

Internet + Education economic Rise

Study mental health care of vocational college students

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Abstract: with ' Internet + The advent of the era , Educational Informatization has also entered a new phase , It is not only an update to the teaching method , with the popularization of Internet culture and then the shape of becomes the network community in the student Community , homogenization and immediacy , Explore the mental health care of vocational college students under the information environment , Promote students ' learning ability , especially students Learning meta-cognitive elevation , will improve the quality of students ' abilities , to adapt to the information environment of vocational competence curriculum learning , To make students study mental health send Expo , students ' learning characteristics in higher vocational colleges in the new period , Open Wisdom Learning mode , To improve students ' mental health in higher vocational schools with pertinence , for improving students ' quality , train Qualified Person only , It is of great significance to promote the development of higher vocational education .

Keywords : Internet + ; Education ; Learning ; Mental Health

with the internet + In-depth development of education , Developmental and Personalized network learning environment not But learning goals for vocational college students , Learning Way , Learning subjects and looking at future careers Law impact , More students to social environment , era of changes in living environment and educational environment Awareness , especially higher vocational college students ' skills training goal and information teaching adaptability high . such as How to fit in a three-dimensional resource , Information Learning platform , Instructional monitoring , Learn to track files more and more personalized Learning Activities The mental health care of students in vocational colleges , form a healthy learning habit , Mastering Learning meta-cognition , Learn to learn , provide a good foundation for students ' own development . and accurately grasp the characteristics of students ' learning in higher vocational colleges in the new era the study of students ' learning in the information environment Rationale for health care , This article will first explore the characteristics of the next college students ' learning features .

1. Learning characteristics of students in higher vocational colleges

(a) A positive analysis of students ' learning characteristics in higher vocational colleges

overall higher vocational college students ' mental and behavioral performance is positive , Health , up ,, related research shows that students of vocational and technical colleges and other academic levels in the same period are _ .. Although it is not ideal for college entrance examination, the final application for vocational and technical colleges , but learn the status of the Overall health is the pursuit of the up , And its single from the performance point of view of a lot of students ' learning leaning Branch is the reason that ultimately results in an unsatisfactory overall result, This analysis from the other _ angle _ students have some Personal benefits , They should not be labeled as high level on the label . In addition to the Weak learning base , in other respects also with all young people _ kind of thinking live Jump , happy to explore novelty world ,has a strong desire to explore the areas of interest , and be happy to show your talents in all aspects of school activities , Seek approval from others , in the appropriateAppropriate education and learning environment they will grow quickly , so higher vocational and technical students have their own unique character path to success ,summarizing its positive features is anticipation of learning , especially for mastering a skill Long Desire strong ,

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also willing to learn the scientific and cultural knowledge that can promote oneself accomplishment , on-campus learning The Tieyo thought of Xi is more embodied in the skill competition , practice, and so on. and socially responsible party face Strong sense of responsibility , happy for society , families make their own contributions , because of its knowledge of self-competence Lower , all _ The recognition will show a better group of musicians and Thanksgiving .

(b) analysis on the disadvantage of students ' learning characteristics in higher vocational colleges

1.1 Learning confidence is weak , Strong Self-Esteem . Higher vocational college students face ' ' High level ' two word , feel inferior , facing future employment , feeling confused . Especially when it comes to Employment, to when the right job is often denied because of academic credentials , and this phenomenon is ubiquitous , and this collective kind of bad mood is like the psychological mention of the ' kick-cat effect ' ' The is infected with the overall population . The failure of the college entrance Examination is a recognition of their own learning ability _ strike , assessment of discrimination against Vocational college students , is more confident in its Click , So students are generally weak in self-confidence , strong inferiority complex . in the case of University autonomic learning , Learning feedback is relatively weak , No timely psychological affirmation , make the beautiful The vision and dreams of become confused because of inferiority complex . student group _ section Think about questions mode easy to go extreme , There's even a rebellious way to get attention , and this behavior migrates to learning These factors migrate to learning on the industry , cause some students lack self-confidence , easy to frustrate , meets To learn difficulties you will feel frustrated or even give up , slowly show up late , , Dry Retreat , absent or Midway drop out of the same situation , form a vicious circle .

