

Analysis of problems and countermeasures of Freshmen's education at present

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Abstract

Freshman education plays a vital role in the whole university education. At present, freshman have many problems in learning environment, humanistic environment, mental health and career planning etc. We should attach importance to and strengthen the education of the freshman year, and solving the existing problems of freshman students is the key to ensure the smooth completion of the studies. The article discusses the solutions and methods to the current problems.

Keywords

Freshman education, problems, Countermeasures method.

1. Introduction

For the first year of college students, the concept of "newborn" should run through the entire first year of the learning process. That whether freshmen can integrate into campus life more quickly has an important role in the successful completion of university studies, their growth process plays a vital role throughout the whole university career. At present, China's secondary school education don't pay enough attention to the cultivation of students' comprehensive quality, making a lot of inadaptability for college freshmen when they come into the university and face the changes of study environment, living environment, interpersonal environment and etc. Solving this problem requires the joint efforts of student workers and students themselves.

2. The Importance of First Year Education

2.1 The first year of university education is the key to guarantee the quality of university teaching

University freshmen have just entered the youth period, which is a rapid mature but not yet fully mature stage of development. The young people at this stage still have a psychological "dependency", "idealized", "blind self-confidence" and other psychological characteristics. It is of great significance to correctly understand and study the characteristics and development laws of freshmen's psychological contradictions, and to educate and guide them in a timely manner. The function and significance of freshman education can be summarized from two aspects: firstly, in the aspect of individuation, it is mainly to create the internal environment for the individual's success. Second, in terms of socialization, the first grade education of college students is the basis of wind, Department wind and even the school ethos forming, and is the guarantee of the stability and development of college, Department, class collective to create a favorable external environment for the individual growth and development.

2.2 The first year of university education has a decisive role in students' career

Entering university means the beginning of students' independent life. But most students, though adult and independent, have little or no knowledge of real college life. But the first year quality has a decisive impact on the entire university life. Developing what kind of learning and living habits, work habits is important factors that wither students can successfully complete their studies in first year.

3. The current problems of Freshmen's education

When a freshman suddenly turns from a high school student who has nothing to worry about into a college student who has to rely on his own, this process is a major change in his learning process. Because of the obvious difference of the university teaching system, learning method, interpersonal relationship, living environment and other aspects of these differences in the middle school, at the beginning of the school and even the entire freshman year will enable students to produce all sorts of incompatibility. The problems arising from these changes in the real environment and psychological problems have become a major obstacle for college students to finish their studies successfully.

3.1 There is not enough understanding of the importance of freshman education

Many freshman think they are already college students, should have their own world, tired of cramming type of teaching, no longer need teachers, parents, schools constraints. More students believe that going into the university is to enter the freedom of heaven, and take it for granted that: my site, I call the shots. There is conflict and even rebellious thoughts of schools, teachers and parent's education, do what you want to do, but no ability, but lack of experience, so as to miss the golden period of freshman education, resulting in wasting life completely the whole college students. Some teachers believe that universities should change the mode of high pressure of high school education, and give students full freedom to develop their personality, so as to start the management of ducks at the beginning. But they ignore that transition from senior high school to college freshman needs a process that should take about a year or more.

3.2 Learning environment adaptation problem

The main tasks and problems of college students are still learning. Not only does it involve the study of scientific and technological knowledge, but also more importantly, it can improve their comprehensive ability. Only for the study of cultural knowledge, relative to the middle school to listen to the teacher, the learning content is relatively fixed, learning ways and methods are relatively simple, exploratory and autonomy is not strong, the learning of university has a strong professional orientation and a certain degree of exploratory, The teacher has a large amount of lectures and a short period of time, and does not teach them exactly according to the materials. There is no repeated explanation, long time counseling and a great deal of homework. The university do not have the supervision of parents in the distance, the one to one management of school teachers, there is no high density examination, and the sudden increase in free time makes so many students at a loss. Students are caught in a lot of time, but there is nothing to do, or want to do a lot of things, but do not know where to start, or what is done, but nothing is done well in the strange circle. In particular, the idea of "everything is easy after going to college" has led many freshman students to have an idea of mind relaxation, study relaxation and physical indulgence. Some people naively said that freshman year had a good fun for a year, the second year began to study hard, but when the "relax" has become a habit, the university has been unable to become learning paradise, but has become a fallen hell. Therefore, how to solve the problem of adapting to the University's learning environment as soon as possible becomes a problem that must be solved by every first-year university student.

