

to establish a healthy and positive outlook on life, values and world outlook, and treat the obstacles of college students' self-consciousness.

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THE PATH OF INTEGRATING IDEOLOGICAL AND POLITICAL EDUCATION INTO TEACHING REFORM PRACTICE IN COLLEGES AND UNIVERSITIES FROM THE PERSPECTIVE OF COGNITIVE IMPAIRMENT

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Background: Individual cognition involves many abilities, such as memory ability, judgment ability, thinking ability, perception ability and so on. Individual cognitive process is to encode, extract and utilize external things and input information. Individual cognitive function is a high-level activity of the cerebral cortex. When the human cerebral cortex is damaged, it may lead to specific cognitive impairment. The emergence of cognitive impairment often involves a variety of cognitive impairment. Patients with cognitive impairment have obstacles in many aspects, such as attention, memory, abstraction, computing power and so on. Generally, there is rarely a single state of impaired ability. When students have a cognitive impairment, their learning ability will inevitably decline. Teachers are required to reform the teaching model to adapt to the learning characteristics and laws of students with cognitive impairment.

Guided by the goal of all-round education, the ideological and political concept of the curriculum combines the teaching of professional knowledge and value guidance in colleges and universities. By combining the ideological and political education in colleges and universities with the curriculum, it enhances students' political identity and cultural self-confidence, and helps students establish a good civic personality. In recent years, the government and colleges and universities have paid more and more attention to the ideological and political education of college students. Many colleges and universities have introduced the curriculum ideological and political concept into professional teaching, integrated the ideological and political education into the teaching of professional courses, and formed a benign development track of ideological and political education and professional knowledge learning. The introduction of the ideological and political concept of the curriculum solves the problem that the traditional teaching mode takes professional knowledge as the only learning goal, puts the ideological and political education and professional knowledge of college students at the same height, and promotes the all-round development of college students.

Objective: To study the integration of ideological and political ideas of college courses and professional courses, promote the development of professional teaching reform practice in colleges and universities, excavate the ideological and political education resources of college students contained in professional courses and teaching modes through the coordinated development of explicit education and implicit education, and promote the establishment of the education mode of all-round development of college students' comprehensive quality. The research analyzes the ideological and political ideas of college curriculum at different levels, and integrates the ideological and political ideas of college curriculum with the practice of teaching reform, hoping to provide reference for solving the cognitive impairment of college students and improve the mental health level and cognitive learning ability of college students.

Research design: Based on the evaluation report on the implementation of college teaching reform in a city in 2021, the research obtains the statistical data of college teaching reform evaluation from the evaluation report, understands the implementation of college curriculum ideological and political ideas, and discusses the effect of the combination of college curriculum ideological and political ideas and college professional teaching. Combined with the data of the evaluation report, this paper analyzes the development status of the reform of professional teaching mode in colleges and universities, collects the problems existing in the integration of ideological and political education into teaching reform practice, and puts forward the implementation path of the integration of ideological and political education into teaching reform practice. The study also used the way of comparative experiment to understand the effect of the combination of college curriculum ideological and political ideas and professional teaching on the treatment of college students' cognitive impairment. Fifty college students with cognitive impairment were divided into experimental group, traditional teaching group and preliminary integration group. The students in the experimental group were taught by a new teaching mode combining college curriculum ideological

and political ideas with professional teaching, while the students in the traditional teaching group were taught by the traditional teaching mode, The preliminary integration group uses the existing ideological and political concept of the curriculum and the preliminary integration mode of professional teaching in colleges and universities to teach. The implementation time of the experiment is one semester. In the process of the experiment, the research object has six professional learning hours per week, and both of them study two professional knowledge courses. By comparing the mental health level and curriculum professional achievements of students in the experimental group and the control group, this paper discusses the therapeutic effect of the combination of college curriculum ideological and political ideas and professional teaching on college students with cognitive impairment.

Results: The evaluation statistical results of the students in the experimental group on the new professional teaching mode after the experiment are shown in Table 1. The students in the experimental group have high satisfaction scores on the teaching concept, teaching method, teaching content and teaching evaluation of the new professional teaching mode.

Table 1. The evaluation and statistical results of the students in the experimental group on the new professional teaching model after the experiment

| Survey object | Experience group |
|---------------------|------------------|
| Teaching philosophy | 3 |
| Teaching methods | 4 |
| Content of courses | 3 |
| Teaching evaluation | 4 |

Conclusions: Apply the curriculum ideological and political concept to the teaching reform of professional courses in colleges and universities, integrate the ideological and political education of college students on the basis of following the characteristics of professional courses, cultivate college students' professional knowledge and skills through different teaching methods, guide college students to improve their ideological and political consciousness, and promote the all-round development of college students' psychology and professional skills. Using the organic integration of college curriculum ideological and political ideas and professional teaching reform to promote the improvement of college education quality can effectively help college students with cognitive impairment improve their mental health quality and professional level, which has important practical significance to alleviate the problem of college students' cognitive impairment.

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THE INFLUENCE OF THE INNOVATIVE DEVELOPMENT OF COLLEGE STUDENTS' IDEOLOGICAL AND POLITICAL EDUCATION ON ALLEVIATING STUDENTS' ANXIETY

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Background: Psychological anxiety refers to a kind of fear and anxiety when an individual faces unsolvable difficulties or insurmountable obstacles. With the advancement of social process, social competition is becoming increasingly fierce, and people's life pressure is gradually increasing. In such a fast-paced life, college students bear the pressure from academic burden, interpersonal communication and other aspects, and are easy to fall into tension and anxiety. Appropriate anxiety can promote the study and life of college students, but some college students do not know enough about their mental health problems and do not take corresponding countermeasures in time, which makes them in a high state of anxiety for a long time and seriously reduces the quality of life. Therefore, it is necessary to strengthen the ideological and political education of college students, through the means of ideological and political education and psychological intervention, help college students eliminate psychological crisis and promote the comprehensive development of college students' physical and mental health.

Ideological and political education helps college students improve their ideological and political awareness by intervening in their ideological concepts, and promotes college students to learn to look at things in life from a dialectical perspective. Under the guidance of Marxist philosophy theory, ideological and political education adjusts their own pace of study and life, and improves the ideological level of college students. With the advent of the new media era, the development of networked information