1.2 Learning a weak will quality , Destination Difference . in higher vocational colleges , Student's Low Learning self-efficacy , Many students don't know the whole meaning of learning , Learning target direction difference , table now no longer learning goals , Less learning power , on learning More realistic , floating on the surface do not love deep research , like opportunistic . lack of learning goals to cope with classroom teaching and after-school tasks , Learning no initiative and initiative sex , Learning procrastination generally exists .

1.3 Strong Dependency , A relatively poor sense of responsibility , lacks self-discipline . with only child ratio getting higher , and material conditions increase . personal dependency on family and parents more and more more , and its relative pressure and sense of responsibility are becoming more and more degraded , This makes learningThe driving force of the missing , Learning inattention , Skip class , focus on learning not only don't feel improperly , even feel cool , is very different , plus early failure to form good learning habit , So there's the students. Network Information , Entertainment is fun ,, and school is The phenomenon of being shelved , These can be attributed to poor self-discipline .

Learning characteristics for vocational college students , In addition to trying to improve learning psychology for students Health , also need to be guided by the concept of informational teaching , Develop a participatory strong , Personalize Education form , breaking space and time limit , continuously enhance education for higher vocational students Sex , Outside learning atmosphere Create a good environment , Then improve the students ' enthusiasm for learning and from the letter , and now with a lot of Mu class , micro-courses develop rapidly at home and abroad , because of its rich media resource vs. situational awareness , This will be the new future of the economic development of vocational education . Create appropriate learning stories no more than internet + unique results from education , What is more commendable is effective learning The occurrence of will be a more proud outcome of this reform , All of which will generate vocational education information Economic development , in the context of the development trend of education in the new era , We have an information environment Study Mental health care for vocational college students make the following recommendations :

2. tips for learning about mental health

(a) Cognitive model change

Internet + Career Learning in education mode , can be used not only in good situational mode, operating skills

required to raise students' professional abilities, also develop their mental skills. Inside external cause prompt US, All external factors work through internal causes, Information Technology besides promoting Learning technologies themselves, It is more necessary to cultivate the mental skills that effectively support scientific inquiry. recognition mode changes are the first in learning meta-cognitive changes, More scientific thinking habits, Resource Management policy slightly, and schedule, the ability to monitor and adjust is the essence of cultivating students' learning. so reasonable should provide a way to improve students' understanding of learning by using informational teaching mode, and in-depth learning noBreak Enhanced, More deeply affect students' self-awareness development and professional personality formation.

(b) Promote learning self-efficacy

Academic self-efficacy refers to the ability of students to perform a certain in their learning activities. the expected and judged ability to learn a task or to perform a specific learning activity. has research showing, High Vocational Students' learning burnout is significantly negatively correlated with academic self-efficacy, Self-efficacy is an individual The degree of confidence that can perform for an activity. Research results show that students are in the learning side and the more confidence, will invest more in learning, Informational Education content can guide students through their own effort, Even after completion _ Some difficult learning tasks with personalized learning can make sure Real-time hardening, the successful experience can improve students' academic self-efficacy; Learning for students Learning progress gives you positive attribution, and to enhance your sense of self-efficacy.

(c) Guide Active Learning and innovative learning

Information Teaching changes traditional educational methods in educational form, provides students with a My conditions and environment for learning, such as changing role teaching, fixed post learning and practice, learning process The novelty of the has mobilized students' enthusiasm for learning and motivation, Information teaching provides students with the conditions and atmosphere of active. This sense of initiative increases their sense of responsibility and fulfillment. plus, gives students a sense of belonging and identity, lay the groundwork for innovative learning. (author Unit: Liaoning Architecture Vocational College)

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