

# Research on the Effective Strategies of College Counselors Participating in Mental Health Education

Hao Sun

Heilongjiang Bayi Agricultural University, Daqing 163316, Heilongjiang, China.

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**Abstract:** With the rapid development of society, college students are facing the dual pressure of study and employment, which leads to an endless stream of mental health problems, and has become the focus of society, schools and families. Therefore, it is particularly important to do a good job in college students' mental health education. College counselors are good teachers and good friends of students. They play an important guiding role in college students' mental health education. They play an important role in improving students' personality and mental health. This paper analyzes the advantages of college students' psychological health education, and puts forward the effective participation strategies of college Students' psychological health education.

**Keywords:** Colleges and Universities; Instructor; Mental Health Education; Effect; Strategy

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## 1. Introduction

Nowadays, the social environment is complex and changeable. College students will inevitably encounter many problems during the transition from campus to society, resulting in psychological pressure and practical problems. According to an incomplete statistical survey, it is common for college students in China to have mild psychological problems, of which more than 20% have serious psychological diseases. However, the main causes of psychological problems are all from the pressure of study, life, employment, love and so on. In view of the fact that college students are not deeply involved in the world, lack of communication skills and limited psychological pressure resistance, causing serious psychological problems. If they can not be dredged and guided correctly in time, they are very easy to fall into difficulties and are difficult to adjust themselves, so that they make deviant behaviors of self mutilation, suicide or injury, which will cause turbulence and impact on themselves, families, schools and society. Therefore, the problem of college students' mental health education can not be ignored. It is related to college students' personal development, campus security and social stability.

## 2. Advantages of college counselors participating in mental health education

### 2.1 Good communication skills

College counselors are mainly responsible for ideological and political education, class management and consulting services in college students' campus life, and play a key guiding role in college students' learning, thought and life. It can be said that counselors are the first guardian of college students in colleges and universities. Therefore, college counselors are the people who have the most contact, communication and exchange with students on weekdays. They can best understand and master students' psychological dynamics and find students' psychological problems in time. At the same time, college counselors and college students are similar in age and have advantages in communication. They are more likely to have common topics, and counselors can better understand students' inner thoughts and troubles. As a newly experienced person, counselors can better stand on the position of students, timely give pertinent and reasonable suggestions on various ideological problems of students, help and guide students out of difficulties and promote the development of students' mental health.

## **2.2 It is the hub of communication between home and school and students**

Although the main body of mental health education is college students, counselors are the hub of communication between home and school and students, and play an important role in undertaking up and down. Therefore, college counselors have a great responsibility for the education of college students. They should not only actively establish the relationship between teachers and friends with students, but also effectively play the role of communication and build a communication bridge between the school, family and students. The early formation of college students' psychological character depends on their growth environment and family background. Therefore, college counselors can communicate more with their parents and obtain their parents' support and cooperation, so as to obtain better mental health guidance, let students get rid of psychological obstacles and establish a healthy and perfect personality as soon as possible. At the same time, for students with serious psychological problems, college counselors can timely report the status of students with superior leaders, and earnestly take early intervention measures to ensure the harmony and stability of the campus environment.

## **3. Effective strategies for college counselors to participate in mental health education**

### **3.1 Strengthening the study of psychological knowledge and improving self teaching ability**

If college counselors want to do a good job in college students' mental health education, they should start from improving themselves, strengthen their psychological quality, and learn psychological theory knowledge, so as to internalize knowledge into teaching ability, and improve their ability in identifying and dealing with students' psychological problems. In particular, the daily work of counselors is cumbersome, and the pressure is inevitable. We should first adjust our psychological state well, so that we can invest in students' mental health education with abundant experience and full enthusiasm, effectively infect students with a good and positive mental outlook, and enable students to take it as an example and strength to form a healthy, positive, optimistic upward personality spirit.

