

Practical Research on the “134 Ideological and Political Education Method” from the Perspective of College Counselors

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Abstract:

At present, three-year vocational college students preparing for the college-to-undergraduate upgrade examination generally face prominent practical dilemmas such as severe academic anxiety, vague career planning, and high psychological risks. Traditional mental health education still has obvious shortcomings, including insufficient exertion of college counselors' subjective role, inadequate integration of ideological and political education and mental health education, fragmented intervention methods, and difficulty in widely promoting practical achievements. Based on the ideological and political education system of college counselors and taking developmental mental health education as the basic principle, this study constructs the practical mode of the “134 Ideological and Political Education Method”, forming a full-process, precise and replicable education system with one core as the leadership, three-level precise identification as the foundation, and four-dimensional progressive support as the support. This study fully integrates psychological counseling, academic support, career guidance and value guidance into the daily work of college counselors, promoting the simultaneous development and coordinated advancement of ideological and political education and mental health education. Practical results show that this mode can effectively alleviate students' anxiety, correct irrational cognition and improve career development planning. The proportion of students with moderate or above anxiety decreased from 62% to 21.3%, and the proportion of students with obvious career confusion decreased from 53% to 17.2%. The admission rate of the college-to-undergraduate upgrade examination and employment quality have been significantly improved, and no psychological crisis events occurred during the support period. This mode features a novel working mechanism, practical implementation paths, simple operation methods and outstanding promotion value, fully reflecting the innovation direction of college counselors' work in the new era. It can provide a referable, implementable and upgradable practical sample for college counselors in similar colleges and universities inside and outside the province to carry out mental health education.

Keywords:

Innovation in College Counselors' Work, Ideological and Political Education, Mental Health Education, 134 Ideological and Political Education Method, Students with Dual Difficulties, Promotion Value

1. Introduction

Against the backdrop of the continuous popularization of higher education and the adjustment of the social employment structure, the college-to-undergraduate upgrade has become an important choice for three-year vocational college students to improve their academic qualifications and enhance their employment competitiveness. With the annual increase in the number of applicants for the college-to-undergraduate upgrade in Shandong Province, students preparing for the examination have long been in an environment of high-intensity review and fierce competitive pressure. The dual troubles of academic anxiety and career confusion have become increasingly prominent, and some students regard further education as the only way out. They are prone to emotional breakdown when encountering setbacks, bringing potential risks to personal growth, family expectations and campus safety.

Current mental health education in colleges and universities has obvious shortcomings. First, it excessively relies on professional psychological counseling forces and ignores the advantage of college counselors being close to students. Second, work sections such as ideological and political education, psychological counseling and academic guidance are independent of each other and lack collaborative synergy [3]. Third, it focuses on crisis intervention and post-event disposal while neglecting early prevention and developmental empowerment. Fourth, some working modes have complex processes and large resource input, which are not closely connected with the daily work of college counselors and are difficult to promote.

Based on this, relying on the ideological and political education system of college counselors and adhering to the concept of developmental mental health education, this study constructs and practices the “134 Ideological and Political Education Method” targeting the dual difficulties of academic anxiety and career confusion among students. Through full-cycle, precise and integrated support, it improves the effectiveness of education and provides practical support for the innovation of college counselors’ work and the high-quality development of mental health education in colleges and universities.

2. Theoretical Basis and Construction of the “134 Ideological and Political Education Method” Mode

Taking the ideological and political education system of college counselors as the practical foundation, this study integrates and applies relevant theories such as developmental mental health education, positive psychology, cognitive behavioral intervention and career development [4], and refines the “134 Ideological and Political Education Method” on the basis of long-term practice, constructing a standardized education mode with clear structure, smooth operation, close to the front line and easy to promote.

The ideological and political education system of college counselors is the organizational guarantee and operation carrier for the implementation of the whole scheme. As the backbone of ideological and political work in colleges and universities, college counselors undertake multiple functions such as ideological guidance, academic guidance, psychological counseling, career guidance, daily management and crisis early warning, and have unique advantages of being close to students, rapid response, full coverage and low cost with high efficiency. Developmental mental health education emphasizes prevention first, development-oriented and empowerment as the core, promoting the transformation of mental health education

from passive response to crises to active cultivation of positive psychological qualities, which is highly consistent with the education goals of college counselors. Positive psychology and cognitive behavioral theory focus on correcting irrational cognition, blocking negative emotional cycles and improving psychological resilience, providing theoretical support for alleviating students' anxiety and adjusting cognitive deviations. Career development theory fits the growth needs of vocational college students in the critical period of career exploration, helping to guide students to establish a rational, diversified and sustainable development concept and get rid of the extreme cognition of "further education as the only way out".

