

# Effective Strategies for the Application of Educational Psychology in Teaching Activities

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**Abstract:** The development of China's education industry is closely linked to the progress of the country's society. With rapid economic development and continuous improvement of the political system, education has received attention from all sectors of society. Education has existed since the emergence of human society and has always been closely intertwined with human development. Humans are the primary subject of education. For educators engaged in the field of education, educational psychology is a well-known discipline and an important theoretical foundation for conducting educational activities and teaching in the future. The physical and mental development of contemporary children and adolescents has undergone significant changes compared to the past. For schools, it is of great significance for educators to effectively apply the relevant knowledge of educational psychology in communication and teaching with students to enhance teaching effectiveness and promote individual physical and mental development. This article discusses and studies how to apply educational psychology in teaching activities.

**Keywords:** Educational Psychology; Teaching Activities; Higher Education; Application Strategies

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## Introduction

Educational psychology is a social science discipline primarily used to study various aspects of human learning in educational contexts and to make appropriate educational interventions based on the principles of human physical and mental development. Its goal is to promote positive development, enhance students' motivation and interest in learning. The development of the education industry relies heavily on the application of educational psychology, which provides practitioners in the field with a strong theoretical foundation and practical experience. It can be effectively applied in teaching and management, as it is more targeted compared to general psychology. Educational psychology focuses on studying students' psychological phenomena and patterns of psychological development in educational teaching conditions, enabling students to develop comprehensively. Education itself is a complex and meticulous process of nurturing individuals. Therefore, incorporating the guidance of educational psychology into teaching activities enables a deeper understanding of students' psychological and physiological changes, and facilitates the selection of appropriate educational content and methods.

## 1. The Important Value of Applying Educational Psychology in Higher Education

### 1.1 Positive Promotion of Students' Physical and Mental Development

Physical and mental health are two aspects, with physical health being the material foundation for students' development and mental health being the internal driving force for their growth and progress. Only when students have a healthy physical and mental development can their learning efficiency and quality be ensured. Educational psychology is a discipline that primarily focuses on studying the psychological development and well-being of students in educational activities. It allows for understanding their mental states and facilitates effective teaching activities and the use of appropriate teaching methods. With rapid social development and abundant and complex information resources, although university students have some judgment abilities, they are not yet fully mature. They may lack resilience when faced with negative external temptations. Additionally, university students have ample time and extensive access to online information, providing avenues for the entry of many negative influences into their lives. Campus loans, for

instance, are a highly discussed topic of concern, with many university students opting for this high-interest loan method, and some female students even jeopardizing their promising futures through "nude loans." In the face of such situations, strengthening the psychological education of university students is of paramount importance. The application of educational psychology not only improves teaching effectiveness but also helps students develop a positive psychological state, enhance personal willpower, and improve their ability to discern issues.

## **1.2 Facilitating More Efficient Educational Management**

Education and teaching involve various activities between teachers and students, constituting a bilateral activity model. In this process, teachers take the lead while students play the main role in learning. The application of educational psychology can better promote teacher-student activities, strengthen communication between them, and foster a positive teacher-student relationship. Through continuous interaction, teachers gain a deeper understanding of students, enabling them to grasp specific student situations. If students experience abnormalities or difficulties, teachers can quickly identify and provide assistance. Furthermore, a solid foundation in educational psychology enables teachers to provide appropriate guidance and counseling when students encounter psychological issues, helping them alleviate stress. University students, as mature individuals, often face significant employment pressure and may even experience emotional problems. In response to these situations, educators in higher education must possess knowledge of psychology, promptly observe student conditions, and provide reasonable psychological guidance. Therefore, the application of educational psychology can assist teachers in carrying out student management work, ensuring higher quality and efficiency in education and contributing to the improvement of educational standards.

## **2. Effective Strategies for the Application of Educational Psychology in Teaching Activities**

### **2.1 Effective Strategies for Activating Students' Subjective Initiative in Learning**

For a long time, education in China has emphasized exam-oriented teaching. However, with the rise of quality education, the society now needs well-rounded and healthy individuals as reserves. The traditional method of knowledge transmission through teacher-centered instruction is no longer suitable for the needs of contemporary students. It is necessary to adjust the traditional teaching concept that positions teachers as the main teaching entity. Teachers should be seen as guides and researchers in the teaching process, with students being the main learners. To achieve good teaching results and enable students to learn effectively, it is important to activate their subjective initiative, enhance their interest in learning, and establish a student-centered teaching philosophy. Teachers should play the role of guides and facilitators, fostering students' abilities for independent thinking and divergent thinking.

Different majors in universities have varying amounts of class time, but overall, students have relatively ample personal time. This makes the time spent on systematic learning in the classroom very valuable. At this stage, students in higher education possess a high level of autonomy, and a democratic and free classroom management atmosphere is conducive to achieving better teaching results. Therefore, in the classroom, it is important to listen to students' opinions, create opportunities for them to imagine and express themselves, and encourage them to speak freely. Whether for students majoring in literature or science, activating their subjective initiative in learning is the key to achieving excellent learning outcomes. In the past, many universities focused on cultivating students' exam-related abilities without considering their actual learning outcomes. This fragmented approach lacks practical educational theories. Therefore, universities should utilize knowledge from educational psychology to understand the main psychological characteristics and developmental features of students at this stage. By employing appropriate methods, students' interest and abilities for active learning can be improved, leading to their comprehensive development.

### **2.2 Combining Strict Management with Respect for Students**

Building a harmonious teacher-student relationship reflects positive and upward interactions. The teacher-student relationship is a two-way path that relies on both the teacher's attitude towards the students and the students' attitude towards the teacher. Constructing a harmonious teacher-student relationship requires teachers to respect and care for students, which forms the basis for managing them. In educational psychology, there is a well-known theory called the "Pygmalion effect" or "teacher expectancy effect," which emphasizes that teachers' expectations for students serve as a driving force for their growth and learning. In daily interactions with

students, it is easy to observe the positive effect of teachers' affirmation on students, especially when students are in their early learning stages.

Although university students already possess mature thinking, appropriate application of the "Pygmalion effect" can still have a positive impact. To improve teaching and management of university students, there are various feasible educational theories in educational psychology that can serve as references. Firstly, it is important to understand the growth stages of students. Different stages of students' development exhibit different characteristics and demands. Teachers should choose appropriate teaching methods based on these developmental stages. After students have been exposed to theoretical knowledge for an extended period, they can be led to participate in social practical activities. For university students, direct experiences can enrich their indirect experiences gained through theoretical learning, enabling them to acquire new knowledge through firsthand experiences.

Individual differences should be emphasized, as each person is a unique individual, just as no two snowflakes are exactly the same. Therefore, teachers should pay attention to the differences among students, employ the principle of teaching according to individual differences, and help each student shine in their own way as much as possible. Recognizing the personality and temperament differences among students is crucial since many difficulties in managing university students stem not only from their undesirable behaviors but also from differences in their thoughts. By applying temperament-related theories from educational psychology, students can be classified into different types, and understanding their inherent characteristics can lead to more targeted teaching and management strategies, ultimately improving teachers' effectiveness in their work.

### **3. Conclusion**

Educational psychology plays a positive and influential role in the development of the education field. The application of relevant knowledge can provide assistance to students' development, ensuring that educational practices align with the current trends and directions of society. The effective application of educational psychology by teachers has significant guiding implications for their teaching work. It not only improves their work efficiency but also strengthens their relationship with students, fostering a harmonious teacher-student relationship. For students, it effectively enhances their overall quality and meets the requirements of comprehensive development. Therefore, the application of educational psychology knowledge is indispensable in educational work.

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