### **3.2 Strengthening the publicity of mental health knowledge and actively launching mental health activities**

College counselors should be good at strengthening the publicity of mental health knowledge when carrying out daily class management. Build a class mental health station through the network, and regularly publish the knowledge related to college students' mental health education, such as "interpersonal communication methods and skills", "functions and methods of psychological counseling", "harmful effects of mental health", etc., we can also understand students' psychological status through online questionnaire survey, find students' psychological problems in time and give help and counseling. In addition, counselors can carry out a thematic mental health education activity with the help of weekly class meetings, teach students mental health knowledge, and educate students to carry out self psychological adjustment and counseling. More importantly, we should actively organize all kinds of targeted collective activities, and enhance college students' sense of teamwork, collective belonging and honor and disgrace, so as to improve their interpersonal skills, find beneficial friends with similar personalities and similar interests, and then help them form a healthy and perfect personality.

### **3.3 Different from person to person, adopting layered mental health education activities**

On the issue of college students' mental health education, college counselors should have a clear aim and implement mental health counseling with different needs according to the prominent common problems of college students at each stage. The transition of college students from a tense high school life to a new university environment is a process of slow adaptation, which will cause some problems such as making friends, falling in love, employment, postgraduate entrance examination and so on. As college counselors, we should size up the situation and distinguish the key problems of college students in each grade stage, so as to take

targeted mental health education measures. If freshmen just enter the campus, they should mainly strengthen the educational content of interpersonal communication and environmental adaptation, so that students can integrate into university life and adapt to the campus environment as soon as possible; Sophomores and juniors are basically familiar with the campus environment and the people around them, so they should strengthen education and guidance in terms of students' learning and love, so that students can improve their awareness of active learning and establish a correct concept of love; The focus of senior students has shifted to the stage of job selection, employment and postgraduate entrance examination, so they should help students dredge and guide in career planning and frustrated education. In addition, in the daily education and management work, college counselors should take the initiative to go into the middle of students, diligently visit students' dormitories and classrooms, and find out students' psychological problems in time by understanding students' learning and life, so as to fully grasp students' learning, life and ideological trends, and do a good job in mental health education in a timely and necessary manner.

### **3.4 Frequently establishing communication with parents and working together to do a good job in mental health education**

When college students have psychological problems on campus, as college counselors, they walk around with students on weekdays. They should grasp the dynamics of students' psychological development at the first time and have the ability to judge the severity of the problem. If necessary, they should take the initiative to establish communication with their parents to further understand the motivation factors of students' psychological problems. If a student has minor psychological problems, college counselors should pay more attention to the individual on weekdays, conduct more face-to-face communication with the student, listen to the demands of the student, conduct necessary emotional counseling for the student, and guide parents to pay attention to the way of communication with their children, so as to jointly help alleviate the psychological pressure of students; If students have serious psychological problems, they should also inform their parents in time. At the same time, they should report to the school and the psychological counseling department in the school, and seek the joint efforts of the school and even social forces to do a good job in students' mental health education.

### **3.5 Building an information linkage early warning mechanism to avoid the occurrence of major psychological problems**

College counselors' daily affairs are numerous and complicated, and it is inevitable that they will take care of one thing and lose the other in their work. Therefore, as counselors, they should be good at borrowing all available management resources, strengthen communication with excellent students and class committee cadres in the class, and build an information linkage early warning mechanism to maximize the information transmission role of these students. As the wind vane of a class, they study and live together with other students for a long time, and can best grasp the students' learning, life and ideological dynamics, so that they can strengthen the guidance, care and attention to individual students with strange personality and radical behavior. Once students have abnormal actions, they can report to the class counselor at the first time, in order to make psychological crisis intervention in time, avoid major emergencies caused by students' psychological problems, strangle and eliminate such problems in time, and ensure the stable and harmonious development of the campus.

## **4. Conclusion**

In short, in the college education system, the mental health education of college students is the top priority. For college counselors, this is also a long-term and arduous primary task. Counselors must give full play to the advantages of mental health education, strive to consolidate their professional knowledge, and devote themselves to cultivating a number of excellent talents with both morality and intelligence for the country and society. By participating in college students' mental health education, we can help college students adjust their mental state and solve their psychological problems, so as to form a perfect personality thought, strengthen mental health education, so that more tragic events caused by college students' psychological problems will not happen again, and escort the healthy growth of students, the safety management of schools and the harmonious development of society.

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