

Application of Contemporary Educational Psychology in University Education

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Abstract

At the present stage, in the field of education in China, universities are able to produce more high-quality talents for national construction. In the discipline of psychology, educators can effectively achieve the set teaching goals by using contemporary educational psychology. At present, influenced by traditional concepts and exam-oriented education, there are still more practical problems to be solved in the stage of psychology education in various higher education institutions in China. This paper briefly outlines the current situation of psychological education in colleges and universities, and analyzes the significance and means of applying contemporary educational psychology.

Keywords: *Educational Psychology; College Education; Application*

1 INTRODUCTION

The discipline of psychology contains different kinds of content, of which educational psychology is one of the more important components. In addition, along with the development of the times, educators began to integrate contemporary education and psychology into one place, thus giving rise to the new discipline of contemporary educational psychology. In the present time of rapid development in China, with the advancement of technology, college students are very vulnerable to the interference of external factors in the process of growth and produce more serious psychological disorders, therefore, it is imperative to apply contemporary educational psychology.

2 THE SIGNIFICANCE OF EDUCATIONAL PSYCHOLOGY

The value of applying contemporary educational psychology in higher education is to help students establish a positive ideology. Therefore, with the help of reasonable means, teachers can provide students with certain assistance to ensure that they are clear about the actual meaning of learning, improve the overall motivation to learn, enhance the quality of teaching and learning, develop independent cognition, find out the reasons for the emergence of problems based on the available data and guide them to establish a correct outlook on the three ^[1]. Our university students are active and have a strong desire to learn about various things, and because of this, they are often resistant to various professional data and can be deceived by false information, which is not conducive to the stable development of students.

3 THE CURRENT SITUATION OF PSYCHOLOGICAL EDUCATION IN COLLEGES AND UNIVERSITIES

3.1 Interpersonal

In China, due to the influence of family planning, most of the college students in China are usually only children.

Therefore, how to deal with interpersonal relationships is the primary problem they need to deal with after entering the college campus. In college campuses, the same class contains students from different regions and ethnicities, and their growing environment is quite different. Some students also rely on their parents and fail to acquire ways to deal with interpersonal relationships, which makes them prone to various psychological disorders. Before entering college, a few students are usually not good at handling relationships with their peers, often wandering in their comfort zone, and often become fearful when facing unfamiliar people and things. In addition, there are still some students who are eager for success and convert interpersonal interactions with their peers into intangible economic benefits, and in this state, there are also certain psychological problems.

3.2 Self-regulation

For most students, there is a certain amount of unknowns on the college campus. Once on campus, their focus will not only be on academic performance, but also on interpersonal and work-related issues. As a result, students tend to feel more stress and have psychological problems [2]. In addition, at this stage, most of the educators in China's universities fail to effectively apply educational psychology, and the schools fail to set up professional psychological study subjects for students, which in turn leads to their inability to deal with psychological problems by effective means and causes more adverse effects.

4 CONTEMPORARY MEANS OF APPLYING EDUCATIONAL PSYCHOLOGY IN COLLEGE EDUCATION

4.1 Psychological Guidance

Unlike in the quality education stage, students are prone to face problems from all sides when they enter the university campus. Not only do they need to focus on their studies, but most of them usually spend a lot of time and energy to obtain various professional certificates and participate in relevant practical activities. In addition, students who are in their final internship period are not only required to complete their final exams, but also to face the pressure of employment. If the psychological problems they face are at the critical point, they may lead to more serious psychological diseases. In order to help them solve their problems effectively, teachers in universities need to take the lead by their own example, as follows:

One of them is to combine the actual situation, change the previous teaching ideas, and control the teaching speed within a reasonable range. In addition, it is also necessary to integrate all kinds of elements full of fun in the process of teaching to enhance students' interest in what they are learning and to shrink the difficulty factor of knowledge. Second, implement the optimization of teaching methods, slow down the teaching rate, and teach according to the learning objectives of most students. Third, after school hours, psychology teachers can also use Internet equipment to build a platform for face-to-face communication with students, to teach them effective means of obtaining various documents, and on this basis, to help them deal with the various problems they encounter in the course of their lives and work.

