

# The Exploration and Practice of Psychological Assistance for Poor Students in Higher Vocational Colleges in the New Era

Zhenqi Chen

Guangzhou Civil Aviation College, Guangzhou, Guangdong 510403, China

**ABSTRACT.** The value orientation deviation, personality psychology and excessive anxiety of the poor students in higher vocational students began to emerge as important internal causes that restricted their growth and success. Under the guidance of targeted poverty alleviation, it is necessary to explore targeted, effective and systematic mental health education mode for higher vocational college students through current situation analysis and incentive mechanism. This paper expounds the psychological status of precision poverty-relief high-level students under the background of poverty alleviation, and analyzes the psychological incentives of precision poverty-relief high-level students under the background of poverty alleviation on the basis of the summary of practical work, hoping to provide reference for the psychological work of higher vocational colleges in China, and promote the benign development of precision poverty alleviation work in colleges and universities.

**KEYWORDS:** Vocational colleges, Poor students, Psychological assistance

## 1. Introduction

In the development process of higher education in China, the issue of high tuition fees has always been controversial. Many poor students have lost the opportunity to further their studies because they can't afford the tuition fees, which leads to the loss of national talents of China and social conflicts to some extent. Since the new era, the CPC and the government have attached great importance to the enrollment of students from poor families, and opened various relief channels to help poor families solve their urgent needs. The CPC and the Chinese government solemnly promise that there will never be dropouts from poor families [1].

## 2. The Psychological Status of Poor Students in Higher Vocational Colleges in the New Era

### 2.1 Value Orientation Deviation

In recent years, the continuous improvement of poverty alleviation policies and the increase of national poverty alleviation efforts, poverty eradication efforts have made remarkable achievements. In this process, some poor families and poor college students have some deviation in their cognition. The economic support of the State is considered to be family and personal. Ideological inertia began to be transmitted to the academic acquisition, some of the poor students of higher vocational education do not have the goal of learning, lack of application of the enterprising spirit, and even in higher vocational colleges and other students to compare and appear playing games, hanging, irrational consumption and other undesirable phenomena, affecting their own academic achievements and value cognition [2].

### 2.2 Personality over-the-Top

In the development of higher vocational psychological work, it is found that the group of students who are precision-povertyed in higher vocational work is many inadequate in their psychological personality, showing the phenomenon of excessive self-esteem and excessive inferiority. From the point of view of family and their life experience, they are all from poor families in rural areas, and they are also among the best in their studies. The lack and indifference of parents to their education and concern sedleads their material and spiritual pursuits are sensitive and selfish. There is a good win, a good and strong side, but also a low self-esteem, the lost side. To some extent, they will be annoyed by students' comments about their poor student status, they will be humbled by public support from the government, schools and social groups, and they will give up the opportunity to grow up on an equal footing with their classmates because of their origin [3].

### ***2.3 Life is Too Anxious***

The group of students who are precision and poor in higher vocational positions is under more pressure than other students. The economy, study and employment can all be triggers for their loss of will. Under these pressures, the group of poor students in higher vocational care often showed higher group anxiety. Worried that their studies will not let their parents down, worried that their academic inquisitive by the employer refused to hire, worried that because of economic problems can not be accepted by classmates and so on. In the practice of work, the continuous observation of this group found that some students have long-term anxiety, which has affected their mental state and physical health [4].

### ***2.4 The Summary of the Contradiction between the Two Sides***

The national grant the state student loan including the campus state student loan and the student source credit student the free education of normal students, the education aid for retired soldiers, the tuition compensation student loan reimbursement the work-study aid the tuition fee reduction and other forms of organic combination of college family financial hardship student financial aid policy system”, these financial aid system, the contradictions between the contract parties are mainly reflected in the evaluation of incentive scholarships and grants. Normally, the number of motivational scholarships and scholarships is not equal to the number of students with family financial difficulties, and some applicants need to be eliminated by comparing the family's economic situation horizontally [5]. However, the description of the family's economic situation is very complex, the factors affecting the economic situation of the student's family are also different,, and the poverty level caused by different diseases, natural disasters and other conditions can not be accurately compared, so the horizontal comparison between different individuals will seriously affect the implementation of the “psychological contract” [6].

### ***2.5 The Contradiction between the Two Sides in the.5 Funding Objectives of Higher Vocational Colleges for Students***

With family financial difficulties is free of charge, the current policy is that as long as the real poverty of the students and families must be given unconditional support, the students feel that since the policy is already clearly stipulated, then they should be given financial assistance [7]. As the organizer of the higher vocational colleges to the students to give more expectations, hope that through the financial assistance to eventually achieve, the goal of education, hope that the students can feel the state, schools to their concern and help, hope that the students can devote more energy and time to learning to enhance their ability to return to society hope that the students can self-reliance, and ultimately achieve self-help. However, in practical work, many of the students who received assistance do not recognize, these expectations of the school, that the subsidy is financial aid is free of charge and that they should no longer be asked to be asked [8].

