

The Strategy Analysis of Positive Mentality of College Students in the New Era

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Abstract

As a reliable successor to the cause of socialism with Chinese characteristics in the new era, college students shoulder the important task of national development and national rejuvenation. The positive attitude of self-esteem, self-confidence, optimism, positive, pragmatic and enterprising is helpful for college students to overcome difficulties and challenges. Based on the analysis of the positive psychology of college students, this paper probes into the strategies of cultivating positive psychology in family, university, society and self.

Keywords

New Era; College Students; Positive Attitude.

1. Introduction

The word "mentality" appears frequently in academic circles and in ordinary life. In our country, the New Dictionary of Social Sciences defines mentality as "all public opinion, customs, traditions, beliefs and value systems that affect the thoughts of individuals, human groups and all nationalities "[1]. The West defines "mentality" as the collective characteristic of psychology, which is a special way of thinking and feeling such as a nation, a certain human group, which is different from the official ideology[2]. The mentality of college students refers to the psychological state formed by college students in their own society and life during the historical development of society. As far as the expression form of college students' mentality is concerned, it is mainly divided into positive psychological state and negative psychological state. The positive mentality of college students is the optimistic, positive, positive and upward psychological state formed in the various growth and development environments in which they live in the present historical development period, which reflects the needs of college students' growth and development, and at the same time plays a positive role in promoting individual development and collective development. The negative mentality of college students is contrary to it, which is manifested as the psychological state of low mood, unmotivated and no direction of effort. Through the analysis of the positive mentality of college students in the new era, this paper tries to explore the strategies and methods for college students to grow up.

2. Performance of Positive Mentality in College Students

College students' mentality mainly has positive mentality and negative mentality. Positive mentality is that college students can correctly analyze their own conditions, set up lofty ideals and goals, and make unremitting efforts to achieve their goals through the analysis of social factors in the new era. Therefore, it plays an important role in the development of individuals and countries. On the contrary, negative mentality will make college students lose their fighting spirit and bring bad consequences to life. Therefore, it is of great significance to understand and grasp the actual mentality of college students in the new era, to stimulate the positive mentality of college students, and to promote the continuous progress of college students in college life.

2.1 Self-esteem and Self-confidence

Self-esteem and self-confidence is to fully respect self and fully believe in self. This positive attitude of college students is conducive to improving their own value and ability. In the face of the increasingly severe employment situation, college students will choose to take the public examination, take the postgraduate examination, rely on the relevant major timely employment, these college students have clear goals, full confidence in life, clear self-awareness, full respect, believe in self-ability and level, can actively assess themselves at critical times, can rationally treat and solve the various risk challenges in employment. In the face of the sudden outbreak of new pneumonia, college students choose to believe in the country, believe in the government, believe in themselves, be able to treat them rationally, actively protect them, do not believe in rumors, do not spread rumors, can actively participate in voluntary service activities to prevent and control the epidemic, actively publicize the various policies of the state to prevent and control the epidemic, actively practice the socialist core values, contribute to the prevention and control of the epidemic, and contribute to the great rejuvenation of the Chinese nation Chinese Dream.

2.2 Optimistic and Positive

Optimism is that college students show positive psychological state and external performance when dealing with others and things change. In the face of academic difficulties, college students are able to adjust their study methods, actively use the network media, books and materials, and seek the guidance of professional teachers to solve problems; when they encounter psychological problems, they can talk to their classmates and friends, seek the guidance of professional teachers, medical workers and other ways to obtain assistance; when they encounter difficulties in life, they will reduce their financial burden through part-time or part-time work. In short, in the face of setbacks and challenges, college students can start from their own reality, calmly think, seek solutions to problems, in the process of solving problems, hone will, improve literacy, improve the ability to resist setbacks.

2.3 Pragmatic and Enterprising

Pragmatic enterprising performance for college students in the study, life, practice pay attention to seek truth from facts positive attitude. As the saying goes, "one minute hard work, one harvest", college students only strengthen self-ability exercise, through enough efforts, can get due return. In terms of employment, only when college students judge the situation, actively understand employment policies, collect effective recruitment information, rationally examine their own advantages, face up to their own shortcomings, and correct their mentality, can they be employed in satisfactory posts; in terms of study, they can achieve excellent results in universities with large numbers of talented people by being able to keep their feet on the ground and make reasonable study plans; in social practice, they can actively participate in activities such as internships, practice, competitions, broaden their horizons, actively exercise and improve their abilities and qualities, so as to highlight their own advantages in social competition.

3. Strategies for Cultivating Positive Attitudes of College Students

The positive attitude of college students needs the family, school, society and self to play a role together to deal with the possible crisis with optimism and positive attitude. After 2000, college students have entered the university stage, accompanied by their pressure from the family, school, society, self and other aspects, how to establish a firm foothold in today's economic globalization, rapid information updating, talent emerge in endlessly, better play self-advantage, with a positive attitude to deal with the pressure that may come from all sides is a problem we should think about.

3.1 Family Impact

General Secretary Xi Jinping has pointed out that no matter how society develops, the role of the family can not be replaced. The first place in the effectiveness of education comes from family education [3]. Family education can play a vital role in a person's growth. Good parent-child relationship can cultivate college students' good communication ability and expression ability, can make the family atmosphere more harmonious, and the children can dispel the pessimism when they

deal with the risk challenge. Parents actively learn the knowledge and skills of mental health, adjust the way of education in time, pay attention to the expression and tone of communication between their children and their children, grasp the laws and psychological characteristics of their children's growth in time, and use psychological knowledge to improve the pertinence of education. When parents get along with their children, they can think from the perspective of their children, create an atmosphere of equal respect, encourage their children to discover their advantages, correct their own shortcomings in time, and be intimate friends and life mentors on the way of children's growth. According to the survey, children from a harmonious family relationship and a harmonious parent-child relationship will be more generous and calm once they encounter difficulties in life, and more rational to deal with emergencies. On the contrary, if the parents are busy with their work for a long time, neglect the management education of their children, the children are left behind for a long time, and the children are in an unbalanced family relationship for a long time.

