

## PSYCHOLOGICAL COUNSELING THEORIES AND TECHNIQUES IN THE WORK OF TWO COURSES IN COLLEGES AND UNIVERSITIES

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**Background:** College students' mental health education should fully consider the growth characteristics and laws of college students, recognize that college students are idealistic and dare to innovate high-level groups, educate them on psychological quality and mental health, carry out self-psychological protection through self-awareness and learning mental health-related knowledge, avoid and reduce various pressures that cause psychological disorders or mental illness to themselves, and better improve the mental health level and psychological quality of college students. Ideological and political education in college students' courses should highlight its function of educating people, give full play to the subjectivity of college students, integrate the ideological and political education resources of various disciplines and courses, create a collaborative education atmosphere in which the courses of various disciplines are the same as each other, and build a full-staff, whole-process, and all-curriculum ideological and political education system for college students, so as to achieve the effect of imperceptible ideological and political education for college students. The connection between college students' mental health education and curriculum ideology is conducive to the achievement of the effect of educating people. Specific manifestations are as follows: First, promote the physical and mental health of college students. College students' mental health education includes physical health and mental health, physical health is the most basic material guarantee for college students, insomnia, headache, anxiety and other physical lesions will bring greater trouble to the healthy growth of college students. Mental health is the most basic mental protection for college students, if there is a psychological unhealthy situation, such as poor ability to resist setbacks, personality isolation, poor external adaptability, etc., it will have a serious impact on their normal learning and life; the second is the personality of sound college students. Through ideological and political education in college students' mental health courses, college students can better enhance their understanding of political direction, improve college students' political personality, including political morality, political character, political feelings and political skills, so that college students have noble and sound personality charm. At the same time, it is necessary to restrain the code of conduct of college students, improve the moral personality of college students, and improve the pertinence and effectiveness of ideological and political education in college students' mental health courses by setting up mental health courses, organizing diversified psychological education activities, and strengthening psychological counseling; the third is to stimulate the spiritual motivation of college students. College students' personality quality, sense of responsibility, creativity and willpower are non-intellectual factors, and the non-intellectual factors of college students can be optimized through ideological and political education in mental health courses to stimulate the spiritual motivation of college students; the fourth is to improve the ideological and political system of college students. Through the ideological and political education of college students' mental health courses, it can highlight its political orientation function and role, strengthen the equal interaction and two-way exchange between teachers and students, and continuously enrich the content of college students' ideological and political education, such as ideological education, political education, moral education, etc., and further enhance the ecological function of college students' ideological and political education.

Mental health education is based on students' development characteristics and psychological cognitive development laws, through the theoretical knowledge and methods of psychology, to cultivate students' good psychological quality, to achieve the unity of knowledge, feelings, intentions, and behavior, so that students have relatively perfect personality, good social adaptability, and have a positive psychological state and good behavior habits. Mental health education for college students embodies the people-oriented educational concept and is part of quality education. "Basic Requirements for the Teaching of Mental Health Education Courses for Students in Ordinary Colleges and Universities" elaborates on the content, nature, and purpose of mental health education for college students, and incorporates them into public curricula of colleges and universities as open classes to cultivate college students' awareness of mental health, awareness of psychological crisis prevention, self-regulation ability, interpersonal relationships, etc. It can be seen from this that the mental health education curriculum is a compulsory course in universities, involving all college students, which is also the basis for the implementation of curriculum ideology.

**Research methods:** Psychology defines emotion as the experience of a person's attitude toward whether objective things meet human needs. College students have an emotional identification with ideological and political education, that is, college students emotionally believe that the content, form,

and purpose of ideological and political education in colleges and universities meet their own needs. This enables them to consciously make correct judgments and choices in their daily lives and in the evaluation of social affairs from the content of ideological and political education and from the angle of benefiting the people and society.