## **3. Analysis of the Psychological Incentives of Poor Students in Higher Vocational Colleges under the Background of the New Era**

### ***3.1 Poor Mentality and Poor Adjustment Ability***

In the analysis of the psychological incentives of precision poverty-relief students, it is found that the formation of psychological problems of poor students in higher vocational education is a long-term precipitation process. It has had the above-mentioned adverse psychological problems before entering higher vocational colleges. And under the implicit stimulation of the higher vocational training system and the training environment, there is a tendency to deepen further. At the same time, some poor students in higher vocational education and life appear in the new problems, failed to carry out rational thinking well, created its gap between the rich and poor and other levels of the wrong recognition of the poor group of higher vocational students bear greater pressure for growth, in the eyes of parents and social groups, they are the hope of families out of poverty. Parental indoctrination and self-growth of the awareness, so that this group generally believe that the struggle of individuals is for themselves, for the family struggle. Under this value understanding, the life goal of the poor students in colleges and universities is too narrow, and they fail to realize their own poverty alleviation, which is an important application to the country and the development of the nation. This leads to its growth, the process of self-interest in the process of more serious, will also affect its future development [9].

### ***3.2 Lack of Self-Confidence in Social Competition***

In recent years, with the increasing development of national policy, the number of students in higher vocational

colleges has been increasing for several years. This in the country's various industries to inject new talent strength, but also to a certain extent to increase the employment pressure of higher vocational college students. From a certain level, there are certain differences in academic qualifications and abilities between higher vocational students and students in other institutions of higher learning. Under the conduction of this pressure, as an available social resources, family resources are relatively lacking in the higher vocational students, in the employment need to bear greater difficulties in the higher vocational students experience higher vocational colleges at the beginning of the potential implanted into their awareness level, which leads to their daily learning confusion and helplessness [10].

#### **4. Psychological Care Measures for Poor Students in Higher Vocational Colleges in the New Era**

The humanistic care and psychological guidance in the new era need to run through the whole process of ideological and political education of poor students in higher vocational colleges, and its realization path can be explored from the six aspects of culture, environment, service, management, knowledge and practice.

(1). Integrate into advanced culture and education. Cultural education is an important part of ideological and political education, that is, integrating ideological and political education with socialist core values, excellent traditional Chinese culture, advanced socialist culture and other cultural education to create a strong atmosphere of advocating scientific and cultural knowledge.

(2). Strengthen the construction of campus culture. Campus culture is a hidden course of ideological and political education. Higher vocational colleges should integrate humanistic spiritual elements into the construction of campus culture, optimize the campus material environment, create a humanistic environment, enrich campus cultural life, and increase the construction of clubs and student organizations, and Guide students to give full play to their initiative and actively participate in the construction of campus culture.

(3). Establish a humanistic service concept. Establish a service concept for students, establish a humanized, scientific, and refined management system, pay attention to individual differences, and provide comprehensive services and guidance such as emotions, employment, and psychology. While actively caring for students and paying attention to students, break the traditional relationship between teachers and students, guide teachers and students to communicate and communicate on an equal and harmonious basis, enhance students' dominant position, form an all-round humanistic care network, and care about the growth of students. Design individual practice activities. Carrying out the idea of taking students as the foundation, relying on student associations and student league organizations, organizing public welfare practical activities and experiential practical activities for special groups of poor students, focusing on individual differences, enhancing the vitality of individual development, and helping them establish the correct A outlook on life, a world outlook, and values, so as to respond positively and optimistically to university life.

(4). Optimize the psychological consultation system. Build a five-level network work model of “dormitory, class, apartment building peer counseling station, college mental health workstation, school mental health guidance center” to radiate to every student. At the same time, combined with the actual situation of higher vocational colleges, strengthen mental health education, consultation, counseling and other services, build a perfect psychological early warning and emergency intervention mechanism, and promote the overall improvement of the quality of ideological and political education and mental health education. Build a professional internship platform. 72.2% of the poor students said that they were engaged in part-time work abroad, which shows that the poor students have a strong willingness to work. Higher vocational colleges should increase the integration of production and education, strengthen school-enterprise cooperation, build an internship platform that “emphasizes professional characteristics, adapts to social needs, and respects personal development” to tailor one-to-one professional internship positions for poor students. Poverty students' ability to practice outside the school and interpersonal communication skills, while enhancing employment competitiveness.

(5). Explore multiple funding methods. When formulating funding policies, fully respect the individuality and differences of students and the subjective psychological feelings of poor students, explore innovative funding methods, and enhance the self-development ability of poor students, such as the establishment of special project funds for poor students, the establishment of corporate awards

(6). Increase the ideological and political strength of the curriculum. Attach importance to the first classroom education, integrate ideological and political elements in professional courses, infiltrate humanistic literacy, humanistic knowledge, humanistic spirit, and mental health education into teaching, increase experiential links and situational design, and cultivate poor students' humanistic spirit.

#### **5. Conclusion**

Psychologists in vocational colleges need to stand at the height of national development, integrate the concept of

precision poverty alleviation into the mental health education system, effectively combine the actual situation of colleges and universities, carry out research on the psychological status and incentives of precision poverty-relief students under the background of poverty alleviation, actively innovate the effective countermeasures of psychological counseling work of precision poverty-relief students in the context of poverty alleviation, explore targeted, effective and systematic mental health education models for higher vocational students, so that higher vocational poor students can study in a more equitable and sunny environment. This will care about the precision poverty-relief students' world view, outlook on life, values and the effectiveness of precision poverty alleviation, and will also have an important driving significance for the cultivation of high-quality applied professionals in vocational colleges.

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