5 TEACHER AND STUDENT COMMUNICATION

Compared with educators in compulsory education, teachers in colleges and universities not only have to help students improve their academic performance and teach various professional knowledge, but also need to carry out various practical activities, and after students enter the society, there is often a situation that teachers and students go

their separate ways, so the opportunities for teachers to communicate with students will be constantly reduced, and teachers cannot perceive and guide them in the first place to solve the various problems they encounter in their lives. The teachers are not able to perceive and guide them to solve the problems they encounter in their lives, and they are not able to help them to relieve their psychological stress. However, at the present stage, when teachers apply contemporary educational psychology in various universities in China, they should make it clear that effective interaction between teachers and students is one of the more important components. Thus, it can be seen that the relevant links have certain practical significance. Therefore, in the process of teaching, universities and colleges can create a medium of interaction with students, talk with them from an equal perspective and give them more care and love [3]. In addition, it is also necessary to reduce the possibility of risk problems, for students with relatively poor learning ability and self-restraint need to be improved, teachers should provide directional psychological assistance in the first place, guide them to master efficient learning skills and establish the correct ideology, so as to cultivate more students who can contribute to the construction of the country.

As students enter college campuses, the opportunities for educators to talk to them usually diminish. The reason for this problem is that students' mindsets change over time. In addition, the quality of teaching and learning in colleges and universities changes because the connection between teachers and students becomes weaker. If we want to improve the quality of teaching fundamentally, we should improve the communication between teachers and students comprehensively and enhance the efficiency of psychological communication with the help of different means. In the process of teaching, teachers need to keep abreast of the growth status of different students, and should also pay attention to the changes of their mentality and carry out corresponding education work from the inside out. In addition, a quality teacher-student relationship is conducive to enhancing their dependence on the instructor and helping students to increase their interest in knowledge, thereby accomplishing the established teaching goals. However, it is necessary to focus on the fact that students enter a relatively unfamiliar environment at the university level, and their psychological and spiritual world is thirsty for help from people around them, especially when facing problems and needing outside support. Therefore, achieving emotional interaction between teachers and students is more conducive to ensuring students' mental health.

6 POSITIVE EVALUATION

In the process of students' growth, they are usually pleased with all kinds of praise. Therefore, university teachers can take advantage of this characteristic and use various positive evaluations to guide students and improve their self-confidence in the process of education. At the stage of education, if the lecturers criticize the students, they will not only fail to create a good teacher-student relationship, but also intensify the resistance among students. In addition, in contrast to university teachers, they need to respect the differences among students, apply reasonable means to stimulate their potential and use reasonable means to provide them with quality space for growth. In addition, teachers have an important role to play in the learning process of students, so they need to be clear about the role of positive assessment. Whether in the teaching phase or after school, positive language should be used to guide students so as to help them grow up healthily and develop more comprehensive talents.

The teacher needs to give positive comments to some students who are not good at communicating with others, regardless of whether they can handle various problems correctly and whether their ideas are reasonable or not. Western educators believe that teachers should give full recognition and knowledge to students at all stages of their learning. Therefore, teachers need to be clear about the significance of positive comments and not to over-criticize

students during the teaching process; positive and positive remarks are more helpful in solving various problems than harsh reproaches. Since employment is a problem that every student has to face, it is highly likely to cause serious psychological problems. Therefore, instructors can take reasonable means to help them to solve their problems, relieve their burdens and improve their level of adjustment to the external environment. In addition, students who possess strong psychological burdens should be promptly intervened in the outside world and reasonable means should be applied to help them solve their mental problems.

