

Guidance and Research on the Career Planning Views of Freshmen in Colleges and Universities in the New Era——Based on the Perspective of Self-efficacy Theory

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Abstract: The concept of career planning is related to the development of students and is an important part of the values of college students. Therefore, career planning guidance is an important part of ideological and political education. Based on the theory of self-efficacy and based on the theory of self-efficacy, this article uses the course of “College Students’ Career Planning” as the main carrier to explore the guidance of college students’ career planning concepts. From the perspectives of freshmen’s mental health, it puts forward suggestions for college students’ career planning perspectives and corresponding course teaching.

Keywords: Self-efficacy; Career Plan; Freshman

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With the development of education, taking the cultivation of curriculum core literacy as the vane means that students' non-intellectual factors are getting more and more attention. In the structure of non-intellectual factors, the factor that most affects students' learning is learning motivation. American psychologist Bandura pointed out that the stronger the self-efficacy, the stronger the learning motivation and the better the learning behavior of students. Career planning guidance is an important part of ideological and political education. To sum up, under the guidance of the theory of self-efficacy, this article probes into the guidance of the freshmen's career planning outlook in order to gain enlightenment. And make some meaningful suggestions for the cultivation of correct positive values (career planning concept) and ideological and political education for students.

1. The major problems that need to be solved in the career planning of college students and their courses

Career planning is often set in the first-year courses of university. The teaching objectives have made precise instructions on the three levels of attitude, knowledge and skills. The goals expected to be achieved are: one is to establish students' career and professional awareness; the other is to strengthen students' career development planning ability; the third is to improve students' employability; the fourth is to provide students with job-hunting guidance; the fifth is to provide students with entrepreneurial education, etc.

1.1 The course evaluation system is not perfect

The concept of career planning curriculum is based on Western career planning ideas. Its theoretical basis is mainly based on the conclusions of foreign research. The test tools in the course are also mostly Western-style. There are too many elements of westernization, but they lack the combination with the characteristics of localization, my country's professional environment and talent cultivation environment. At present, the evaluation method of this course is relatively simple, mainly in the form of completing the examination questions at the end of the term or writing a career planning book. The traditional way of evaluation is difficult to grasp the true emotional attitude, career planning literacy and psychological status of students.

1.2 The function of course teaching evaluation has not been fully utilized

Career planning is a highly applied course. However, the traditional classroom and evaluation are not enough to perform all its functions. Teaching evaluation needs to give full play to more abilities, more embodying humanistic care and dynamic evaluation.

Teaching evaluation should highlight the core value orientation of student-oriented and literacy-oriented in the whole learning process. It should help promote individual self-cognition, professional cognition, career planning ability and professional competitiveness, and promote the cultivation of the core literacy of students' career planning.

2. Working process and working methods

2.1 The importance of self-efficacy to academics

Learning self-efficacy contains two important contents in self-cognition: one is learning ability and the other is learning behavior. The self-efficacy of learning ability refers to the individual's self-confidence and judgment in their own academic ability. This is also whether students recognize their own abilities and assistance from the bottom of their hearts-"Can I do it". A positive sense of learning ability and efficacy ensures that students complete their studies smoothly and get good grades. Self-efficacy of learning behavior refers to the individual's evaluation and belief in their own learning behavior-"Is I doing well?" Positive learning behavior and self-efficacy ensure that students choose effective ways to complete learning tasks and achieve academic goals.

2.2 Investigation on Self-efficacy of College Students' Career Planning Course

There is an important tool for measuring self-efficacy: curriculum learning self-efficacy scale. The content of the table covers two major aspects, namely, the sense of basic cognitive ability in curriculum learning and the sense of control ability in curriculum learning.

3. This research proposes the following suggestions for teaching evaluation

(1) Use teaching evaluation skillfully to promote students' academic self-efficacy. Freshmen need to form a certain knowledge system of career planning knowledge, and at the same time they should cultivate self-inquiry and generative career core literacy. Therefore, for teachers, more time should be spent to explore the construction of teaching evaluation that is more effective to promote students' sense of self-efficacy. For example, in a normal class, it may only start from watching the video or the content of the teaching material, and there is no evaluation or record after the class. The "Engagement-Exploration-Explanation-Elaboration-Evaluation" 5E teaching model advocated by Li Cong and others can be used for classroom design and dynamic teaching evaluation. Through a series of curriculum and evaluation design, it helps students generate curriculum core literacy independently and efficiently. Students have gained, and their sense of efficacy will be stronger

(2) The coordinated development of learning and psychology, the simultaneous improvement of literacy and health. The survey data shows that most of the students in this class do not have enough self-confidence and are under great psychological pressure. Analyzing from the perspective of students, they found that the difficulty and pressure of learning are unusual when they just went to college, so that their mentality is out of balance. This requires the lecturer to pay attention to both teaching and psychological construction. Students' healthy psychology can be cultivated through peer assistance, systematic study, training and exercise. Only in this way can the individual be fully healthy and talented. Furthermore, teaching evaluation should have continuity characteristics. We can't just rely on an exam at the end of the term to evaluate, but we should observe and consider the overall performance and trends of students over a period of time.

(3) Help correct attribution and help students understand themselves. Freshman students are experiencing a period of emotional change in post-adolescence, etc. Students in this period are relatively junior in both study and life. Teachers should help students develop correct attribution abilities and attribution methods. In most cases, the resistance to moving forward comes more from the students' insufficient understanding of themselves. As long as you untie the knot in your happiness, you can break through the shackles you have set for yourself. For example, students may find it difficult to assess the course at the beginning, but this does not tell everything. Behind the learning evaluation, it is more important to analyze the important factors such as the learning status, learning rules, and learning habits of the period. This research believes that promoting outstanding psychological quality of students will help students perform better in future studies.

4. The effect of educating people and its reflection

By investigating career planning curriculum data and main theories, this research focuses on students' mental health, and correct values (career planning concept), and avoids the phenomenon that traditional teaching evaluation pays too much attention to the function of distinguishing and selecting students. It is suggested that teaching evaluation should pay more attention to the psychological state, attitude and emotional factors of students regarding learning. Teaching evaluation based on self-efficacy can really help motivate students to learn independently, promote the "people-oriented" teaching reform, and really promote the core qualities of students' career planning.

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