

health, a considerable number of graduate students have had mental disorders. This study mainly explores the role and role of tutors in graduate students' mental health education through the combination of questionnaire survey and interview with tutors.

**Key words:** social personality - psychological tutor - graduate education

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**PRACTICAL ANALYSIS OF GUIDING EXPLORATION OF STUDENTS' MEMORY THINKING IN ENGLISH TEACHING**

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In the new era, the traditional "indoctrination" education can no longer meet the current requirements and the teaching needs of the new era. It is an innovative and open new teaching method that can drive students' thinking. In teaching, teachers' thinking guidance to students is key and effective. Effective and active thinking is an important factor in English learning. As a language blind subject, English needs active thinking to assist learning. Teachers' classroom teaching is the main learning method of students. If students want to learn English well, they must rely on Teachers' teaching level to a certain extent. Excluding students' personal factors, this paper focuses on whether students can develop objective thinking of subject matter thinking. Teachers can train and guide students' thinking, so as to help students develop active learning and subject matter thinking. Therefore, teachers need an innovative thinking teaching method - Thinking guided teaching.

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**INVESTIGATION AND ANALYSIS OF TUTORS IN GRADUATE STUDENTS' THINKING TENDENCY EDUCATION**

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The daily standard of Ideological and political education for Postgraduates in Colleges and universities has changed in the new century. From the simple function of political ideology and morality to the direction of paying attention to students' practical quality and personality development. Those who can organically combine ideological and political education with students' comprehensive quality and personality development are non graduate tutors. Analysis of the basic situation of graduate tutors and graduate students. With the implementation of the policy of expanding the enrollment of graduate students in Colleges and universities, the number of graduate students is increasing. While graduate tutors and graduate students have gradually become the scientific research force of colleges and universities, they have also become a relatively special group. Based on the analysis of the basic situation of tutors and graduate students, this paper studies the advantages and requirements of tutors' Ideological and political education for thousands of graduate students. The role and influence of tutors in ideological education are discussed.

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## **A STUDY ON THE RELATIONSHIP BETWEEN FOREIGNERS' CROSS-CULTURAL COMPETENCE AND EMOTIONAL EMPATHY COGNITION OF CHINESE TRADITIONAL CULTURAL ELEMENTS**

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Due to regional and cultural differences, foreign students encounter various difficulties in living and studying in China, which has a certain negative impact on their body and mind. At the same time, the cultural diversity environment also puts forward higher requirements for the cultural intelligence of foreign students in China. In different cultural environments, foreign students' ability to deal with cultural differences and uncertainty has an impact on their cross-cultural adaptation. Therefore, understanding the cultural intelligence level and cross-cultural adaptation of foreign students in China and clarifying the relationship between cultural intelligence and cross-cultural adaptation are of positive significance for foreign students to overcome cultural obstacles and strive to adapt to the new cultural environment. Based on cross-cultural adaptation, this paper refers to the adaptation of individuals in the cross-cultural environment, which mainly includes three dimensions: psychological adaptation, socio-cultural adaptation and academic adaptation. This paper analyzes the ability and cognitive emotional level of cultural intelligence to deal with difficulties in cross-cultural situations.

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## **THE COMPOSITION AND CHARACTERISTICS OF FOOTBALL PLAYERS' MENTAL HEALTH IN COMPETITION**

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With the high development of football, it is far from enough for athletes to have good physical quality and technical and tactical level in football matches. Their own psychological regulation ability greatly affects the level of the whole team in the game. Statistics show that only 20% of the teams with poor performance in the game failed due to their training and technical and tactical level. The failure caused by psychological factors accounts for about 70%. Football match is not only the competition of athletes' technology, tactics and physical quality, but also the competition of athletes' psychological quality. In sports competition, the final decision of performance is often psychological factors, so the regulation of athletes' psychological state is very important. The author analyzes and studies the different psychology of athletes in different situations in football matches, and tries to explore the feasible methods to overcome and regulate the adverse psychological state in the matches, which involves the psychological regulation of coaches.

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## **ANALYSIS OF DIRECTIONAL FACTORS OF ART DESIGN BASED ON AESTHETIC RATIONAL PSYCHOLOGY**

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Art design psychology is an interdisciplinary subject of design art and psychology. It is not only a branch of applied psychology, but also an important part of art design. The significance of design psychology is to study the formation and development of designers' psychological quality in modern design activities with the help of psychological knowledge. As a purposeful and designed modeling activity, design is not only a technical process, but also an aesthetic psychological process. Whether it is the aesthetic conception and creation of the designer or the aesthetic feeling and appreciation of the receiver, it is the unity of multiple psychological contradictions of perception, imagination, emotion and understanding. For the