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ON THE STRATEGIES OF IMPROVING COLLEGE TEACHERS' TEACHING ABILITY FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY IN THE POST EPIDEMIC ERA

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Background: Educational psychology is a science that studies the basic psychological laws of learning and teaching in the context of education and teaching. It studies the psychological process of the interaction between teachers and students in the context of education and teaching, and the psychological phenomena in the process of teaching and learning. Educational psychology has the dual tasks of pedagogy and psychology. It needs to explore and reveal the nature, characteristics and types of students' learning, as well as various learning processes and conditions, so that psychology can develop vertically in the process of education. It also needs to study students' learning and rules, reform the educational system and optimize the educational system, help teachers accurately understand problems, predict and intervene students, provide scientific theoretical guidance for practical teaching, and conduct research in combination with practical teaching. At the same time, we should further improve the efficiency of education, the level of teachers and the quality of education and teaching. While undertaking the important task of talent training, college teachers also need to carry out scientific research, cultural inheritance and innovation. Teachers need to spend too much time and energy in a variety of teaching activities, which is not conducive to the improvement of their teaching ability, and thus not conducive to the development of classroom teaching reform and the improvement of the quality of talent training. The teaching ability of university teachers is the ability that university teachers have to carry out teaching activities, fully express in the teaching process and thus achieve the teaching objectives. In the post epidemic era, in order to ensure the health and safety of teachers and students and the smooth development of teaching in colleges and universities during the epidemic prevention and control period, the Ministry of Education issued the document "no classes, no teaching, no school suspension". The "Internet + Teaching" has been rapidly promoted throughout the country. The combination of online and offline teaching will become the most common teaching method. In the post epidemic era, colleges and universities should quickly recognize the problems and challenges that will arise in the teaching process and make timely adjustments. How to improve the teaching ability of college teachers has become an important task in college teaching. The new teaching environment and teaching methods increase the teaching difficulty of teachers at the same time, resulting in increased pressure on teachers, which is not conducive to the development of teachers' mental health and the normal teaching work. This research integrates the methods and ideas of educational psychology into the strategy of improving the teaching ability of college teachers, and analyzes the ways of improving teachers' teaching ability and the impact on Teachers' psychological pressure.

Objective: Through telephone communication, offline interviews and other means to understand the teaching methods and problems of college teachers under the background of the epidemic, and propose measures to improve teachers' teaching ability based on educational psychology. Experts judge and supplement the feasibility of the measures, and evaluate whether the measures can reduce teachers' psychological pressure.

Subjects and methods: Carry out detailed communication with university teachers who carry out teaching activities under the background of the epidemic, and understand the main teaching methods, problems encountered in the teaching process, and psychological pressure. Combined with educational psychology, this paper designs some strategies that can help teachers improve their teaching ability and reduce their psychological pressure. Then 50 educational psychology experts were consulted about the feasibility of the measures and asked for their supplementary suggestions. The experts evaluated the positive impact of the designed measures on Teachers' mental health. The degree of impact was evaluated according to five categories: no impact, slight impact, general impact, obvious impact and full impact. The evaluation range was [1,5]. The higher the degree of impact, the higher the score. In the experiment, the scoring value is displayed in the form of mean \pm standard deviation, and *t*-test is performed. The significance level of

difference P is taken as 0.05.

Results: The experts' evaluation on the proposed measures to improve teachers' teaching ability is shown in Table 1:

Table 1. Statistical table of expert evaluation

Measures	Score value	Impact level	P
Perfect and innovative teachers	3.25±0.23	General impact	0.03
Training system	2.76±0.19	Minor impact	0.04
Hold salon style symposium	4.27±0.16	Significant impact	0.02
Arrange psychology lectures	4.02±0.14	Significant impact	0.03
Integrating scientific research into teaching	3.36±0.28	General impact	0.04

It can be seen from Table 1 that experts believe that the two measures of “arranging psychology lectures” and “integrating scientific research into teaching and promoting teaching through competition” can significantly reduce teachers' psychological pressure; The two measures of “perfecting and innovating the teacher training system” and “strengthening the contact with parents and understanding students' learning and psychological status” can reduce teachers' psychological pressure to a certain extent. “Holding salon style Symposium” has little effect on reducing teachers' psychological pressure. The standard deviation of the scoring values is lower than 0.3, indicating that the members of the expert group are in agreement; $P < 0.05$, indicating statistically significant.

Conclusions: Due to the impact of the epidemic, teachers' teaching methods need to be changed accordingly, and their teaching ability should be improved to meet the teaching requirements in special circumstances, which will increase teachers' psychological pressure. “Integrating scientific research into teaching, promoting teaching through competition”, “arranging psychological lectures”, perfecting and innovating teacher training system “and” strengthening contact with parents and understanding students' learning and psychological status “can improve teachers' teaching ability and reduce teachers' psychological pressure, which can provide some reference for the improvement of college teachers' teaching ability in the post epidemic era.

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RESEARCH ON THE REFORM AND INNOVATION OF HIGHER EDUCATION TEACHING MODE AND MANAGEMENT METHOD FROM THE PERSPECTIVE OF COLLEGE STUDENTS' MENTAL HEALTH

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Background: Mental health education is an important part of quality education and an important link in the training of high-quality talents in the new era. Educators' mental health education for college students, combined with relevant psychological knowledge, educational methods and means, can enable students to form good psychological quality and cultivate sound personality. At present, college students are facing more and more social pressure and employment pressure, which is easy to have a bad impact on their mental health. The development of mental health education in colleges and universities can help college students correctly solve the contradictions between interpersonal relationships, alleviate the pressure of college students' study and employment, and so on. Traditional education and teaching modes and management methods mostly restrict students' behavior. In terms of methods, they are too single, backward and lack of effectiveness. Under this teaching mode and management method, students' practical ability is weak, and students' original innovation ability and learning enthusiasm are suppressed. It is difficult to achieve the training of comprehensive talents, which is not conducive to the healthy development of college students' body and mind. In order to improve the teaching and management level of higher education, achieve the innovative purpose and effect of education, promote the progress of teaching and management, and promote the mental health development of college students, it is necessary to reform and innovate the traditional education mode and management method. At present, colleges and universities pay more and more attention to the reform and innovation of education and teaching modes and management methods. How to improve the teaching level of colleges and universities and promote the all-round development of