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## PRACTICE AND EXPLORATION OF COLLEGE COUNSELORS IN IDEOLOGICAL AND POLITICAL EDUCATION FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

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**Background:** Educational psychology is the product of the combination of psychological system and pedagogical system. It takes the psychological law in the teaching process as the research object. Although the words “teaching” and “learning” have two different objects of teachers and students in the pedagogical system, educational psychology believes that teachers and students are not separated from each other. They are interrelated and interact with each other. Only when teachers and students are a dynamic whole can the psychological law exist. As a special kind of college teachers, college counselors are not responsible for students’ curriculum learning, but for students’ daily life, students’ activities and ideological guidance. In other words, counselors are teachers closest to college students’ actual study and life. Therefore, this identity is also the easiest to show the effect of ideological and political education, at the same time, the use of educational psychology can also properly guide the counselors’ contact and mutual psychological role with students in their daily study and life. Counselors play an important role in Ideological and political education, and there is also an important connection between educational psychology and ideological and political education. First of all, they have common educational objects, and they have public awareness in the guidance of students’ psychological activities and values. Secondly, the main contents of Ideological and political education and educational psychology are composed of psychological elements such as belief and will. Both of them can help students to adjust their behavior and maintain their good values. Finally, educational psychology and ideological and political education share the same goal of talent training. Both of them aim to cultivate builders and successors of socialism with Chinese characteristics with ideals, culture and morality. Therefore, in the special post of counselor, the combination of educational psychology and ideological and political education has a certain unity, which is a necessary way for ideological and political education in colleges and universities to keep pace with the times and innovate the path.

**Objective:** Through the combination of educational psychology and ideological and political education in the post of counselor, this study provides a unified and innovative experimental path for ideological and political education in contemporary colleges and universities, helps college students improve their psychological and behavioral control ability, and provides an effective means for cultivating high-quality socialist heirs.

**Subjects and methods:** This study establishes a comprehensive index system for the subjective and objective factors of counselors’ Ideological and political education using educational psychology, and analyzes the elements on the basis of the index system to explore the relationship between counselors’ psychological education behavior and the effect of ideological and political education.

**Study design:** The data of this study are provided by the university. In the research process, a large number of observation methods are used to observe the ideological and political work of counselors in various colleges and departments in the university, and an index system is established. In addition, the statistical inference method will be used to infer the population through typical samples.

**Methods:** The establishment of indicators in the research process depends on the subjective standards of counselors to a certain extent, and the personal working methods of counselors are different. Therefore, the *t*-value test and other methods are used to test the statistical values.

**Results:** The score statistics of relevant elements of counselors are shown in Table 1.

**Table 1.** Subjective score and *t*-test

Value type	Practical application	Objective ability	Subjective desire
Standard deviation	1.01	0.82	0.66
Mean value	3.03	2.10	1.73
<i>t</i>	-13.62	-31.83	-22.81

It can be seen from Table 1 that in terms of subjective desire, the counselor group tends to carry out ideological and political education guided by educational psychology, but once it is implemented in

practical application, the attitude of the counselor group will be loosened.

**Conclusions:** In view of the particularity of the position of counselor, using educational psychology to carry out ideological and political education in this position has become a more effective value teaching method. Counselors should make active use of the psychological activities generated by the interaction between teachers and students in educational psychology, clarify their own role orientation, improve their own knowledge literacy, and establish the working concept of “student-oriented” in students’ daily learning and activities. In addition, we should also adhere to the important concept of the combination of education and self-education, organize students to give full play to their subjective initiative, adhere to the combination of educational guidance and administrative management, and the combination of explicit education and implicit education, so as to promote students to form a perfect personal personality from multiple angles and improve their ability of concept judgment and behavior control.

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## MULTIPLE COLLABORATIVE EDUCATION MODEL OF INDUSTRIAL COLLEGES FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

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**Background:** Mental health is a kind of good and continuous psychological state and process, which is manifested in the individual’s vitality, positive inner experience and good social adaptability, which can effectively give full play to the individual’s physical and mental potential and the positive social function as a member of the society. Mental health includes at least two meanings: first, no mental illness. There are two kinds of positive psychological development. Colleges and universities need to improve the psychological quality of all students, fully develop their potential, cultivate students’ optimistic and upward psychological quality, and promote the sound development of students’ personalities. Research shows that the standard of mental health includes correct self-awareness, interpersonal coordination, gender role differentiation, good social adaptation, positive and stable emotion, complete personality structure, educational psychology belongs to pedagogy. It mainly studies various psychological phenomena and their changes in the process of educators learning and mastering knowledge and skills under the influence of education and teaching. Educational psychology can be applied to designing courses, improving teaching methods, promoting motivation, and helping students face the difficulties and challenges they face in the process of growth, with special attention to students with special educational needs. Secondly, positive psychology in educational psychology can enable students to overcome difficulties with an optimistic and positive attitude when facing difficulties and challenges in life. In addition, there are many viewpoints in educational psychology that can be applied to college education and can bring good effects.

At present, the current modern industrial college realizes the talent training goal of higher vocational education through industry education integration mechanisms such as school-enterprise cooperation and cooperative education, combined with government services and industry guidance. However, it does not fully consider the importance of educational psychology. Only by combining educational psychology, can industrial colleges better explore the operation mechanism of industry education integration, cultivate more professional and technical talents and serve the local economy. Applying educational psychology to solve the employment difficulties caused by unreasonable talent training types, enhance students’ confidence in overcoming difficulties and challenges, and further give full play to the role of educational psychology theory in the integration of industry and education, so as to better input talents and technology for enterprises and industry participants in the integration of industry and education. Modern industrial college is to cultivate talents needed by the enterprise market. Modern industrial college based on educational psychology is to face social organizations and cultivate talents with good professional ethics, cultural literacy and psychological quality.

**Objective:** Therefore, the purpose of this study is to explore the construction of a multiple collaborative education model of industrial college from the perspective of educational psychology, and then analyze the mental health problems of industrial college students.

**Research objects and methods:** Select 300 college students from the industrial college of a higher vocational college as the research object, build a diversified collaborative education model from the perspective of educational psychology, and teach the students for 6 months. Evaluate the effect of the school before and after teaching and the mental health problems of college students.

**Research design:** Students’ mental health problems were judged by Eysenck Personality Questionnaire