3.2 Play the Role of Education in Colleges and Universities

Colleges and universities are the hall of training specialized talents and developing scientific knowledge, and the place for college students to improve their skills and lay a good foundation for society. As colleges and universities, it is necessary to carry out value guidance, mental health guidance and other activities, to establish a long-term psychological prevention and psychological intervention mechanism for college students, and to protect the physical and mental health of college students. Students who have just entered the university often show a green, confused mentality and behavior, through the training and guidance of college teachers, to college graduation shows a mature, stable mentality and behavior. This requires the hard work and selfless dedication of teachers in all positions of the school. As an important part of college students' education, mental health can not be separated from the guidance of mental health teachers and counselors[4]. As a psychological consultant with professional qualification certification, it plays a key role in guiding students with psychological problems. Colleges and universities should increase educational investment, establish effective incentive mechanism, attract more excellent psychological counsellors to put into mental health work, and solve practical problems for college students. Colleges and universities should also give full play to the educational role of professional courses and ideological and political courses, innovate educational and teaching methods on the basis of carrying forward the traditional excellent culture, and constantly broaden educational channels and enrich educational channels. Attach importance to the combination of classroom teaching and extracurricular practice and practice, so that students can improve their ability to resolve difficulties in their study and practice, establish a mutually trusted relationship between teachers and students and classmates, enhance their ability of language expression, unity and cooperation, so as to maintain a positive and healthy attitude, enhance the quality of optimism and self-confidence, and improve their ability to resist setbacks. By carrying out mental health theme activities, such as "Love Me ", " Love Me ", " Love Me ", " Love Me ", " I Love Me ", " International Mental Health Day ", " Second Class" of Mental Health Education, such as "Publicity and Prevention of AIDS ", etc., colleges and universities will keep the method of maintaining and mediating imperceptibly infiltrate into the minds of college students, so that students can maintain a positive attitude for a long time and give full play to the effect of educating people in colleges and universities.

3.3 Play a Role in Social Education

Society is the external environment for the survival and development of college students. College students should integrate into society without strong will and positive mentality. Social education makes up for the deficiency of family education and school education to a certain extent. The social environment generally shows harmony, health and upward, but some bad phenomena in the society may make college students lose themselves and make college students have negative emotions, while the harmonious and upward social environment will bring positive effects to college students' thoughts and behaviors. College students take the lead in caring for public facilities in public places, conscientiously abide by public order, resolutely fight against immoral behavior, resolutely curb

unhealthy tendencies, persist in helping the lonely and disabled, and set an example of exemplary leadership in society. At the same time, with the development of network technology, college students can understand the society more deeply and understand the development of society through network media. Daily life, people through WeChat, Weibo, shake sound, fast hand, today's headlines and other websites or APP intuitive and quick understanding of society, pay attention to different areas of society. The above media, especially micro video, original quyi gossip and short play, bring visual impact to college students who like fast food culture, so they are especially loved by college students. For the hot issues and major events of social concern, the relevant departments need to brush the election, and then publish through the network media, so that for the college students who pay attention to the current politics, they can guide the college students to stimulate their patriotic feelings, serve their national aspirations, and train their rational and calm thinking mode. In a good social atmosphere, college students study hard with a positive attitude to improve their ability to analyze problems comprehensively.

3.4 Give Full Play to the Subjective Initiative of College Students

College students need not only the family, school and society to realize the positive mentality, but also the students to renew their self-concept in time, set up a positive and enterprising consciousness, gradually eliminate the negative effects brought by negative psychology, and give play to the initiative and creativity of self-positive development. Be able to make rational analysis and judgment when encountering thorny things. As college students, first of all, we need to learn to correctly understand ourselves, in college life, in the face of academic, life, communication, planning and other aspects of problems, should be full of fighting spirit, in the face of the temptation to do not want to forge ahead, indulge in online games, live in fantasy world students, resolutely resist the infection of unhealthy atmosphere. Secondly, college students need to make clear the direction of their efforts, strengthen their ideals and beliefs, establish their goals in life, make reasonable plans for themselves, build confidence in their efforts, enhance confidence in their persistence, and strengthen confidence in the struggle against difficulties and setbacks. Achieve success with a positive attitude. In addition, college students need to strengthen physical exercise, attach importance to self-will quality honed, in the ideal struggle, pay attention to physical health, learn to work and rest, with a calm mind, full spirit, strong will to meet all kinds of challenges and difficulties, learn to resolve contradictions, adjust and improve bad emotions, in the full play of college students subjective initiative to obtain a sense of achievement, happiness.

4. Conclusion

In the new period, the intense and busy study, the continuous innovation work, the life style intangibly increases the great psychological pressure for the university student's growth, with the more positive mentality, guides the university student to seek the more efficient solution to the problem, is enhances the university student self-confidence, causes the university student to walk more smoothly in the future life road safeguard. As a reliable successor to the socialist cause, college students shoulder the heavy responsibility of national rejuvenation. Only by innovating ideas with a positive attitude, conscientiously studying cultural knowledge, actively participating in social practice, and seeking truth and development with firm ideals and beliefs can they stand out in the fierce competition and become useful talents beneficial to the family, school, society and the country.

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