

experience, lifestyle and other advantages, and let them provide guidance and help in learning, life, psychology and other aspects for freshmen as friends and peers. This provides reasonable education and guidance to freshmen in order to find and solve problems earlier and faster. As a special form of adaptive education for freshmen, peer counseling has its own advantages compared with full-time counselors. It plays a very important role in the adaptive education of college freshmen. By analyzing the influence of peer counselors on the mental health level of higher vocational college students, this paper puts forward relevant suggestions.

**Key words:** peer counselor - higher vocational college students - mental health - train

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## BRAIN COGNITIVE CHARACTERISTICS OF EMOTIONAL RESPONSE OF COLLEGE STUDENTS IN ENGLISH LEARNING

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Psychology holds that interest is the conscious tendency of people to understand something and engage in an activity. It shows people's selective attitude and positive emotional response to something and activity. Music learning emotion, referred to as the sense of music learning or music learning, is the emotion that individuals are willing to learn, which belongs to one of the categories of rational emotion. It has the characteristics of implicit and relatively stable. Like other emotions, music and learning emotions are implicit. But it will be expressed in the form of emotion in the individual specific situation, that is, learning activities, and experienced by the individual. Through the search of literature, it is found that individuals with happy learning emotion will produce various positive emotional experiences when learning meets their needs, such as happiness, pride, hope and so on. When learning does not meet their needs, it will lead to a variety of negative emotional experiences, such as boredom, anxiety, disappointment, anger and so on. This paper hopes to provide some reference for relevant research by analyzing the brain cognitive characteristics of emotional response of English happy college students in English learning.

**Key words:** English learning - college student - English learning - emotional response

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## THE RELATIONSHIP BETWEEN CHILDREN'S PERCEIVED TEACHER SUPPORT, MATHEMATICS SELF-EFFICACY AND MATHEMATICS ACHIEVEMENT

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As one of the three traditional university subjects, mathematics is an extremely important part of basic education, which has had an extremely far-reaching impact on all previous students. As an important social environment for pupils to study and live, school plays an important role in students' growth. Academic achievement is a kind of result feedback of students' learning and an important reference index of individual learning results, which has been paid special attention by teachers and parents. Some studies have shown that teacher support is an important factor affecting mathematics self-efficacy and mathematics achievement. Teacher support, an external environmental factor, plays a special role in children's academic development. Previous studies have found that perceived teacher support can effectively predict students' basic psychological needs and enhance self-confidence. During this period, children's self-efficacy began to develop, and this internal factor also had a prominent impact on academic development. This paper analyzes the relationship between children's perceived teacher support, mathematics self-efficacy and mathematics achievement, and provides some corresponding measures to promote children's mathematics learning in China.

**Key words:** teacher support - child perception - self efficacy - mathematics achievement

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## APPLICATION OF COMPUTERIZED COGNITIVE BEHAVIORAL THERAPY IN DEPRESSION

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Computerized cognitive behavioral therapy (CCBT) refers to computer interaction interface. It expresses the basic principles and methods of cognitive behavioral therapy with clear operation steps and highly structured multi-media interaction (such as web pages, comics, animation, video, sound, etc.). CCBT of depression has emerged in the West in recent years. Previous studies have paid less attention to the internal mechanism of treatment effectiveness, great differences in treatment effects, simplified risk assessment and subject selection bias. Based on the six core intervention technologies of act, this study designed a computerized treatment program for depression. The intervention procedure is divided into several parts: depression is not terrible, see the truth of depression; Refuse to escape, accept what you can't change; Recognize to integrate, improve and control your life; Self awareness and becoming one's own psychological observer; Live in the present moment and practice mindfulness; Live with your own values and commit to action. The results show that the computerized treatment of depression based on act has a certain effect and can be used as the primary self-help intervention of trapezoidal treatment. However, its high abscission rate and its effective mechanism need to be further studied.

**Key words:** cognitive behavioral therapy - depression - ccbt - act intervention technology

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## AN EMPIRICAL STUDY ON THE CAUSES OF ENGLISH LISTENING ANXIETY AND COPING STRATEGIES

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English listening is becoming more and more important in English learning, but many students have anxiety due to various reasons. As a unique emotional experience, anxiety is an important emotional variable in the process of second language learning. For students, the negative impact of anxiety on listening comprehension can not be ignored. This paper analyzes the listening anxiety of students in listening class. Anxiety is the behavior of individuals who fail to achieve goals or overcome obstacles for a long time, which frustrates their self-esteem and self-confidence, or increases their sense of failure and guilt. Foreign language learning with fear is considered to be a separate and special phenomenon. This emotional behavior is a complex psychological phenomenon unique to language learners, which is different from other anxiety. This paper points out that listening is one of the most anxious language skills for foreign language learners. The purpose of this paper is to objectively understand the influence of anxiety on English learning, so as to find the source of anxiety, help learners effectively eliminate or reduce their anxiety in English learning, and then achieve the purpose of improving the quality of English teaching.

**Key words:** English listening - anxiety - affective factors - language learning

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## THE MECHANISM OF PHYSICAL EXERCISE RELEASING PSYCHOLOGICAL PRESSURE

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At present, universities and society are in a period of rapid transformation. With the progress of the times, the change of culture and the intensification of social competition, the psychological pressure level of students has reached an unprecedented level. Therefore, it is particularly important to study and analyze the psychological pressure level of students under the current situation and find ways to adjust students' psychological pressure. This study takes students as the survey object, through the investigation