mental health, and constantly explore the methods and ways to improve the effectiveness of education. The theory of people's all-round and free development defines the highest goal of mental health education. College students' mental health education must always adhere to the scientific outlook on development, adhere to people-oriented, and comprehensively improve the comprehensive quality of college students.

Subjects and methods: 1. *"Realistic individual"*. Marxism has jumped out of the barrier between ancient god based humanism and modern humanistic humanism, which takes abstract man as the starting point for the study of human essence. It makes a scientific analysis of human essence from the perspective of practical practice and believes that the starting point for the investigation of human essence should be "In the place where speculation ends. In front of real life, it is the place where real empirical science describing people's practical activities and actual development process begins. Ah, people are not people who are isolated and isolated in some kind of fantasy, but those who engage in creative production and labor under the conditions of a certain sum of social relations. They can actively express, realize and confirm their ideas A living person with unique personality and can be observed through experience - a real individual.

2. *A free and conscious person*. Marx always opposes contempt for people, only regards people as a means and a tool, and pays attention to treating people as people and as free and conscious subjects. Marx pointed out in the manuscript of economics and Philosophy (1844), "all the characteristics and class characteristics of a species lie in the nature of life activities, and human class characteristics are just free and conscious activities." Compassionate freedom consciousness, that is, subjectivity, is a remarkable feature of Marxism. Marxism believes that human subjectivity is the initiative, creativity and autonomy shown by human beings in the interaction with objects. Among them, initiative is the most basic connotation of human subjectivity, creativity is the transcendence of reality, and autonomy is the highest level of human subjectivity.

3. *People with all-round development*. Realizing people's all-round development is the inevitable trend of the development of human society. It is the highest value goal pursued by Marxism. Marxist humanism holds that human development is not one-sided and poor. It is the development of human labor ability and essential power. The development of individual ability in many aspects is the full display of individual independence and autonomy, and the great enrichment of individual social communication and social relations. According to Marxism, "if a person's living conditions enable him to develop a certain characteristic unilaterally at the expense of all other characteristics, and if the living conditions can only provide him with the material and time to develop this characteristic, then the person can not go beyond the unilateral abnormal development".

Results: Adhere to the methodological principle of "people-oriented". Marxist theory of human nature embodies the central position of man. It reflects the importance of "people". This requires us to adhere to the methodological principle of "people-oriented" in college students' mental health education. Amonashvili, an educator of the former Soviet Union, said: "the power of education lies in the extent to which it can develop a student's wisdom and form his personality, and the extent to which it can help infect everyone among them with the spirit of universal friendship and kindness." the value orientation of mental health education should be to realize the all-round development of students. Starting from the fundamental interests and actual situation of college students, respect students' personality, personality, value and dignity, and promote students' physical and mental health and harmonious development. Pay attention to the similarities and differences of students as "real people". Regard every student as the goal of education and training, pay attention to their inner world and life world, be close to students' life and psychological status, and solidly solve college students' mental health problems. We should fully respect the subject status of students and give full play to their subjective role. Through their own positive "free

and conscious activities", students can actively participate in educational activities as subjects, consciously accept and carry out self-education, and shape their sound personality and good psychology according to social requirements. Adhering to "people-oriented" should also follow the interactive law between subject and object of mental health education, so as to achieve the unity of educator's subjectivity and educatee's subjectivity.

Based on human sociality, implement education in an all-round way. Marx's theory of human essence holds that "human essence is human's real social relationship". People in real society are always in a certain social environment. They engage in certain social practice under certain social relations, and gradually enrich their inner world in social practice and certain social relations. College students as a special social group. Interact with society all the time. The diversity of people's needs, the richness of practice and the universality of social relations determine the complexity of people's essential content; At the same time, people's psychology changes with the development of society and is affected and restricted by various factors of social life. Mental health education itself, as a practical activity, is a process in which educators implement information influence on the educated. In the work, only based on the general environment of society, school and family, can we receive good results by carrying out all-round education for students through various ways. First of all, as a society, we should correct the unrealistic cognitive deviation of College Students' mental health status and causes, actively and effectively solve the bad, negative and unfair phenomena in society, provide a good living environment for college students to grow and become talents, and strive to create employment opportunities for college students and eliminate their inner anxiety. Secondly, as a school, while improving classroom teaching. We should carry out rich and colorful, healthy and positive recreational and sports activities to fully meet the needs of college students beyond learning and resolve their nervous psychology. Establish and coordinate good interpersonal relationships. Attention times. As a family, it is necessary to create a harmonious and upward family atmosphere. Experience shows that parents' excessive doting and control will often lead to children's adverse psychological tendencies such as dependence, passivity and timidity: the relationship between family members is tense and their opinions are too different. It is easy for children to form negative psychology of anxiety, depression and isolation, and sometimes even show extreme and lying behavior. Finally, as college students themselves, they should actively participate in social practice, connect the theory of classroom learning with social reality, and observe and evaluate social reality with a scientific way of thinking. Strive to eliminate the confusion and confusion in the heart and increase the cognition and understanding of the society.