3.3 Humanistic environment adaptation problem

The humanistic environment of high school students belongs to a single learning environment. As long as dealing well with the relationship between people and learning, it is possible to do well in their own academic achievements, and other interpersonal relationships are marginalized accordingly. After entering the University, the former communication space and mode were broken, and replaced by a multi human relationship and the living environment of the human environment. During the transition period of freshman year, it is easy to present temporary interpersonal vacancies. Besides, college students' relationship, roommate relationship, teacher-student relationship and regional relationship are complex and multi-dimensional human environment. For the freshman with strong self-consciousness and weak adaptability, there are different levels of confusion, confusion and adaptation. In addition, college freshmen from different parts of the world have different experiences

and backgrounds, and have different local languages, customs and habits. In the face of a large number of students but cannot open communication situation, some students are limited only in middle school, fellow alumni of the original family and friendship, and ignore establishing communication and good relations between the new students. For many freshmen before entering school in this transitional period, the emergence of temporary vacancies easily appears. In addition, the relationship between the students college roommate, teacher-student relationship, regional relationship is a complex multidimensional cultural environment, has its own relatively independent living space. While in the new collective life, or because of personality temperament, different behavior habits, or because of a lack of respect for others accustomed to reason, friction among the students increases. Under such circumstances, the problem of freshman students of not adapting to the new humanistic environment emerges.

3.4 Psychological problem

After the intense middle school life and the intense entrance examination competition, in the family member and the family member friend's praise sound, those freshman is in a joyful, excited and hopeful mood entered the University gate. However, due to the lack of awareness of the role transformation and the actual situation of the University, after a period of study and life, some students will be troubled by various contradictions, and their thoughts and feelings will be in the boundless confusion. Mainly in: the relationship between the sense of fresh and nostalgic, the conflict between the sense of independence and dependency, the pressure of parental expectation and learning difficulties, the psychological contradiction between pride and inferiority, the conflict between ideal self and reality self, spiritual relaxation and passive contradiction. The problems are intertwined, so some students will have insomnia, irritability, loneliness the psychological mood, and then despise or hate teachers and classmates, even complain about parents, society, and even abandon themselves, leading to pessimism. If they do not get good grooming in first year, the light performance decline, leading to fail or repetition; severe cases cannot be normal learning, complete academic and even serious psychological problems, and even extreme phenomenon.

3.5 Career planning problem

The core of College Students' career planning is people-oriented, and their practical significance is manifested in the "effective matching of human capital, interest and career". The Chinese education idea and education mode has been influenced by the traditional culture, and the occupation career planning education has not received due attention, resulting in the lack of contemporary college students occupation career planning consciousness, there is no specific situation for individuals to establish scientific and reasonable occupation planning. In recent years, although colleges and universities have gradually strengthened the guidance of career planning for college students, they still haven't solved the problems existing in the career planning of college students in china. For freshman students, because most students are lack of self-awareness, and cognitive problems of lack of occupation and lack of social acceptance, resulting in not fully understand the self, lacking of career preparation, biased value orientation, and not developing targeted practice ability training program and so on for students in career planning guidance and self planning process.

4. Countermeasures and methods for doing a good education in the first stage

4.1 Raise awareness of the importance of freshman education

First of all, more attention should be played from the teacher to the students to the education of freshman year, especially in the work of student work in the front line of the ideological and political education of the teacher and the teacher should work in peacetime to strengthen the importance of a first year of education. Secondly, the party and government leaders at all levels should give more guidance and supervision to the freshman students' education, and the students' work departments should set up special work groups to carry out the educational work for the freshman year. Moreover, the main body of student education, "freshman" students, should clearly realize the importance of the whole freshman year. Only in this way can we carry out the work smoothly.

