



# The Effective Combination of College Psychological Counseling and College Students' Ideological and Political Education

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**Abstract:** Since the bigenning of the 21st century, China's society and economy have profoundly developing toward an increasing comprehensive direction, which contributes to higher requirements for talented persons. More demands on China's education, especially the higher education, has been put forwarded due to the failure to satisfy the development of society with literacy requirement. In the past education in colleges and universities in China, the teaching ideas of schools and teachers have been influenced by traditional teaching concepts. The education for students is mainly based on basic theoretical knowledge. Besides, there aren't too much attention to be paid on students' psychological construction and ideological and political education. Colleges and universities have not made substantial progress in the teaching of ideological and political courses on students' psychological construction, resulting in incomplete problems in the development of students and the inability to train comprehensive talented persons for the society. Therefore, in order to promote the comprehensive development of students, colleges and universities need an effective combination of psychological counseling and students' ideological and political education for professional knowledge, excellent psychological qualities, noble ideological and moral qualities. They will promote the comprehensive development of college students and cultivate more high-quality talents for the development of society.

**Keywords:** College; Psychological Counseling; Ideological Education; Effective Combination

## Foreword

In colleges and universities, the ideological and political teaching courses are to cultivate the good ideological and moral character of college students, and to promote them to be positive and optimistic to face difficulties in life, so that students can have a correct understanding. Taking ideological and political education courses in colleges and universities can cultivate students' consciousness to be enterprising and gain real friendship. Teaching college students through ideological and political education courses is also an important way to help them set up correct value and good ideological and moral qualities. Therefore, the courses occupy a critical position in colleges and universities. Psychological consultation is a vital method of psychological safety education for students, and it is also an important guarantee to ensure that they have a healthy and good psychology. Psychological consultation can timely understand the psychological changes of college students, and provide correct psychological guidance for their psychological problems. It guides college students to be on the right path in future life, and also promotes their college thinking which is an important link in the development of political education curriculum. The effective combination of psychological counseling and students' ideological and political education courses can lay a solid foundation for them to have a healthy psychological and ideological ethics. It also points out the way forward for their future development and promote the future life in the learning process as they can always maintain the childlike innocence and work hard to achieve life goals.<sup>[1]</sup>

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# **1. Differences and connections between ideological and political education and psychological counseling in colleges and universities**

## **1.1 The differences**

Ideological and political education and psychological counseling work in colleges and universities are essentially different. Firstly, the ideological and political education work is to help students improve their own political literacy and moral quality. It helps students to raise awareness, and guides them to establish the correct values and outlook on life, which are not the main scope of psychological construction of college students. Ideological and political education cannot help students, especially for who with psychological problems, solve their psychological problems. The focus of psychological counseling is to solve problems that college ideological and political education courses cannot take care of. The latter focuses on solving the psychological problems, guiding students to improve their psychological qualities, and clearing the psychological obstacles for their learning and life. Secondly, the working methods used are also different. The working methods of the ideological and political education are mainly to educate students through political teaching materials. Classic ideological and political teaching materials can be used to guide students to set up correct views and moral qualities. Psychological counseling work is to provide counseling and guidance through theoretical guidance in psychology and pedagogy and other professional disciplines, which is different from the working methods of ideological and political education courses.

## **1.2 Connections**

Psychological consultation and ideological and political education in colleges and universities are important links in cultivating students' good morals and psychological qualities. Both of them have the same role and purpose to cultivate students' comprehensive qualities. First of all, the most important work of ideological and political education is to guide students to establish noble ethics and good mental outlook. Meanwhile, psychological counseling work is to help students build better psychological qualities and give them a strong heart. In general, these two courses have the same purpose. Secondly, the composition is also very similar, and the teachers of college ideological and political courses are also the main force of psychological counseling in colleges, which just indicates a close relationship between psychological counseling work and ideological and political education. Finally, psychological counseling work and ideological and political education have the same working principles, and they are both working on the psychology of college students. The two care about students's life and learning, and guide college students to face psychological problems correctly.<sup>[2]</sup>

# **2. Current problems appearing in ideological and political education and psychological counseling in colleges and universities**