Heart-to-heart conversation work is the most common traditional form and basic method in the work of counselors. Higher vocational students are mentally unstable, there are many violations of discipline, and conversation is the most normal form of student work. Talking with students is also an effective way to communicate the hearts of teachers and students and enhance the feelings of teachers and students. However, as far as the current form of higher vocational work is concerned, heart-to-heart talk often becomes a simple criticism of education for students who violate discipline more, and for some students with fragile hearts, it often becomes simple care and love. In fact, in order to better achieve the effect of education, individual psychological counseling skills should be appropriately used to understand more about students' thoughts, studies, lives and interpersonal relationships, especially students in need, poor students, students from special families, etc. To prescribe the right medicine and have more in-depth and detailed conversations. For example, in case two, when sending the classmate to the hospital for examination, it was found that the classmate had mild depression problems, was unwilling to share things with others, and did not trust others. At this time, pay attention to the use of some psychological counseling skills, listening, active attention, trust, etc., can better solve the problem. First of all, establish a good consultation relationship and gain sufficient trust to express some words that they are usually unwilling to say. Second, determine the next step by listening and some mental health criteria to determine the extent of their mental health problems. At the same time, regular interviews should also be made, actively pay attention to his excellent performance in school, encourage him to participate in group activities, teach him to look at the interaction with classmates in a reasonable cognitive way, and do not require everyone to like themselves. At present, the student has successfully completed the internship and has performed well.

Group counseling is a kind of professionally trained counselor who helps members establish good cognitive and behavioral patterns through certain forms according to the similarity of members in the context of group activities. It is a form of psychological counseling that requires each individual to observe, learn, experience, know and improve himself or herself in the group. Some scholars pointed out that group psychological counseling has a unique role in the mental health education of students in vocational colleges and universities: first, it effectively helps higher vocational students to correctly understand themselves, accept themselves, and form a positive self-concept; second, to enhance group cohesion so that group members can get direct help to each other; third, it helps to improve interpersonal communication and understanding, improve the interpersonal skills of students; and also enriches the ways of higher vocational mental health education. In the class meeting, the counselor can summarize the class problems, such as dormitory contradictions, stress and emotions, collective consciousness and other issues, through the form of group psychological counseling, enrich the form of the class meeting, improve the effect of the class meeting.

In recent years, with the attention of departments at all levels to the cause of mental health education for college students, the four-level mental health education mechanism has been gradually implemented in various colleges and universities, of which the construction of class psychological committees has become an effective help for mental health work. As a communicator of mental health concepts, a happy grower, a communicator between teachers and students, and a helper for classmates, the role of class psychology committee members is self-evident. At present, many colleges and universities attach great importance to the construction and training of class psychological committee members, so that they can carry out mental health activities in a timely manner at important nodes such as mental health activity month and create a good class psychological environment. More importantly, timely detection of students in psychological distress in the class can help, persuade and even accompany them to find the counseling and intervention of psychological counselors. Relatively speaking, vocational colleges and universities pay more attention to the training of class cadres, the construction of class psychological committees is more embarrassing, psychological committee members cannot clarify their responsibilities, and there is no sense of existence in the class. However, the training of cadres in higher vocational classes and regiments focuses on class style, class discipline management, and group building, and it is impossible to keenly discover and distinguish psychological problems from discipline problems. Therefore, it is more conducive to improving the presence of psychological committee members among the cadres of the squad and the strengthening of training and construction.

Studies have shown that family parenting styles are related to students' academics, learning motivations, interpersonal communication and other aspects, which are important factors affecting

students' psychology and thinking. From the perspective of student source structure, there are more students in vocational colleges and universities who grow up in single-parent families, divorced families or reorganized families, and families with rural hukou account for the vast majority, and family factors have a greater impact on students' performance in all aspects of school. To do a good job in the ideological and political education of students, it is inevitable to adopt the method of home-school linkage to strengthen the participation of parents in student management. At this time, if you pay attention to the students' home parenting style at the same time, you can enhance the role of home-school cooperation.

When conducting ideological and political education or mental health education, through the moral education platform, we have obtained first-hand information on students' ideological psychology, ensured that our ideological and political education and mental health education are targeted, close to the actual situation of students, and ensure that the education implemented by educators is really what students need most, so as to achieve the purpose of "specific analysis of specific problems" and "one key to open a lock". All education workers in colleges and universities are responsible for moral education comments, which requires moral education workers to observe students' behavior and speech and behavior in ordinary times. In order to encourage the participation of moral education workers, it can be consolidated as an assessment indicator.