Supported by the above theories, the "134 Ideological and Political Education Method" forms a complete and operable practical framework. "1" means taking the ideological and political education of college counselors as the core leadership, integrating psychological counseling, academic support, career planning and value guidance into the whole process of education, realizing one post with multiple responsibilities, integrated promotion and thorough implementation, and fundamentally changing the disconnection between psychological work and ideological and political work. "3" means implementing three-level precise identification. Relying on psychological assessment, full-coverage heart-to-heart talks and daily observation records, students are divided into three levels: high-risk group with dual difficulties, medium-risk group with dual difficulties, and single-difficulty or no-difficulty group. Meanwhile, a "one student, one file" dynamic tracking mechanism is established to achieve precise identification, classified guidance and targeted measures. "4" means promoting four-dimensional progressive support. Through the coordinated efforts of cognitive correction, behavioral empowerment, mentality calibration and value guidance, it realizes a complete education chain from emotional regulation to behavioral change and from mentality adjustment to value shaping. The whole mode takes college counselors as the implementation subject throughout the process, without additional work burden, relying on professional equipment or setting complex processes, truly coming from the front line, serving the front line and benefiting students.

3. Internal Logic and Practical Path of Innovation in College Counselors' Work

The most distinctive feature of this scheme is that it is firmly based on the actual work of college counselors, gives full play to their work advantages and systematically realizes the innovation of college counselors' work. Without changing the existing system or increasing additional investment, it forms a replicable, promotable and sustainable education path, and its innovation is mainly reflected in five aspects. In terms of working mechanism, it breaks through the traditional limitations of psychological support, constructs a full-cycle education closed loop led by college counselors, covers the whole training process of students, and promotes the transformation of counselors' work from passive problem handling to active systematic education. [5] In terms of implementation path, it deeply integrates mental health education into the routine work of college counselors, effectively solving the problem of "the disconnection between ideological and political education and mental health education". In terms of working methods, it forms a set of simple, practical, precise and replicable operation tools, significantly improving the effectiveness of education. In terms of team capacity building, it promotes the transformation of college counselors from traditional experience-based affairs workers to modern

professional and innovative education experts. In terms of education efficiency, relying on the existing work system of college counselors, it realizes low-cost investment, high-quality output and sustainable operation, effectively reducing the incidence of students' psychological problems, steadily improving academic performance and the admission rate of the college-to-undergraduate upgrade, continuously improving employment quality, and further consolidating the bottom line of campus safety and stability.

4. Full-Cycle Implementation Process of the “134 Ideological and Political Education Method”

The “134 Ideological and Political Education Method” strictly follows the law of three-year vocational college talent training and the rhythm of the college-to-undergraduate upgrade examination preparation, and is systematically promoted in stages, with key points and levels, forming a complete education chain with coherent links and coordinated efforts.

The pre-foundation stage focuses on source prevention. Relying on freshman adaptation education, career enlightenment class meetings, full-coverage heart-to-heart talks and academic foundation consolidation plans, college counselors help students eliminate the inferiority complex of academic qualifications, clarify development directions, consolidate course foundations, reduce the blindness of further education and the anxiety of examination preparation from the source, and lay a solid foundation for subsequent stable mentality and efficient review [6].

The precise portrait stage focuses on hierarchical identification. In the first semester of the junior year, a full-scale survey is carried out using standardized psychological assessment tools. Combined with the daily observation of college counselors and the real-time feedback of class psychological commissioners and dormitory informants, the anxiety level, confusion degree and risk level of students are comprehensively evaluated. The hierarchical classification and “one student, one file” dynamic file establishment are completed, key support objects are determined, and the crisis intervention plan is improved to provide a reliable basis for targeted measures. [7]

The key support stage focuses on four-dimensional coordinated intervention. In the core period of examination preparation, efforts are made simultaneously in four dimensions: cognition, behavior, mentality and value. Irrational cognition is corrected through one-on-one ideological and political heart-to-heart talks; behavioral empowerment is strengthened through mutual aid groups and step-by-step review plans; mentality calibration is realized through industry sharing and dual-track planning; value guidance is strengthened through ideal and belief education and psychological adjustment, comprehensively alleviating anxiety, rebuilding confidence and stimulating motivation.

The long-term consolidation stage aims at achievement transformation and continuous support. After the examination, college counselors provide undergraduate career connection guidance for students who have been admitted, and carry out psychological counseling and employment support for students who have failed, including resume optimization, job recommendation and interview guidance, helping students smoothly switch development paths. At the same time, they sort out work processes and typical cases, form a standardized tool kit, and build a long-term education mechanism that can be inherited and optimized.

5. Implementation Effects and Practical Achievements

After a full cycle of practical testing, the “134 Ideological and Political Education Method” has achieved remarkable results in improving students’ psychological state, enhancing the quality of academic studies and further education, growing the ability of college counselors and maintaining campus safety and stability.

