

THE INFLUENCE OF FOREIGN LANGUAGE TEACHING REFORM IN HIGHER VOCATIONAL COLLEGES ON COLLEGE STUDENTS' MENTAL HEALTH EDUCATION

Anping Wu & Fei Zhao

Ningbo Polytechnic, Ningbo 315800, China

Background: Higher vocational colleges are an important place to provide technical talents for our society. However, with the continuous advancement of educational reform, the students' training in higher vocational colleges has gradually expanded to the study of cultural courses. Among them, foreign language teaching has become a more important subject in higher vocational colleges. Foreign language teaching is a basic course to cultivate students' foreign exchange ability. In foreign language teaching in higher vocational colleges, teachers will formulate corresponding teaching courses according to students' existing foreign language listening, reading and writing abilities, so as to improve students' comprehensive foreign language application ability. As a foreign language is different from the mother tongue, students in higher vocational colleges often fail to fully understand the relevant culture in the foreign language environment and their performance is difficult to improve. At the same time, in English Teaching in higher vocational colleges, the difficulty of improving students' performance will lead to students' mental health problems in learning. Therefore, how to carry out in-depth reform of foreign language teaching in higher vocational colleges is the core issue of current educational development.

The mental health of students is the prerequisite for the development of students' comprehensive quality. In the rapid development of modern social environment, college students are facing increasing pressure. Good mental health can help college students build a wall to bear the pressure. At the same time, promoting the cultivation of students' mental health is also the key work in the teaching of higher vocational colleges. Some studies have suggested that the mental health problems of vocational college students are caused by classroom learning. In course learning, students' learning emotions about the current teaching content will lead to different psychological activities. Generally speaking, when the teaching content of the course is complex, students will be afraid of difficulties. When the learning content is various, students will be anxious and a large number of negative emotions will accumulate, which will make it difficult to improve students' mental health. In foreign language teaching, the complexity of its content is not only reflected in the difficulty of foreign language, but also reflected in the differences of foreign cultures. Therefore, in foreign language teaching, teachers need to take students' psychology as the basis in formulating teaching plans, help students understand foreign culture psychologically, and reduce students' psychological resistance to foreign culture. On this basis, a large number of higher vocational colleges began to carry out teaching reform for foreign language teaching. From the existing teaching practice results, it can be seen that the foreign language teaching reform in higher vocational colleges can significantly improve the teaching quality. However, a large number of studies have not deeply analyzed the impact of foreign language teaching reform on students' mental health education. In view of this, the study builds a correlation model to analyze the impact of foreign language teaching reform on students' mental health education, in order to provide reference for the cultivation of students' psychological quality in higher vocational colleges.

Objective: To analyze the current situation of college students' psychological negative emotions in the learning process, to explore the influencing factors of college students' psychological negative emotions in the learning process, and to analyze the impact of foreign language teaching reform on the psychological health of higher vocational college students.

Subjects and methods: Taking 500 students in a higher vocational college as the research object, through the interview method, statistics on the existing students' mental health problems in foreign language teaching, while understanding the current situation of foreign language teaching reform in colleges and universities, through multi factor analysis to understand the psychological factors affecting foreign language teaching reform in higher vocational colleges, and build a correlation model between college students' mental health and foreign language teaching reform. This paper analyzes the impact of foreign language teaching reform on college students' mental health through the correlation model, and evaluates the changes of students' mental health level under the reform program through the results of the correlation model.

Results: Take 200 students as subjects to analyze the changes of mental health status under the reform plan, as shown in Table 1. Table 1 shows the changes of students' learning positive psychology, life positive psychology and anxiety. Positive psychology is evaluated with 0-10 points, indicating that it is poor to very good. Anxiety is evaluated with SAS rating scale.

Conclusions: Foreign language teaching is one of the most important teaching subjects in colleges and universities. How to optimize the teaching reform plan is the key to improve the teaching quality of colleges and universities. The research analyzes the effect of foreign language teaching reform by analyzing the

impact of foreign language teaching reform on students' mental health. In the research, firstly, it constructs a correlation model between teaching reform and college students' mental health, and analyzes the impact of foreign language teaching reform on students' mental health based on the correlation model. The results show that the positive psychology and anxiety of vocational college students can be significantly improved in the foreign language teaching reform. In college education, it is not only necessary to improve students' professional performance, but also to help students establish good mental health. Therefore, in college teaching reform, we need to focus on students' psychological problems and take mitigation measures.

Table 1. Changes of students' mental health

Project	First month	The second month	The third month
Learning positive psychology	3.79±1.33	5.12±1.08	7.94±1.15
Positive psychology of life	2.15±1.69	5.01±1.11	7.84±1.36
Anxiety	64.18±5.45	57.62±5.03	44.77±5.19

* * * * *

RESEARCH ON THE EVALUATION SYSTEM CONSTRUCTION OF IDEOLOGICAL AND POLITICAL EDUCATION OF VOCATIONAL UNDERGRADUATE COURSES FROM THE PERSPECTIVE OF EDUCATIONAL MANAGEMENT PSYCHOLOGY

Jingkang Yang

Nanjing Vocational University of Industry Technology, Nanjing 210000, China

Background: Educational management psychology takes the teaching management subject in teaching practice as the object, analyzes the characteristics of students' and teachers' psychological activities in teaching management activities, comprehensively analyzes the work of students' and teachers' management, and discusses the psychological phenomena and internal psychological laws behind teaching management. Educational management psychology is a new interdisciplinary product under the background of the new era. Through the organic integration of pedagogy, management and psychology, it can realize the comprehensive psychological research on the management problems in teaching activities. In the daily work of teaching management, colleges and universities should actively apply educational management psychology to promote the coordinated development of students' psychological construction intervention, teaching activities and educational management, and form a systematic educational management system in colleges and universities. Educational management psychology analyzes the psychological and behavioral performance of students in daily teaching management. Based on psychological theory and from the perspective of psychological analysis, it explores the effective paths and Strategies of educational management in colleges and universities. The development of higher education management needs to take the psychological factors of students and teachers as an important consideration. Through the analysis and research of students' psychological conditions, we can understand the psychological laws of students' management, put the construction and management of students' psychological quality at the core of higher education management, fully consider students' psychological emotions, and carry out higher education management with students as the main body, Enhance students' sense of participation in educational management.

In order to strengthen the psychological quality construction and ideological and moral cultivation of college students, and help contemporary college students shape correct values, colleges and universities actively promote the ideological and political education of college students, and organically integrate the ideological and political education with daily professional teaching through the way of curriculum ideological and political education. The curriculum ideological and political education mode combines the traditional independent ideological and political education curriculum with professional learning, effectively connects students' psychological intervention in professional courses, and actively connects students' actual needs. The course Ideological and political education imperceptibly cultivates students' psychological values in their daily study and life, and combines direct skill education with indirect psychological education to achieve the simultaneous improvement of students' psychological and professional skills. Under the ideological and political education mode of the curriculum, while teaching professional skills and knowledge, teachers deeply excavate the ideological and political elements in the curriculum in the teaching situation, and promote the comprehensive improvement of students' moral cultivation, psychological quality and knowledge and skills through the ingenious combination of professional teaching and psychological