

## The Professional Ability of College Counselors

Guoyong Li

School of Management, Sichuan University of Science and Engineering, Yibin, Sichuan 644000, China.

### Abstract

General Secretary xi jinping once said, "Meeting the needs and expectations of students' growth and development is the key to improving the effectiveness of ideological and political work in colleges and universities under the new situation. To improve the effectiveness of ideological and political education, college counselors, as educators and administrators, must enhance their affinity and make themselves and their work more interesting. Therefore, they should focus on the following three roles. These three roles are: to be the leader of college students' political thought, to be the booster of college students' growth, and to be the guardian of college students' health and safety.

In 2017, the ministry of education pointed out in the regulations on the construction of counselors in ordinary colleges and universities that counselors are the backbone of carrying out ideological and political education for college students, as well as the organizer, implementer and mentor of daily ideological and political education and management for college students. The counselor should also strive to be a mentor for students to grow and a confidant for a healthy life. So, how should counselors influence and help college students from three aspects: ideology, life coach and healthy life?

### Keywords

College counselors, Professional ability.

#### 1. To be the leader of college students' political thought

The thoughts of college should be consistent with national mainstream, and the ideological and political education work should be a priority for college counselors. Due to the development of social economy and the popularization of network technology, college students are exposed to more and more foreign thoughts and information, and are more vulnerable to the influence of bad thoughts on the Internet. At the same time, some colleges do not pay attention to ideological and political education in the stage of compulsory education, which may lead students to go on the road of violence, pornography, reaction and other illegal. For example, in 2019, in the case of the student defected by foreign spies in henan, on the one hand, the student did not have enough national security awareness and became a tool for spies to steal state secrets step by step. on the other hand, his ideological and political consciousness was not high enough and his patriotic consciousness was not strong enough.

Therefore, as college counselors, we should do a good job in ideological and political education of college students. As the teacher who has the most contact with students, we should guide students with correct outlook on life and values, set a correct example for college students, guide them to be patriotic and love the party, and set up the correct political direction and ideal belief. And make good use of new media such as weibo, QQ, WeChat, etc., go deep into the student group, become one with them, pay close attention to students' ideological trends at any time, communicate and communicate effectively with students, and consciously guide students to contact positive, optimistic and progressive network information; To rganize students to watch patriotic movies and cultivate their patriotic thoughts; To start activities with distinctive features and organize students to study the principles and policies of the party and the state; Consciously resist all kinds of network illegal, criminal and other bad information dissemination. At the same time, Counselors should also try to strengthen their own political theory learning, improve their political literacy; Conscientiously maintain the authority of the party central committee, take a clear political stand, and set a correct

example for students; In the work, we should pay attention to the work innovation, guide the work through the theory, complete the correct political guidance for the student.

## 2. To be the booster of college students' growth

The growth of college students can not do without the help and support of the school and teachers. As a different stages from high school, university has more freedom than high school, which requires college students to make better learning plans and career plans. Compared with most college students, their main task in college is to learn knowledge so as to finish their studies and graduate successfully. But for some students, because of the university of loose management environment and the lack of self-control ability, it cause them to lose their own direction, and they don't know oneself how to study in the university, should learn what and how to learn, and then after entering the university, addicted to online games and love, don't frequent truancy and is willing to work with people and so on. At the same time, when facing graduation, many students do not realize the seriousness of the employment situation, some students are not fully prepared for employment, the concept of employment and employment is not mature, career positioning is not accurate, the employment method is single; Or someone want to start a business, but can not find the direction of entrepreneurship, lack of effective guidance and guidance, impatient. After occurrence these circumstances, they need the help of our adviser and guide.