**Results:** Work platform education mechanism. Taking the awareness of educating all employees in colleges and universities and the awareness of "a game of chess" in college moral education work as the starting point, the platform for educating people in colleges and universities is established, that is, the platform for moral education in colleges and universities. His working mechanism is: after the new students are admitted, the student management department first enters the basic information of each new student (such as name, date of birth, department and major, family status, learning experience, rewards and punishments, positions held, etc.). After that, it is evaluated by the moral education workers of colleges and universities according to the students' performance in school (including counselor comments, classroom teacher comments, workers' comments, psychological files, etc.), and the comments are divided into two types: regular or irregular (regular comments are the overall evaluation of students by counselors at the end of each semester, and irregular comments are evaluations by moral education workers at any time according to the current performance of students, such as teaching teachers or workers in daily life, found the advantages, disadvantages, special behaviors, etc. of a student. You can log in to the platform at any time to evaluate). The language of evaluation should be based on describing facts. This education platform is private and only open to moral education workers in the school, such as counselors, psychological counselors, ideological and political teachers, etc. His service purpose is that when teachers conduct ideological and political education or mental health education for students, through the moral education platform, they will obtain first-hand information on students' ideology and psychology, ensure that our ideological and political education and mental health education are targeted, close to the actual situation of students, and ensure that the education implemented by educators is really what students need most, so as to achieve the purpose of "specific analysis of specific problems" and "one key to open a lock". All education workers in colleges and universities are responsible for moral education comments, which requires moral education workers to observe students' behavior and behavior in ordinary times. In order to encourage the participation of moral education workers, it can be consolidated as an assessment indicator.

**Conclusions:** The ideological and political teaching of college students' mental health courses is an important teaching content that conforms to the requirements of the times, and it is necessary to highlight the subjectivity of students in the ideological and political courses of mental health courses, build a scientific and efficient ideological and political system for college students' mental health courses, cultivate the positive psychological feelings and emotions of college students, continuously enhance the subjective consciousness, subject ability and subject personality of college students, and fully reflect the educational effectiveness of ideological and political teaching in college students' mental health courses. In the follow-up, we should also pay attention to the efficient use of collaborative education in the ideological and political teaching of college students' mental health courses, and enhance the subjective cognition and ability of college students. At the same time, we will enrich the form of mental health education courses, and provide students with a full range of mental health education through mental health education courses, psychological counseling, mental health education activities, mental health education websites, college students' mental health clubs, etc., and truly imperceptibly affect students.

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## **KINDERGARTEN INTERIOR ENVIRONMENT DESIGN BASED ON CHILDREN'S MENTAL SENSITIVITY AND PSYCHOLOGICAL BEHAVIOR**

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With the development of science and culture, kindergarten has become the first place for children's education. Their living and learning environment plays a very important role in children's physical and mental development. Kindergarten education is the beginning of formal education. From the perspective of design, the design of kindergarten is different from other types of environmental design. Environmental design is closely related to children's life and learning, and mainly focuses on the characteristics of physical and mental development in early childhood. However, the current interior design of kindergartens in China is somewhat unsatisfactory. For example, some designs cannot meet national standards. Some are of poor environmental quality, and some children's activities are not enough. In addition, different designers have different views on the interior design scheme of the kindergarten.

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## **A STUDY ON THE INFLUENCE OF LITERARY APPRECIATION ON COLLEGE STUDENTS' PERSONALITY AND TEMPERAMENT**

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Literature appreciation plays a very important role in improving college students' temperament and cultivation. It helps college students establish lofty ideals and work tirelessly for them. It is helpful for college students to improve their personality, form a noble personality style, and improve their aesthetic ability. Bring literary appreciation into the scope of College Students' quality education, and take literary appreciation as a new way to cultivate people's ability, improve people's realm and shape people's soul. It is of far-reaching significance to realize the great goal of cultivating high-quality talents for the new century. Students' appreciation of literary works has a direct effect on students' author's feelings. Therefore, in order to improve students' ability, teachers must broaden students' horizons and help students appreciate literary works properly.

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## **THE INFLUENCE OF COLLEGE MUSIC EDUCATION ON STUDENTS' EMOTIONAL EMPATHY AND MENTAL STRESS**

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With the rapid development of China's economy, the society has higher and higher requirements for talents, which requires students to have strong comprehensive quality, so as to make students better adapt to the needs of social development. As an important part of quality education, music education in Colleges and universities can not only promote students' personalized development and personality improvement. At the same time, it can also comprehensively improve students' comprehensive quality, which is of great significance to their future study and development. In practical teaching, teachers can first set up Chinese traditional music education in the curriculum, and then infiltrate the world's advanced culture and ideas into music teaching on this basis. On the basis of highlighting the original concept of music education. So that students can objectively view the differences between Chinese and foreign music cultures, make students more diversified in music learning, and let students improve their comprehensive quality in different music edification.

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