4.2 Solve the transformation of training methods and learning methods

In order to adapt freshmen to college life, we must first change the concept of examination oriented education, and pay attention to quality education in terms of ideology, action and teaching methods. Only quality education is the common goal of University and middle school, and it is the focal point of mutual connection. University learning is a combination of initiative and hard work, and student independent learning should be the main way of learning. Through a variety of ways to make students understand that learning to learn is more important than learning knowledge, learning to master retrieval, collection, analysis and application of knowledge means, is a necessary skill for college students; we should let students adapt themselves to university study, master good study methods, foster self-confidence in study, and cultivate students' innovative spirit and practical ability. In the process of training freshman students to learn, we should adhere to the principle of "teaching as the leading factor and learning as the main body". While giving full autonomy to students, teachers should always control the direction of students' development and actively guide students to engage in practical activities, to train student's practical ability, in spirit and material support to students.

4.3 Adjust the state of mind, adapt to the environment, strengthen self-control, adapt to management

First of all, to help the students to learn to develop an appropriate long-term and short-term goals for yourself, such as foreign language, computer grade examination, graduate student, winning a scholarship, then break down the overall goal decomposition into each academic year or semester, and stick to your persistent efforts toward the goal unremittingly. Secondly, to help students integrate into the collective as soon as possible to overcome interference. Educate students to look at the school, the Institute, the class and so on as a family, actively integrate into the collective, learn to seek help, feel warm, learn to tolerate and adapt. Third, arrange the time scientifically and reasonably to adapt to the loose management mode of colleges and universities. A lot of free time is not no class but self-study, training students to complete the habit of scheduled plans every day, while avoiding interest out of control, cultivate interest and pay attention to the "degree" at the same time, "degree" out of control will affect learning. Class set up mutual supervision team, the student's mutual supervision and help, improve independent learning, but also to promote the exchange between students, strengthen the feelings.

4.4 Measures to solve the psychological problems in freshman education

First of all, establish a new mental file. Schools take psychological assessment at the appropriate time to freshman students, in order to understand their mental health status. According to the evaluation results and the daily understanding of the situation, establish psychological files for each student to, good focus analysis, individual intervention, and strict confidentiality and so on. Secondly, strengthen the education of ideals and beliefs, and to carry out the "reality" education. By inviting all kinds of experts and scholars, we should pay special attention to using the typical examples of students around us to educate and guide students to correctly recognize themselves in the new coordinate system of universities and to re position themselves. Third, strengthen collectivism education and cultivate the spirit of dedication. For students who cannot adapt to collective life and interpersonal disharmony, they can carry out group counseling or individual counseling to guide and help them. Fourth, recognize the problems of key students and take targeted measures. Educate students to learn to ease and relieve bad mood, for students who have a chain reaction caused by a problem, we should be able to sort out the context of the problem, from the source to start, and guide students to actively do a good job of psychological adjustment. For students with serious psychological and psychological problems, they should be transferred to professional health care institutions for treatment in a timely manner.

4.5 Strengthen the allocation of professional planning talents and do a good job of career planning for freshman

First of all, the school should be equipped with more professional occupation career planning of teachers to strengthen the self cognition of students, occupation cognition, social cognition, career

planning education, and guide students to develop each consistent with their college career planning and occupation career planning. Secondly, career planning courses can be used as a required course for freshman students in the first semester, and teaching with the introduction of professional knowledge will enable students to enter the track of college career planning as soon as possible. Third, the implementation of student career planning process should be fully supervised by counselors, class teachers, professional instructors and others, to ensure that students complete every step in time planning.

Conclusion: four years of college is the most precious stage in life, and a good beginning is half done. The success of the freshman year is not only related to the success or failure of college life, but even to the whole career. Students should pay great attention to the quality of their education throughout their life, schools and teachers are required to adopt principle of "catch large and release small" to help students complete a fresh year transition period and lay a good foundation for their development.

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