First, since they have just entered university, for their good university first class. In class, we should explain some university is different from high school, and college should be how to learn, how should be calculated through the university four years, at the same time help them set goals and direction in university, such as the university graduate school after graduation. In the learning process of the weariness phenomenon, we should be early detection, and carry out a separate conversation, find out the reason for their weariness, in the normal life and learning process to give the necessary attention, for the situation necessary serious students, we can contact with parents, together to solve the problem. The second, and help them to improve their comprehensive quality and ability, because for many college students, after graduation means into the society. However, they have good grades in the university is not good, they should be encouraged to participate in more extracurricular activities, improve their communication skills and ability to treat people and do things. The third, career planning and employment guidance as one of the professional abilities of counselors to help college students find jobs, counselors should take the lead in taking career guidance courses. In the course of employment guidance, instructors should combine their own work advantages, prepare courses according to different majors and occupations, try to involve in all aspects of job hunting, and form multiple sections to explain. For example, the employment situation, analysis of the current employment situation of college students, supply and demand for talent and employment patterns; The explanation of obtain employment type, a variety of means that analyses obtain employment, it is to enter an enterprise、 officeholder、 institution, or answer national policy, to remote place volunteer teach, perhaps compulsory military service. Explanation of the interview process, focusing on the making points of the resume, while focusing on the classification of the interview, so that students know the various forms of the interview; Finally, it is to explain the country's employment policy, the industry employment dynamics and professional prospects. The fourth, help students start their own businesses. Entrepreneurship is another form of employment for students. In today's world of "Mass Innovation and Entrepreneurship", the government and schools have offered many incentive policies. As college counselors, we should play a guiding and promoting role in the entrepreneurial process of students. The first is publicity and mobilization. We should publicize various national policies and policies on entrepreneurship to students, and encourage students to participate in various innovative and entrepreneurial activities, such as "College Students' Innovation and Entrepreneurship plan", "Challenge Cup", etc., so as to cultivate students' awareness of innovation and entrepreneurship and let them know about entrepreneurship in advance. Secondly, it is to explain various aspects of knowledge about starting a business to students, such as the mistakes of starting a business, which industries are suitable for college students to start a business, which industries are easy to succeed in

starting a business, as well as the mentality of starting a business and so on. Thirdly, it encourages students to take entrepreneurship courses and share various entrepreneurship stories to encourage students to start their own businesses in school. Finally, to improve the ability of instructors, we should take the initiative to learn various entrepreneurship knowledge, participate in various innovation and entrepreneurship training, serve as the instructor of innovation and entrepreneurship projects, and build effective communication channels for students.

### 3. To be the guardian of college students' health and safety

While helping students grow into talents, we should also pay attention to students' mental health. The ministry of education explicitly required the education system to further improve students' mental health services in 2016. Although many college students are adults when they enter the university, since most of them come from the family of the only child, they suddenly come to a strange environment, get along with a group of people they don't know, even their living habits have changed, and everything has to start from scratch. For student with strong adaptability or psychological quality, they may adapt quickly, but others with poor psychological quality, it may cause mental illness, even depression. At the same time, due to the lack of social experience and cognition of college students, they are easy to be concerned by social criminals during college, and they are easily cheated, or even cheated into pyramid schemes, which is not conducive to the healthy growth of college students. Therefore, counselors should assume the responsibility of psychological service for college students and act as guardians of their safety.

First, we should do a good job in psychological screening and attention work. For different psychological problems of students, make the corresponding classification: general psychological problems of students can do daily attention; For students with serious psychological problems, we should make special psychological files, and pay attention to them and arrange classmates to pay attention to them. Secondly, we should do a good job in psychological counseling. For students with serious psychological problems, talk to them from time to time to learn about their life, study and interpersonal communication. Understand the students' ideological status, psychological counseling, to help them set up a correct outlook on life and values; For the psychological problems caused by learning, we should work with teachers and parents to help them improve their academic performance and build up their self-confidence. As for the psychological problems caused by family or economy, we should work with teachers, schools and parents to help students find out the specific problems and then solve them in a targeted way, such as providing part-time jobs for students. Thirdly, we must strengthen the safe knowledge education to the student, On safe education class, teacher explain the place that the student can be cheated emphatically, for instance telecommunication bill, network bill, pyramid selling to etc., let the student establish ego to protect consciousness and safe consciousness through developing all sorts of activities. Fourthly, with the improvement of ourself ability, counselors should not only do a good job in student management, but also strengthen the study of theoretical knowledge. Establishing work files to improve the ability to intervene students' psychological problems; Innovating working methods and carrying out the second class related to the health and safety of college students.

Of course, the professional ability of counselors not only includes these three points, but also includes the party and class construction, style of study construction, crisis event handling, etc., all of which need our counselors to seriously deal with and treat. Therefore, it is necessary to focus on the three roles of counselor's professional ability, which requires the counselor to constantly enrich and improve their comprehensive ability, improve their knowledge reserve, and help students deal with various difficulties and problems in the university. This is also in line with xi jinping's words "meet the needs and expectations of students' growth and development".

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