

Exploration of Excellent Traditional Education and Psychological Quality Training for College Students in the Information Age

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Abstract: This study explores the key issues in the education of college students in the information age, focusing on how to integrate excellent traditional education and psychological quality training to cultivate college students with comprehensive qualities. The article analyzes the characteristics of college students in the information age, including the widespread use of technology, the importance of social media, and the challenges of information overload. It emphasizes the importance of the transmission of values of traditional education to college students, especially in the face of social change. The article also describes the need for psychological quality training and explores the development of emotional management, decision-making and stress tolerance. The article delves into the innovation of educational methods, the application of traditional values in the age of information technology, and the analysis of successful cases in order to demonstrate the practical effects of integrating excellent traditional education and psychological quality training. This comprehensive study aims to guide educational institutions and policy makers to meet the needs of college students in the information age better and to train them to become future leaders and innovators in society.

Keywords: information age; excellent traditional education; psychological quality training

Introduction

In the age of information, college students' education is facing unprecedented challenges and opportunities. The popularization of technology, the development of social media and information overload have all had a profound impact on college students' learning and life. The development of the information age has greatly increased the difficulty of traditional education and psychological quality training for college students. The purpose of this paper is to explore how to integrate excellent traditional education and psychological quality training in order to cultivate college students with comprehensive literacy. Through in-depth study of the characteristics of college students in the information age, the application of traditional values in the new era, and the implementation strategy of psychological quality training, we can provide useful insights for the education sector and policy makers, and help college students adapt to and cope with today's complex and changing social environment more successfully.

1.Characteristics of College Students in the Information Age

College students in the information age have unique characteristics that play a key role in shaping the way they learn and live. First, the widespread availability of technology has allowed them to grow into digital natives, skilled in the use of digital tools and media, but also posing the risk of information overload. Secondly, social media plays an important role in their social lives, shaping the way they interact socially and express themselves. It is important to note that social media may also lead to addiction and privacy issues [1]. Finally, college students in the information age often face distraction challenges because they often need to process multiple sources of information at the same time, which may affect their learning and concentration. Knowing and understanding these characteristics of college students in the information age is crucial for developing appropriate educational strategies. Educators need to make creative use of technology to provide engaging learning experiences while focusing on the development of psychological quality training to help college students meet the challenges of the information age and succeed.

2.The value of traditional education

The value of traditional education is still of great significance in the information age. First of all, the knowledge transfer and in-depth study of disciplines emphasized by traditional education still provide a solid foundation for the cultivation of students' thinking ability and

problem solving ability. Secondly, traditional education emphasizes the transmission of moral and ethical values, which helps to cultivate students' moral concepts, sense of social responsibility and civic literacy. Finally, traditional education emphasizes the cultivation of comprehensive qualities, including critical thinking, creative thinking and communication skills, which are particularly important in the information age. The values of cultural traditions, humanities, sciences and arts emphasized in traditional education help to cultivate students' humanistic spirit and global vision. The value of traditional education remains significant in the age of information because it provides students with an important foundation of comprehensive qualities, ethics, thinking skills, and cultural background, enabling them to adapt to and participate in today's complex and ever-changing social environment [2]. Therefore, traditional education should be combined with modern educational methods in order to cultivate college students with comprehensive literacy in the information age.

3.The necessity of psychological quality training

Psychological quality training is especially necessary in the education of college students in the information age. First of all, psychological quality training helps to cultivate students' emotional intelligence and emotion management ability. This is crucial for them to cope with the increasingly complex social pressures and frustrations. Secondly, decision-making is the key to students' future success in life and career, and psychological quality training can improve their decision-making ability and problem-solving skills. Finally, psychological quality training also improves students' interpersonal and communication skills, which are crucial for building successful professional and social relationships. Not only does psychological quality training help students succeed in the academic field, it also prepares them for overall growth and future careers. This type of training should be given more attention and implemented in the education system to ensure that students are resilient, adaptable, and well-rounded in the information age.

4.Integration of Excellent Traditional Education for College Students in the Information Age

The integration of excellent traditional education for college students in the information age is designed to produce students with traditional values and modern skills. This includes the innovation of educational methods to adapt to the needs of digital learning and the inheritance of traditional values to cultivate moral values and a sense of social responsibility. This integration helps to improve the resilience of students and help them form creative thinking, which is of positive significance for students to succeed in the information age.

4.1 Innovation of Education Methods

The innovation of education methods is crucial in the education of college students in the information age. Emerging technologies such as online learning platforms, virtual reality and artificial intelligence can provide diverse learning experiences, making it easier for students to absorb knowledge and develop skills. In addition, project-based learning and interdisciplinary education can stimulate students' creative thinking and problem-solving abilities and develop their teamwork skills. Educators should actively adopt these innovative approaches to meet the needs of the information age, help students cope with increasingly complex social challenges, and develop future leaders with an innovative spirit and comprehensive literacy.

5. Implementation of psychological quality training

The implementation of psychological quality training is the key, and it includes well-designed curricula such as training in emotion management and stress resilience skills, the role of educational institutions in providing support and resources, and methods to stimulate student motivation and participation. The ultimate educational model of psychological quality training for college students should be the integration of traditional cultural education and psychological quality training, through which the development of higher education can be further promoted. Through systematic psychological quality training, students can improve their emotional intelligence, decision-making ability and stress-resistance, so that they can adapt to the challenges of the information age and build up healthier psychological qualities to cope with all kinds of stresses in academics and life more successfully.

5.1 Design of the psychological quality training course

The design of the psychological quality training course is crucial, and it should focus on cultivating students' key psychological qual-

ities such as emotional management, decision making and problem solving. First, the course should include the cultivation of emotional intelligence to help students understand and manage their emotions better and improve their emotional intelligence. Secondly, the curriculum should emphasize decision-making skills to develop students' ability to think rationally, weigh the pros and cons, and make wise choices when faced with choices. Finally, the curriculum should also focus on problem solving and frustration coping skills to equip students with the ability to solve complex problems and overcome frustrations.

Conclusion

In the age of information the integration of excellent traditional education and psychological quality training is designed to cultivate well-rounded college students who are equipped with traditional values, innovation and mental toughness. With the innovation of educational methods, the inheritance of traditional values and the implementation of psychological quality training, we provide students with a broader space for growth. The active efforts of educational institutions and educators can help students shape a healthier, more resilient and responsible personality so that they can give full play to their potential in the information age and become leaders and innovators in the future society. The challenges and opportunities of the Information Age go hand in hand, and we aim to ensure that every student can flourish in this era of change.

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