## **2.1 The unreasonable psychological consultation work in colleges and universities**

Although most schools have set up related psychological counseling rooms and psychological counselors, both teachers and students not yet have a correct understanding of the counseling work among colleges and universities. Therefore, most counselors provide psychological counseling passively, and are waiting for students to take the initiative. Besides, counselors just followed the students' psychological counseling, which not only failed to help students solve psychological problems, but also worsen psychological problems of students. In colleges and universities, there is a lack of professional psychological counselors. Generally, it is the class counselors or class teachers who do this job, which leads to a lack of professionalism in psychological counseling in colleges and universities. In this case, students' psychological problems cannot be guided professionally, and psychological problems can not be properly resolved, hindering the development of their psychological health.

## **2.2 Problems in college ideological and political education**

At present, there are some problems in the course setting of ideological and political education in colleges and universities. Certain differences are existing in teaching plans and the development of the times. As a result, students cannot be connected with the development of the times when they taking ideological and political education. Influenced

by the teaching philosophy, the teaching methods adopted by teachers are often backward, and fail to raise students' learning interest, let alone the effective teaching for students. When teaching ideological and political courses in universities, the role of teachers, who is guiding students to study the ideological and political courses, cannot be ignored. Since the teacher's own professional quality is not relevant, there will be certain influence on the teaching work of the ideological and political courses, which has a good impact on the cultivation of students' ideological ethics and noble sentiment. There is a certain hindrance when there is some abstraction in the study of the ideological and political courses. Teachers do not explain the abstract knowledge when teaching, which can easily cause the problem that the students do not understand what they are studying. Students can't connect teacher's explanation with real-life cases, leading to a weak practice ability of theoretical knowledge.<sup>[3]</sup>

### **3. Effective ways to combine ideological and political education courses with psychological counseling in colleges and universities**

#### **3.1 Ideological and political teaching according to the practical situations of college students' psychological conditions**

In colleges and universities, all the work of ideological and political courses is student-centered. Therefore, in order to promote the effective integration of psychological counseling and ideological and political education, it is necessary to formulate individual teaching plans according to the practical situations of college students' psychological conditions. In teaching, teachers should have an in-depth understanding of the psychological changes of college students in each period. Only with a deeper understanding of the psychology of students can teachers solve the psychological problems of students in a targeted manner. Therefore, students' psychological shortcomings can be made up to improve their physical and psychological development.

#### **3.2 Good teacher-student relationship**

To form a good relationship and a benign communication model between teachers and students are vital to promote the effective integration of ideological and political education and psychological counseling. In the university period, the traditional teacher-student relationship is no longer applicable. The teacher-student relationship on the university campus is more like friendship, and the best way to shorten the distance between teachers and students is to be friends. Students will open their hearts and speak out their psychological problems to their teacher. A good teacher-student communication method can not only help students better solve psychological problems, but also help teachers better understand students' psychological status, and promote the better integration of ideological and political education and psychological counseling.<sup>[4]</sup>

#### **3.3 Give full play to the advantages of ideological and political education to help college students set up better psychological quality**

The psychological problems are often not obvious, and are deep in the psychology of college students. Some college students seem to be in good condition, but in fact they also have relatively vulnerable aspects. Teachers should give full play to the advantages of the political education to show students with the beauty of life in the classes. Teachers need to encourage and motivate students with the usage good things to make students have hope for future life, promoting the continuous improvement of students' psychological quality.

## **4. Conclusion**

In general, the ideological and political education for students in colleges and universities are key methods and important links to achieve their comprehensive development. Timely psychological counseling for college students can help them have a comprehensive understanding of their psychological qualities, which also contributes to a deeper understanding of their hearts. It helps students learn what they really want, and helps them improve their psychological qualities to face society's pressure in the future. When teaching ideological and political courses, teachers can use the help of psychological counseling to better achieve the goals of ideological and political education. Besides, the advantages of psychological counseling need to be given full play to, and teaching plans should be made according to

students' practical situations. The combination can promote the comprehensive quality of college students, and cultivate talented persons for the development of society.

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