Establish development awareness and respect the subject status of college students. From the perspective of the formation mechanism of College Students' mental health, individuals are the carriers and implementers of mental health. Although the formation and development of College Students' mental health are affected by individual factors and social factors, individual factors are undoubtedly the internal reason for the change of students' mental health. As an external cause, social environmental factors have never been unilaterally given to students by the power of students, but the product of the interaction between students and the environment, which is the externalization of the essential power of students' subject. From the perspective of our current education, we often ignore students' individual reasonable psychological and physiological needs, and ignore students' potential initiative and creativity. It did not do a targeted job according to the changing situation and the new characteristics of students, only focused on the correction of students' problem behavior, and simply classified psychological problems into the category of moral education. Therefore, it is particularly important to establish the development consciousness and respect the subject status of college students in mental health education. Specifically, in terms of content selection, it should not only be based on the goal of College Students' mental health education, but also follow the characteristics of College Students' physical and mental development, so as to meet the current practical needs of college students and the actual situation of College Students' mental health; In the way of application, we should not only have explicit education with clear educational purpose and educational content, but also rely on the educatee's own perception, identification and appreciation. The recessive education of receiving education in a subtle way; In educational evaluation, we should view all kinds of confusion and confusion in the process of students' growth from the perspective of development, devote ourselves to the cultivation of students' self-regulation ability, adaptability, communication ability, competitive consciousness and enterprising spirit, focus on the exertion of individual strengths, and establish a diversified mechanism of psychological evaluation.

Conclusions: Do a good job in college students' mental health with Marxist theory of human nature. It is the requirements of the times put forward by the development of social economy and culture and the change of education and teaching ideas. It is the basic condition for enhancing the scientificity of mental health education and the key for mental health education to keep pace with the times. College Students' mental health education is the key to the smooth implementation of college education. Whether the

educational goal can be successfully achieved is an important guarantee means. In today's era, college students' mental health education can only meet the needs of the new situation and new situation. It fully reflects the respect for students and is student-oriented. In order to enhance the actual effect of mental health education.

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THE INFLUENCE OF DIFFERENT PHYSICAL EDUCATION TEACHING MODES ON COLLEGE STUDENTS' PSYCHOLOGICAL COGNITIVE BEHAVIOR

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Background: Modern college students are facing an era full of fierce competition and challenges. 20% - 30% of college students tend to have psychological obstacles, and the proportion of people with unhealthy psychology is increasing year by year. College students are in a critical period when their physical and psychological development tends to mature. They transition from relying on their parents to living independently. They are gradually independent in economy and life, and begin to deal with various social interpersonal relationships alone. Moreover, they are about to enter the society. They are also facing the pressure of employment while bearing the pressure of study and life. There are more choices and more confusion, which is prone to various psychological problems. In addition, the thought and behavior of college students are sometimes not mature enough. The ability of self-regulation and self-control is not strong. The transition stage makes college students have more negative emotional experience, which often leads to a variety of psychological obstacles. Although college students' mental health education has been widely concerned, the research on the specific methods and means of mental health education has not formed an effective system. The beneficial impact of physical education on mental health has been proved by a large number of scholars, and school physical education plays a major role in most students' physical activities, which puts forward new requirements for the function of mental health for college physical education. In college physical education, physical education curriculum has the characteristics of mandatory, which has inherent advantages in ensuring the time for college students to participate in physical activities. In the current school education, there are mainly three physical education modes: non physical education specialty (including sports art specialty), physical education specialty and sports training specialty. This study takes the different physical education modes of the three specialties as the starting point to explore the students' mental health development level under different modes, in order to refine and optimize the college students' physical education mode through this paper, Improve the mental health level of college students in China.

Objective: Setting up a new college physical education curriculum is an effective way to implement the mental health effect of physical education curriculum, which is conducive to the implementation of the guiding ideology of "health first" of school physical education. Health education is a sports concept based on health and emphasizing health education. It contains the social development concept of "people-oriented, health first and sustainable development". However, it is not a negation of existing sports concepts (such as traditional technical teaching concept, physical education concept, competitive sports teaching concept, and even the current happy sports and lifelong sports concept), Instead, we should have a more comprehensive understanding of the connotation of health on the basis of the concept of surpassing sports, surpassing physical quality and surpassing physique, so as to truly reflect the care of sports for human health. We should vigorously promote the reform of "new model of college health physical education curriculum", cancel too many examination contents in physical education, so that students can learn necessary sports skills, learn self-exercise, and form the habit of self-exercise. Improve the mental health level of college students so that college sports can give full play to its mental health effect.

Subjects and methods: Physical exercise can obtain sports pleasure. Participating in appropriate physical exercise can obtain more sports pleasure, which is conducive to mental health. Sports pleasure is an optimal psychological state produced after physical exercise, which has a great impact on personal emotion and emotion. The acquisition of exercise pleasure can enable exercisers to deal with unhealthy stress with control ability or sense of control. At the same time, it also enables individuals to focus on exercise activities and get rid of troubled events, which is conducive to individual mental health. Therefore, physical exercise contributes to mental health, mainly through the generation of sports pleasure.