

Conclusions: Although psychology is a discipline developed under the background of western culture, its theories and methods have been improved and improved. In particular, positive psychology has turned to pay attention to the positive aspects of human nature and the constructive role of family and social system, which is more in line with the cultural tradition of Oriental people and plays a positive role in promoting the construction of socialist harmonious society with Chinese characteristics, On the other hand, Chinese traditional culture contains rich positive psychological education ideas. Exploring localized positive psychological education methods also provides a new perspective for excavating and carrying forward Chinese traditional culture and national spirit in the teaching of Mental health theory in Colleges and universities, It has important enlightenment and reference for Innovating College Mental health teaching, improving teaching effect and better achieving the goal of College Students' Mental health education.

Key words: practice - teaching mode - psychology

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PRACTICAL TEACHING MODE OF ART DESIGN COURSES IN COLLEGES AND UNIVERSITIES FROM THE PERSPECTIVE OF PSYCHOLOGICAL NEEDS

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Background: Compared with the traditional theoretical teaching, practical teaching not only follows the traditional educational view and completes the teaching of knowledge by combining theory with practice, but also pays more attention to the cultivation of students' practical ability. This ability is necessary for students in the process of practical work in the future. It is the result of the comprehensive effect of students' knowledge, cultural tradition and specialty. The practical teaching mode refers to the principle of integrating theory with practice in education and teaching, and purposeful and organized highlighting the practical links in education and teaching through curriculum preparation and teaching plan, so as to enable students to solidify their professional theories and professional knowledge into good professional quality, Then it is transformed into a systematic curriculum and education model of art design specialty.

Objective: Liu Ji, vice president of the Chinese Academy of Social Sciences, pointed out: "one of the serious problems in China's higher education is the lack of attention and training on the practical ability of college students. The root cause is that China's traditional education is divorced from theory and practice, education from social needs, and education is far from social life to a certain extent." This is a summary of the current situation of practical teaching in Colleges and universities in China. The importance of practical teaching to talent training has attracted more and more attention of colleges and universities at home and abroad. Practical teaching is not only the test and consolidation of theoretical knowledge, but also the bridge to cultivate applied talents and innovative talents. Art design major belongs to practical art. It is a major with strong practicality and pays attention to experience accumulation. Only through artistic practice can students deeply understand the connotation and spirit of design and promote the formation of personal design ideas. The practical teaching of art design specialty plays a very important role in undergraduate education. It is an important link in cultivating applied talents and comprehensively implementing quality education. Combined with the reality, this paper explores the practical teaching mode, and puts forward its own views and improvement measures. Constantly innovating the practical teaching mode, strengthening the construction of practical teaching and establishing a scientific, practical and reasonable practical teaching system are the subjects that art colleges and universities at home and abroad are trying to explore.

Subjects and methods: The works of art design have different meanings due to different times, but they are all to reflect their current development background and social phenomena. The questionnaire method is mentioned in the research methods of design psychology, and we have carried out a corresponding range of questionnaire survey on the research from the perspective of efficient industry of design psychology. Through this survey, we found that 62.3% of them have purchased creative products. When buying products, people generally pay attention to practicality, creativity and beautiful appearance. More

than 90% of them are willing to consume products with creative ideas and comprehensive functions. Most people buy products that meet their personal psychological needs, and the products they use also need further design and innovation. People still put forward demands for further improvement and innovation of items needed in daily life, and designers should design products in accordance with consumers' psychology and daily needs. People believe that the designed products should be more convenient, faster and more suitable for life, and product innovation needs to give full play to the product functionality as much as possible. At the same time, product innovation can mobilize individuals' hearts. Product innovation should be practical and valuable, rather than personal consumer psychology. With the higher degree of product innovation, the satisfaction of personal consumption psychology will also be improved. Innovation should also meet the consumption level of the public. People want designers to innovate appropriately from the perspective of "people-oriented" and innovate based on recycling and environmental protection.

Through research, we find that the two characteristics of art design, its practicality and aesthetics, make it on the one hand an ordinary means and way to solve practical problems. For designers, it is to fully understand the actual and potential needs of consumers, and then integrate its characteristics and characteristics to improve the suitability of design for practical effect; On the other hand, as an important part of daily life, art and design works are the most common and universal aesthetic objects. People will have corresponding emotion or aesthetic experience when appreciating, selecting, purchasing and using designed things. Simply put, things designed by humans are used by humans, so things created or innovated should conform to human psychological processes. With the development of the times, human thought and even the spiritual world are improving. At the same time, designers should have a longer-term vision in design. The development of things promotes human progress at the same time, and human innovation and creation is the key to promote the development of the world. Consumers and designers have their own thinking and consciousness, and thinking and consciousness are the key to determine the design direction and design concept. The appearance, use feeling, cultural connotation and convenience of the designed products must meet the needs of consumers in order to be recognized and market. When creating, designers should conceive according to the knowledge and technology they have learned, which is consistent with and applicable to human beings and our living environment. At the same time, designers should pay more attention to design psychology and consumer psychology. Designers discover personal potential and creativity through repeated research on design psychology. Similarly, as far as colleges and universities are concerned, college students should have the ability of innovation and creation and apply the new potential to design.

