

analyzes the significance of rhythm for language learning, and analyzes its application path in teaching Chinese as a foreign language combining with its characteristics.

Results: The rhyme beauty of poetry makes readers have the desire to read. In reading, readers can understand the beauty, touch the beauty, and feel the background and the story behind the words, so as to get a happy and incisive reading experience. Beauty can cultivate people's sentiment, improve their aesthetic ability while improving their listening, speaking, reading and writing skills.

Conclusions: The establishment of the teaching environment of ancient poetry has played a function of teaching and cultural communication. Students will gradually understand the connotation of Chinese, appreciate the beauty of rhythm in Chinese, further appreciate the charm of Chinese, and generate interest in Chinese learning. The expansion of the group of talents engaged in intercultural communication will greatly promote the development of Chinese as a foreign language, promote their understanding of Chinese culture, increase the use rate and influence of Chinese, and ultimately bring China closer to the world.

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RESEARCH ON THE INFLUENCE OF MUSIC TEACHING OPTIMIZATION ON COLLEGE STUDENTS' PSYCHOLOGICAL AESTHETIC EDUCATION QUALITY

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Background: For a long time, colleges and universities have attached great importance to the course of cultural theory, but often neglected music education. With the reform and development of China's education, people's ideology is constantly improving. Colleges and universities have made some progress in strengthening the practice of aesthetic education. Music education is the objective need of the development of contemporary education. Music education plays a role in cultivating students' artistic sentiment and helping students combine work and rest in the teaching work of colleges and universities. Teachers' music education can help students relax their nerves in the tense study of theoretical courses. This can also play a positive role in the study of students' theory courses, and avoid students' learning weariness and resistance due to long-term study of theoretical and cultural knowledge. Music education in colleges and universities is essentially a kind of emotional exchange. Teachers help students develop their intelligence in aesthetic experience, inspire students to constantly explore beautiful things in learning and life in music education, help students turn the theoretical knowledge they have learned into practical application in music courses, and improve their creativity and imagination. And the music course can also relax the spirit and promote the development of students' personality. Music education in colleges and universities can tap students' potential and promote their physical and mental health. Teachers should take students as the main body in music courses, stimulate students' interest in learning, mobilize students' initiative in learning, enable students to achieve personality development in relaxed music courses, alleviate students' mental health problems, and improve students' psychological quality of aesthetic education. For example, after entering colleges and universities, some students are withdrawn and not good at showing themselves, and music courses can effectively solve this problem.

However, at present, there are many problems in music teaching in colleges and universities in China. The content of music teaching materials in colleges and universities in China is relatively single, mainly some classical music or pop music in the west, and the selection of music with Chinese national characteristics is less, which is not conducive to carrying forward the excellent traditional culture of China, and the music of some countries in Africa or the Americas has not been reflected in the teaching materials, which runs counter to the concept of cultural diversity development in the world today, students also have no access to the excellent music culture of other parts of the world. On the other hand, teachers still use the traditional teaching methods in music education, and the teaching objectives are not clear. Some teachers can't deeply analyze the works when explaining, and students are mainly listening in class. Some teachers use professional teaching methods, and students have some difficulties in accepting or understanding them, so they cannot do it step by step. The rigidity of the teaching content and the unreasonable and unscientific teaching design lead to the students' brain still blank after learning. These traditional music education models have not matched with the current college education model, and teachers' professional quality cannot meet the requirements of curriculum reform for teachers. Therefore, the research analyzes the path and direction of college music teaching reform, and discusses the impact of college music teaching reform on students' psychological aesthetic education quality.

Objective: Music education in colleges and universities is an important form of aesthetic education.

Teachers mainly train students' art appreciation level in music courses, and students improve their aesthetic ability to music through the study of course content. It is expected that through the optimization of college music teaching mode, through guiding students to shape correct values in the teaching process, students' inner feelings will be sublimated, and finally improve students' psychological quality and ability of aesthetic education.

Subjects and methods: The study explored the impact of music teaching reform on students' psychological quality of aesthetic education through comparative experiments. Taking 200 music majors in a university as the research object, the students were divided into traditional teaching group and new model group by digital random method. The reform experiment lasted for 6 months. By comparing the aesthetic education psychological quality and mental health level of the two groups of students before and after the experiment, this paper analyzes the impact of the college music teaching reform on students' psychology and aesthetic education.

Results: Table 1 shows the differences in the mental health level and aesthetic education psychological quality of the two groups of students after the experiment.

Table 1. The difference of mental health level and aesthetic education psychological quality between the two groups of students after the experiment

Test dimension	Traditional teaching group	New mode group
Anxious	3.72	1.35
Depressed	3.29	1.06
Psychological stress	3.77	1.14
Aesthetic consciousness	1.36	3.28
Artistic interest	1.09	3.64

Conclusions: As one of the main carriers of aesthetic education, music education in colleges and universities plays an important role in improving students' comprehensive psychological quality and developing various abilities. Colleges and universities should reform the current situation and existing problems of music education, improve teachers' teaching effect of music education, create a good classroom learning atmosphere for students, and cultivate students' creativity and imagination. Teachers should clarify the purpose of music education, improve the content of teaching materials, and make the content of teaching materials diversified. Teachers should constantly improve their teaching level, and carry out music education activities in combination with the characteristics of students, so as to truly promote the reform and development of music education in colleges and universities.

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THE EFFECT OF COLLEGE COUNSELOR TEAM CONSTRUCTION ON COUNSELOR PSYCHOLOGICAL DEVELOPMENT UNDER EDUCATIONAL PSYCHOLOGY

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Background: Educational psychology is a product born on the basis of the integration and development of pedagogy and psychological science theories. It mainly solves all the psychological activities produced by the audience in the bilateral activities of education and learning. In the tide of the new curriculum reform, the status of educational psychology is becoming increasingly prominent. Educational psychology is not only a professional theoretical knowledge, but also a means that can be used in classroom teaching practice. In the process of educating and managing students, if counselors can effectively use the relevant knowledge theory of educational psychology, they can not only effectively change their social roles, but also improve their comprehensive education quality. For students, it is not only conducive to explore their own psychological changes, but also to change their bad behavior, develop good behavior habits, and lay the foundation for their better development in the future. Counselors can take educational psychology as a means to actively help students relieve learning pressure. The university stage is an important turning point in one's life. Students will encounter pressure from all sides in their study and life in the university. In addition to facing complicated schoolwork tasks, most students also have to take time and energy to participate in various skills competitions and other activities. When these pressures exceed the critical point that students can bear, they will lead to serious bad emotions and mental health problems. Therefore,