7 ENHANCING CAPABILITIES

In the growth stage of contemporary college students, weak self-control is a major factor in the development of more serious mental illnesses. To effectively help them solve the related problems, teachers can change their previous teaching ideas on the basis of the existing ones and help students to enhance their self-control ability. In order to achieve subjective control, students need to complete self-acceptance. Administrators at colleges and universities need to form a professional psychological education team and, with the help of technology, create more robust self-testing procedures in the network to help them conduct timely self-tests and ensure that they are clear about their own mental changes. If a student's psychological parameters appear abnormal, he or she can apply the relevant equipment to find a teacher for help in the first place^[4]. In addition, the improvement of self-control needs professional assistance from the side, and educators in colleges and universities can implement educational work around the various problems that contemporary college students are prone to encounter in the learning process as a standard, drawing on various types of data, and using effective measures to guide them to reduce their fears and turn their shortcomings into advantages.

In a word, university is a process that students must go through in their growth process. Not only that, colleges and universities can not only help students to acquire high level of professional knowledge, but also should pay practical attention to the change of mentality of contemporary college students. When teaching, often apply all kinds of positive comments and adopt means with pointers to provide them with more care and love. Update the previous teaching philosophy and abandon the model of achievement assessment.

8 FOCUS ON DIFFERENCES

It can be seen around contemporary educational psychology that different students have strong differences in their knowledge reserves, self-perceptions, learning means, and personal preferences during their growth process. When carrying out psychological education, teachers in higher education should focus on the actual situation of each type of student and prescribe the right remedy to help them raise their cognitive level and enhance their level of discrimination to ensure how they can observe the essential differences between various types of things with the help of reasonable means and lead them to achieve their established growth goals in an intricate and complex environment.

At the present stage, the world situation is complex and interfered by external factors, students will face various types of psychological pressure. In the teaching process of contemporary educational psychology, teachers need to provide them with positive guidance, with the help of technology-rich technical means, the specific operation steps are shown as follows: first, regularly organize students to participate in various practical activities, in WeChat, microblogging and other self-media platforms, the application of different kinds of means to help students break the limitations of time and space, to absorb more professional psychological knowledge. Secondly, with the help of

various kinds of data, around the current hot events, take strong measures to help them solve various problems encountered in the growth stage. Finally, teaching methods should keep up with the times, timely transmit the most advanced technology to students, and apply reasonable means to enhance students' level of identification.

For one thing, in the current educational field, the mental health of students is a key concern for teachers. On the basis of the existing ones, lecturers can use reasonable means to clarify the laws of students' mind changes, effectively assist them in dealing with various problems they encounter in their studies and work, help them acquire a strong self-identity within the university and enhance their interest in learning knowledge. Secondly, the use of contemporary educational psychology can guide students to develop correct ideology and enhance the quality of teaching in colleges and universities, and also on this basis, students can improve the overall level of independent regulation. The process of optimizing the efficiency of education can help students to acquire stronger regulation ability for their study and work. Third, the use of reasonable means to put contemporary educational psychology into practice can implement the emotional interaction between teachers and students on the existing basis, creating quality communication, which is more conducive to enhancing the overall level of student control and helping teachers to accomplish the established teaching goals.

9 AROUND THE FEATURES

First, in-depth analysis of the differences that exist between our country and the West. However, the relevant means must not be applied directly, which cannot meet the growth needs of our contemporary college students. In the actual application process, the experience of western countries should be drawn around the changing characteristics of our national mentality. Second, ensure that students have certain characteristics. Applying reasonable means to explore the psychological change rules and characteristics of contemporary college students. In addition, in the process of applying contemporary educational psychology, create a quality educational system around various types of data and information. Third, create a faculty with strong business skills. Because of the high talent pool in our country, the strong regional differences, and the different business abilities of teachers, a higher level of teachers should be created on the basis of the existing ones. In this context, we can ensure the implementation of contemporary educational psychology in a state where there are strong differences.

CONCLUSION

In conclusion, all kinds of teachers in colleges and universities should change their previous working ideas and understand the key contents of psychology in all aspects. At the same time, in the actual teaching process, it should also be applied to the actual situation, so as to promote the high level of development of psychological education in China, to comprehensively improve the overall quality of teaching in colleges and universities, and to help contemporary college students solve the various psychological problems they encounter. In addition, the adoption of directional communication and the enhancement of students' self-identity can ensure the effective use of contemporary educational psychology.

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