Results: 1. Renew the teaching concept and re-examine the significance of practical teaching. At present, China's higher education has changed from "elite" to "popular" education. How to cultivate applied talents needed by the society, pay close attention to social needs and industry trends, and closely combine students' professional learning with employment has become an important topic for the cultivation of art design major in Colleges and Universities. In the United States, the cultivation of talents majoring in art and design regards practical teaching as the soul of the curriculum, emphasizes students' practical operation ability, and attaches importance to the role of practical teaching in talent cultivation. Practical teaching runs through the whole process of teaching from inside to outside, from class to extracurricular. During school, students' practical ability is well exercised and can quickly adapt to social needs after graduation, Promote the improvement of student employment rate. Moreover, some schools regard the employment of students as an important standard to measure the success of running a school.

2. Optimize the curriculum and enhance the proportion of practical teaching. In China, practical teaching courses in Colleges and universities have been paid more and more attention, but compared with colleges and universities in some developed countries, the proportion of practical teaching courses is less, there is a large gap, and there is a large gap with social needs. Therefore, in the teaching process, ensuring the effective implementation of practical teaching to the greatest extent is the key link to ensure the quality of talent training. Develop ideas, put aside the traditional curriculum system mode of art design specialty, and build a curriculum system focusing on practical teaching. Starting from the freshman and sophomore year, reduce public courses and theoretical class hours, increase professional practice courses, set professional core courses as large courses, or even arrange two courses at most in a semester, extend the course time, emphasize the comprehensive training ability and creative level of homework, and strengthen the in-depth ability of design scheme; Starting from the junior year, relying on the studio as a platform and combined with actual projects, the college integrates social resources and makes full use of cooperation with internship units to complete professional course learning; When entering the Fourth National People's Congress, students will be given enough time to complete their graduation design creation in the design studio or internship unit, strengthen their ability to apply the learned knowledge, and strengthen the comprehensive training links, including research, planning, positioning and implementation, so as to avoid disconnection from the society. This will help students have a clearer understanding of their future career and make targeted planning for their career before employment.

3. Build a "double qualified" teacher team through various ways. The lack of experienced teachers in Colleges and universities is a common phenomenon, especially in the major of art design. The lack of teachers affects the normal development of practical teaching, improves teachers' practical teaching ability and builds a high-quality team of practical teaching teachers, which is a common concern of the major of art design in Colleges and universities. First of all, the importing party not only has high theoretical cultivation, but also has high-quality talents with rich practical experience. Secondly, encourage teachers to participate in social practice, send teachers to practice units for training regularly, and participate in the completion and implementation of the project with enterprises. The college should formulate relevant incentive measures to improve teachers' enthusiasm. Finally, influential experts and experienced engineers of the enterprise are invited to the school for regular training, or talents with outstanding contributions in the industry are exceptionally employed as full-time teachers. Through the above ways, cultivate an excellent "double qualified" professional teacher team to ensure the development of art practice courses.

4. Build a teaching model with project as the carrier. At present, most college students lack the initiative of professional learning, which is rooted in the lack of authenticity of formal homework arrangement, fuzzy objectives and low points of interest. In view of the current situation, the project can be brought to the classroom through cooperation with the internship unit, which can solve this problem well. Taking the residential space design, the core course of environmental art, as an example, for this course, students can meet the course homework requirements by completing a set of home decoration design scheme. Students can easily complete their homework through reference materials and obtain satisfactory results, but this core course is easy to lose the significance and value of learning. If combined with the actual project and designed according to the design procedure, students will learn more knowledge from it.

5. Improve the monitoring and quality evaluation system of practical teaching process. How to improve the quality of talent training is the core of higher education. Practical teaching is the key link to improve the quality of talent training, but the current monitoring and evaluation system in the implementation process is not perfect, which needs to be further standardized and improved. The practical teaching of art design specialty has strong flexibility and a variety of practical forms. There is no sound norms and systems in the process of practical teaching, which is more arbitrary, which is easy to cause the practical teaching to become a mere form. Establish a perfect practical teaching monitoring and evaluation system, collect quality monitoring data and information from the form, process and results of practical teaching, and continuously improve and improve it as the evaluation standard.

Conclusions: Practical teaching system is the core component of art design education and the characteristic of art design education. The talent training and assessment system based on theoretical learning achievement can not make a fair and scientific evaluation of teachers' practical ability and students' practical ability. Whether the trained students can adapt to the society and have practical ability is not only an important standard to measure talents, but also an important standard to measure the quality of university teaching. Therefore, constructing the practical teaching mode of art design specialty from the aspects of teaching concept, teaching links, curriculum and teaching staff will promote the whole process and all-round reform of art design education in China, so as to promote the healthy development of art design education.

Key words: art - teaching mode - psychology

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STRATEGIES OF ARTISTIC EXPRESSION AND IMPROVING STUDENTS' EMOTIONAL EXPRESSION IN VIOLIN PERFORMANCE

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Background: Music art is an art form that uses organized sound to form auditory images to express people's thoughts and feelings and social real life. It can be divided into two categories: vocal music and instrumental music, that is, music sung with human voice and music played with instrumental music. As an educator majoring in music in Colleges and universities, I want to explore a scientific, practical and effective music teaching method from the perspective of instrumental performance art, and strive to make innovations and breakthroughs in traditional teaching, so as to improve teaching results. Artistic expressiveness refers to the appeal shown in artistic works. This paper discusses the musical artistic expression in violin performance, that is, the multiple functions and strong infectious force in the process