

and enable students to get twice the result with half the effort. People's psychological factors and emotional factors have far-reaching influence on the effect of English learning. For these factors, we should take in-depth analysis and discussion and take corresponding countermeasures to achieve the best effect in English learning.

Conclusions: Teachers should correctly guide students to adjust from the aspects of understanding the importance of learning English well, enhancing self-confidence, mastering scientific methods of learning English well and creating external environment for learning English well. College students should pay attention to overcoming learning psychological barriers, learn to use correct adjustment methods, cultivate and improve their learning ability, and lay a good foundation for lifelong learning while completing their college studies. To improve college students' interest in English learning, we should not only pay attention to the practical role of English cognitively, but also overcome the psychological obstacles of learning English psychologically, so as to stimulate their learning enthusiasm.

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THE INFLUENCE OF CALLIGRAPHY ON THE MENTAL COGNITIVE PROCESSING ABILITY OF THE ELDERLY - AN EXPERIMENTAL STUDY BASED ON BRAIN ACTIVATION EFFECT

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Background: A large number of cross-sectional and longitudinal behavioral research results show that individual differences increase with the aging process of cognitive years. Based on neuroimaging studies such as magnetic resonance imaging, it is believed that the differences of Cognitive aging among elderly individuals are related to the differences of brain processing mechanism. Calligraphy art is the cultural treasure of the Chinese nation, and it is also one of the spiritual wealth worth showing off in the treasure house of human art. Calligraphy fully embodies the aesthetic thinking and humanistic spirit of the Chinese nation. Calligraphy activities are fully, actively and dynamically activated by various perceptual, attention, thinking and cognitive activities. It makes the writer pay more attention, think more quickly, react faster and other positive effects in the process of writing with a brush.

Subjects and methods: At present, the research on the individual differences of the elderly mainly starts from the individual differences of cognition and behavior, and compares the differences of brain processing mechanisms among different cognitive groups. In this study, the elderly were taken as subjects to explore the changes of reaction time before and after calligraphy load and non-calligraphy load. Through calligraphy practice and training of the elderly, the psychological thinking process of the elderly can be greatly mobilized, and the cognitive ability of the elderly can be effectively promoted.

Results: The results show that the reaction time after calligraphy load is obviously shortened, the change of reaction time after writing load is the same as that after calligraphy load, and the reaction time after calculating load and English writing load is obviously shortened. Calligraphy may improve the state of consciousness of the brain, thus causing the so-called "optimizing brain activation effect". This will greatly promote the development of psychological cognitive processing ability. From the perspective of visual perception psychology, when a Chinese character is recognized, the overall image of the character roughly falls on the fovea with the highest visual acuity on the retina, which is under the control of the central visual field, and it is easy to form the overall visual image of the character, and the shape, sound and meaning can be recognized at the same time.

Conclusions: This study starts from the perspective of brain activation effect, which provides a new perspective for the study of psychological cognition of the elderly, and also builds a bridge for the study of individual differences in brain structure and function aging and the study of individual differences in Cognitive aging, so as to promote a deep understanding of brain and psychological Cognitive aging process and related diseases. Different from the psychological process of writing Chinese characters in English. Although both Chinese characters and English writing must have coordinated activities of visual movement, Chinese characters and English are completely different in spatial structure. The former is a square plane structure, while the latter is a transverse linear structure. Art provides learners with opportunities to develop and mature multiple cranial nerve systems at the same time, but it is difficult for us to evaluate these development opportunities, because the processes they support are gradual and cumulative results. If we ask for an effect in a short time, then the art of calligraphy will be powerless. Exploring the scope, nature and function of this effect through various experimental variables will be beneficial not only to calligraphy psychology, but also to the development of cognitive psychology and neuropsychology.

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THE IMPLEMENTATION METHOD OF MIXED FORM TEACHING FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

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Background: The development of modern information technology has had a significant impact on the curriculum reform in colleges and universities, and it also makes college teachers face severe challenges. With the continuous implementation of the "Excellent Talents" training plan of the Ministry of Education, the discussion on talent training methods is deepening, among which the mixed-form teaching is particularly noticeable. Blended teaching is a kind of education and teaching mode combining network teaching and traditional teaching. Mixed-form teaching mode includes the deep interaction and integration of various teaching strategies, teaching methods and teaching means. Combining the advantages of traditional classroom teaching and modern information technology, it is our concern to find a better teaching mode to reform university classroom teaching.

Subjects and methods: Based on the perspective of educational psychology, this study analyzes the disadvantages of traditional teaching mode of curriculum, puts forward the necessity of implementing mixed teaching reform of curriculum, and designs the implementation scheme of online and offline mixed teaching mode reform of curriculum. This model is student-centered, teacher-led, focuses on cultivating students' autonomous learning ability, aims at meeting students' individual needs, focuses on enhancing students' theoretical and practical ability of analyzing and solving problems, and aims at enhancing students' innovative consciousness and exploring innovative skills, which can realize the co-construction and sharing of high-quality teaching resources.

Results: The learning process of students is a process of active construction, but their initiative and enthusiasm are not stimulated by the time process of transforming the objective world, but need teachers to mobilize. The traditional college classroom teaching mode affects students' interest and enthusiasm in learning, limits the development of students' innovative ability and hinders the improvement of teaching quality. From the perspective of the relationship between behavior and psychology, the application of mixed form teaching in vocational high school education not only meets the requirements of emotional recognition in today's education, but also meets the educational requirements of psychomotor. The mixed teaching mode has shown many advantages in the implementation process. For example, students' participation is higher, learning range is wider, and learning methods are diversified.

Conclusions: In the process of teaching, we can't absolutely abandon the inherent teaching mode. Teachers need to make a reasonable plan according to the characteristics of different subjects, take educational psychology as the teaching basis, and scientifically and efficiently combine mixed form teaching and inherent teaching methods, so as to cultivate students who meet the market demand in an all-round way. During the implementation of mixed-form teaching, teachers should constantly encourage students to argue their thoughts, create an active classroom atmosphere, and pay attention to the relationship between mixed-form teaching and other teaching methods, so that students can have a positive transfer effect in their learning. Modern educational psychology holds that people-centered development is the ultimate goal of education, which specifically includes the goal of cognitive emotion and the goal of psychological action. Only by encouraging students to discover the value of their guesses and the possibility of improvement, and enhancing students' confidence in using "thoughts" to answer questions, can we cultivate students' cognition and emotion of rational knowledge and improve students' self-promotion level.

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THE EXPERIENCE ENVIRONMENT OF RURAL TOURISM HOMESTAY BASED ON TOURISTS' PSYCHOLOGICAL PERCEPTION

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Background: In the era of experience economy, tourism will become more and more experiential, which urges people to pursue more diversified and personalized accommodation facilities. With the promulgation