

**Conclusions:** To sum up, according to the particularity of preschool education and based on positive psychology, mental health education for students should not only set up mental health related courses to help students obtain systematic mental health knowledge and basic psychological adjustment skills, but also focus on positive cognitive style education for students from the reality of preschool education students, Positive emotional and emotional experience education, interpersonal skills training, professional identity, vocational cognitive education and adaptability training can better meet the needs of preschool education students, help students actively study and live, and improve their mental health level.

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## THE EFFECT OF PEER EDUCATION ON PSYCHOLOGICAL HEALING IN COLLEGE STUDENTS' MENTAL HEALTH EDUCATION

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**Background:** Students' mental health problems are gradually recognized and valued by teachers, parents, educational administrative departments and society. Although college mental health education has achieved some results, it still can not meet the requirements of students' mental health quality. At present, it is urgent to explore a new working method to supplement and improve the current education model. Therefore, this paper explores the feasibility and advantages of carrying out peer education in the form of mental health education among college students, so as to provide a basis for the application of peer education in mental health education.

**Subjects and methods:** In this study, 391 students in the course teaching class were selected as the research objects, respectively as the experimental group and the control group. The experimental group received peer education and the control group received ordinary classroom teaching. The peer education group used the teaching method of peer education to intervene the intervention objects, while the teacher teaching control group was taught by professional teachers, all of which were within the class hours specified in the curriculum, and the teaching methods of the lecturers were optional. The whole process of the experiment was carried out for 15 weeks, and detailed teaching materials were filed. Symptom checklist 90 (SCL-90) was used to investigate their mental health before and after intervention. The survey data were entered into SPSS software for statistical analysis. Statistical methods include t-test, analysis of variance, rank sum test and so on. From the analysis, we can master the differences between the control group and the experimental group, and get the actual effect of peer education on psychological healing in college students' mental health education.

**Results:** Before the intervention, the mean value of each factor score of SCL-90 in the two groups was 0.425-0.998, and the standard deviation was 0.375-0.707. After the intervention, there were significant differences in SCL-90 factor scores between the two groups except somatization and hostility ( $P < 0.05$ ). There were significant differences in obsessive-compulsive symptoms, interpersonal relationship, depression and psychosis between the two groups ( $P < 0.05$ ). The results show that peer education has a great impact on students in terms of compulsion, interpersonal relationship, depression and paranoia, and has an obvious effect on improving students' mental health. Compared with teachers' teaching and traditional teaching forms, peer education can reduce the resistance of the educated.

**Conclusions:** In short, the relationship between teachers and students in peer education is that of peers, friends and classmates. They have a common background, more common language, fewer interpersonal barriers, easier to communicate, and can tell the teaching content with their own experience, which is more acceptable. The teaching contents and methods have changed from the traditional education methods. These forms are more flexible, novel, attractive, operable and practical. Peer education has a significant effect on Improving College Students' mental health, which is largely affected by the educated's knowledge, concept and behavior. Information sharing and behavior demonstration among peers make it easier to form a consensus on problems, so that peers can trust each other's views and attitudes and imitate their behaviors. Peer education is an effective way and method to improve college students' psychological quality.

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## THE INFLUENCE OF ENGLISH GAME TEACHING ON STUDENTS' COOPERATIVE BEHAVIOR AND MENTAL HEALTH

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**Background:** For a considerable number of students with poor learning foundation and low learning enthusiasm, they feel that the current traditional teaching methods are boring and boring, and they have an irresistible feeling of weariness. But he is very infatuated with the games he is interested in. Game teaching is derived from the reform of teaching methods, which meets the requirements and needs of contemporary education and teaching, and is more in line with the law of psychological development. Therefore, it is of great significance to study the impact of English game teaching on students' cooperative behavior and mental health, which lays a foundation for the further study of the relationship between education and psychology.

**Subjects and methods:** In order to analyze the impact of English game teaching on students' cooperative behavior and mental health and find out the influencing factors more conducive to the teaching effect, 120 students in the course teaching class were selected as the research object and divided into experimental group and control group. The experimental group conducted English game teaching for one semester, tracked and recorded the teaching data and materials in the whole process, analyzed the changes of students' cooperative behavior and the improvement of mental health, and turned the passivity of the teaching object into the initiative of the subject of emotional optimism. After the experiment, 120 students were investigated by questionnaire and the survey data were obtained, and then the survey data were statistically analyzed by SPASS software.

**Results:** Practice has proved that the use of English game teaching can harmonize the classroom atmosphere, optimize classroom teaching, help students easily accept the teaching content, and their psychological quality and ability can be more trained and improved. Game is a pleasant thing. It is combined with useful teaching materials to greatly mobilize students' interest, make them in the best psychological state, easy to accept education, improve their psychological function, and thus affect the effect of education. This method consciously cultivates students' lasting interest in English, encourages students to be in the best learning state, and makes them love, be good at and learn English.

**Conclusions:** In short, in English teaching, teachers should always pay attention to the impact of students' psychology on teaching, especially in the initial stage, many students are tired of learning English, which is often related to teachers ignoring the impact of students' mental health on students' learning, so that these non intellectual factors become negative factors in their learning. Teachers must make students believe that they have the ability to learn English well, help them build self-confidence, and create a relaxed and interesting learning environment for them, so as to improve the quality of English teaching. Teachers should not only study how to teach, but also study how students learn, so as to continuously improve students' mental health level. As a teaching activity and means often used by English teachers, game teaching still depends on teachers to make deeper exploration and attempt in order to make students' English learning more meaningful, make students' psychological development healthier, expand their horizons, promote thinking development, personality development and improve their comprehensive quality.

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## PSYCHOLOGICAL HEALTH EDUCATION IN THE ACADEMIC TUTOR SYSTEM AND WORKING MECHANISM OF THE MODEL

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**Background:** With the increasing number of graduate students, graduate students are facing varying degrees of pressure in their studies, employment and life. In recent years, various serious problems of graduate students caused by psychological problems have been repeated. As the primary responsible person of graduate ideological and political education, graduate tutors have their unique educational advantages,