From the perspective of quantitative indicators, students’ psychological conditions have been significantly improved. The average score of academic anxiety decreased from 51.6 to 38.2, the proportion of students with moderate or above anxiety decreased from 62% to 21.3%, the score of career decision-making difficulties decreased from 42.8 to 29.5, and the proportion of students with obvious career confusion decreased from 53% to 17.2%. The improvement effect of high-risk students with dual difficulties is particularly prominent, and no psychological crisis events occurred during the whole process. The quality of further education and employment has been improved simultaneously. The admission rate of the college-to-undergraduate upgrade reached 97.48%, the overall upgrade rate of the major was 90.63%, and the admission rate of high-risk students with dual difficulties was 93.55%. All students who did not pursue further education achieved high-quality employment, with a 100% major matching rate. The work execution efficiency has been continuously enhanced. The coverage rate of heart-to-heart talks, support coverage rate and plan implementation rate all reached 100%. The abandonment rate of the examination decreased from 12% to 2.5%, and the implementation rate of students’ learning plans increased from 42% to 91%. The study style and psychological atmosphere of the class have been significantly improved.

From the perspective of qualitative effects, students have gradually got rid of the single cognition of “further education first”, established a rational and diversified development concept, and comprehensively improved their psychological adjustment ability, anti-frustration ability, career decision-making ability and self-efficacy, realizing the transformation from passively bearing pressure to actively planning development. College counselors have formed systematic, standardized and precise working methods, their mental health education ability has been significantly enhanced, and their professional sense of gain has been significantly improved. At the education level, the “unity of cultivating the mind and cultivating morality” has been truly realized, and a new grassroots mental health education mode of developmental, preventive, precise and full-cycle has been constructed.

6. Promotion Value and Demonstration Significance

This scheme is closely in line with the actual situation of grassroots education, with practicality, inclusiveness and promotability. It is an innovative achievement of college counselors’ work that can be directly implemented, quickly replicated and widely applied, with multi-level, multi-dimensional and long-term promotion value.

In terms of on-campus promotion, the scheme is fully implemented relying on the existing work system of college counselors, without additional funds, venues or personnel. It can cover all vocational and undergraduate majors and be applicable to various scenarios such as college-to-undergraduate upgrade support, academic difficulty support, employment guidance, psychological general survey, crisis intervention and class construction. It can quickly create a characteristic education brand of the school and promote the overall quality and efficiency of the school's mental health education.

In terms of intra-provincial promotion, the scheme is highly in line with the reality of high enthusiasm for the college-to-undergraduate upgrade, great pressure on students and heavy tasks of college counselors in vocational colleges in Shandong Province, especially suitable for popular majors such as foreign languages, economics and management, education, nursing and information. With clear processes, complete tools and simple operation, it can be implemented immediately and deliver tangible results, and is suitable to be the key promotion achievement of the provincial mental health education month.

In terms of national promotion, the scheme originates from the front line and serves the front line, effectively solving the common problem that mental health education excessively relies on professional forces and is divorced from the grassroots reality. It provides a referable and upgradable innovative sample for colleges and universities nationwide, conforms to the national policy orientation, and has outstanding demonstration and radiation power.

In terms of long-term promotion, the scheme has formed a complete standardized tool kit including a hierarchical identification list, a “one student, one file” account, a heart-to-heart talk guide and a work manual, which can be inherited from generation to generation and continuously optimized and upgraded, promoting the transformation of mental health education from fragmentation to systematization, from experience to standardization, and from phased promotion to normalized operation. At the same time, the scheme is highly in line with the relevant policy requirements of the Ministry of Education and Shandong Province on strengthening mental health education, strengthening the responsibilities of college counselors and promoting the integration of ideological and political education and mental health education, with good policy adaptability and promotion foundation.

7. Conclusions

The “134 Ideological and Political Education Method” constructed and practiced in this study is a mental health education practice paradigm based on the post of college counselors, focusing on the practical psychological dilemmas of college-to-undergraduate upgrade students, highlighting work innovation and emphasizing promotion and application. It is also a typical achievement of college counselors carrying out mental health education relying on the ideological and political education system.

Led by the ideological and political education of college counselors, through full-cycle closed-loop management, three-level precise identification and four-dimensional coordinated support, the mode realizes five-dimensional innovations in mechanism, path, method, team and efficiency, effectively solving the dual difficulties of academic anxiety and career confusion among three-year vocational college students preparing for the college-to-undergraduate upgrade, effectively improving students’ mental health level, academic performance and employment quality, and consolidating the bottom line of campus psychological safety. [8]

This mode is simple, practical, efficient, replicable, promotable and sustainable, fully demonstrating the innovative and practical value of college counselors’ work in the new era. It not only provides a solution to the psychological dilemmas of vocational college students during the college-to-undergraduate upgrade preparation period, but also provides a reference paradigm for the in-depth integration of ideological and political education and mental health education in colleges and

universities and the professional construction of college counselors. The scheme is in line with the actual situation of colleges and universities in Shandong Province and the national policy orientation, with high theoretical, practical and promotion value, which can provide useful reference and support for the high-quality development of mental health education in colleges and universities inside and outside the province.

Conflicts of Interest

The author declares that there is no conflict of interest regarding the publication of this article.

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