

A Brief Discussion on the Mutual Penetration and Integration of College Students' Mental Health Education and Career Planning

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Abstract: For college students, the rational planning of career will not only affect the future development of college students, but also an important test of their psychological quality. Good career planning effects not only rely on professional analysis and research, college students' mental state and mental health will also have an important impact on the development of career planning. This article will start with the importance of mental health in career planning, through the analysis of the integration of career planning and mental health education at the present stage, focus on the effective strategies to achieve the integration of career planning and mental health education.

1. Introduction

Mental health education is based on the law of the development of students' physiology and psychology, the use of psychological education methods, cultivate students' good psychological quality, promote the overall quality of students to improve the education. Career planning refers to the process of continuous and systematic planning of one's career and even one's life. Mental health is an important basis for the growth of college students, and career planning is conducive to guiding college students to correctly understand themselves and realize their optimal development. There is a high correlation between the mental health status of college students and their career planning. The interpenetration of the two can not only effectively promote the development of their professional ability, but also play an important role in guiding the smooth development of their career planning.

2. The importance of mental health in career planning

For college students, career planning is an important task that they need to complete in the stage of higher education. It is the main way for college students to achieve smooth employment, which is related to many aspects of the future development of college students. A healthy mental state is an important basis to help college students better cope with the practical problems and difficulties encountered in career planning. Maintaining a healthy mental state has a great role in promoting the

future development of college students and is conducive to maintaining a stable state of mind in the process of career planning.[1]

2.1. Help college students gain a clearer and objective self-cognition

A person is engaged in what kind of occupation and its psychological state, the actual ability has a very close relationship. If college students want to find a correct and effective direction for the smooth development of their career planning, they should first maintain an objective and clear cognition of themselves. Mental health education is to help college students with an objective state of mind clearly and accurately understand their own characteristics, interests and personal ability level. Only in a healthy and stable psychological state can college students understand their own advantages and disadvantages

And developing itself in the future need to improve and enhance the content of the comprehensive clear understanding, to be effective for their future development direction, thus combining individual needs, the existing objective conditions and their own ability has the objectivity and feasibility of career planning, the implementation of the content and specific planning just also is expected to achieve the desired effect.

2.2. Improve college students' sense of purpose

The process of career planning is actually to help college students find a suitable for their future development of the overall career goal process. Compared with the stage of school education, after entering the social environment, the problems that college students may encounter and the environment they need to adapt to will have very significant changes, which will inevitably make college students have great fluctuations in psychology and feelings. Some college students may have insufficient adaptive ability or some common emotional and psychological problems in the process of adapting to this social transformation. At this time, the appropriate intervention and guidance of mental health education can help college students effectively reduce the negative impact from the psychological and emotional level, so that college students can maintain a stable emotional and objective state of mind to carry out career planning smoothly, so as to determine a relatively appropriate and operable goal. And gradually through planning and practice to personal planning of career goals. With such a good state, the significance of career planning can be reflected, and the transition period of college students' personal growth and development can also achieve a smooth transition.[2]

2.3. Improve the psychological adaptability of college students

Most of the planning work of career planning is completed under the cooperation of college students' ideology and psychological state. If college students can not maintain a stable and good psychological state, the smooth development and effective promotion of the planning work will inevitably be affected in quality and fluency. After the college students' psychological adaptation ability strong, the possible changes in career planning and the difficulty of coping ability also can increase accordingly, its sense of purpose and certainty in the career planning will be stronger, for the college students eventually based on society, achieve better development has very important practical significance. It can be seen that the psychological state of college students has a very prominent influence on their career planning. The simultaneous matching development process of mental health education and career planning is to help college students improve their psychological adaptability.

3. The integration of career planning and mental health education at this stage

Career planning is closely related to the mental health status of college students, and it is necessary to actively promote the effective integration of the two in teaching activities. However, from the current situation, there are still some practical problems to be solved in the integration process of the two.

3.1 Teachers lack subjective awareness of the integration of the two teaching methods

Some teachers' subjective awareness of the integration of college students' mental health education and career planning is not strong, and they do not pay attention to the integration of the two in ideological consciousness, let alone the implementation of the specific links of the integration of the two, which leads to the unsatisfactory integration of the two. On the one hand, on the surface of the teaching content alone, there is no inevitable relationship between the teaching content of career planning and the teaching content system of mental health education. Moreover, from the perspective of teachers, the specific content of career planning has a greater impact on the future development of college students. As a result, some teachers did not pay much attention to the psychological health education of college students in the subjective, only focus on the specific career planning for college students, completely ignore students' mental health status of career planning education teaching process, the influence of it to a certain extent can compress the mental health education and career planning to achieve the fusion of space. On the other hand, career planning courses are not taught by teachers and mental health

Kang course teachers have timely and effective communication, but they have not reached a consensus, which also affects the effective integration of the two to a certain extent.

3.2 Teachers fail to grasp the effective methods of psychological counseling in career planning

This point mainly means that some teachers lack a correct understanding of the influence of mental state and mental health on the teaching work when they carry out career planning guidance and teaching activities for college students. Although some teachers are involved in the content of psychological state and psychological quality in the process of guiding college students' career planning, they have not penetrated the relationship between the two and the effective methods to maintain good psychological state in the relevant guiding teaching work for the purpose of solving problems. Even if that means college students subjectively aware of their own emotional and mental state have an impact on their career choice and career planning, but its not real master the methods of psychological state adjustment and maintain a healthy psychological state, it will inevitably bring their career planning work of promoting a certain degree of negative impact.

3.3 The integration of the two lacks the support of objective resources

Mental health education and career planning work have a certain complexity and variability, the promotion and application of integrated teaching mode also need schools and teachers from the actual situation to explore and plan the path and method of integration, and from the objective conditions and concrete implementation of the point of view to gradually carry out the planning and implementation. To be specific, the promotion of integrated education and teaching work not only needs the strength of teachers, but also the influence of objective environmental conditions on the smooth development of integrated education and teaching work is very prominent. For teachers, in order to realize the effective integration of the two in practical teaching activities, they need the support of practical educational and teaching environment conditions and corresponding teaching

guidance resources. However, due to the limitations of objective conditions and other objective environments and platforms, the concrete implementation of the integrated teaching lacks effective impetus. For college students, the objective resource support is also more conducive to college students in the actual teaching activities to obtain more effective subjective experience, which is also an important condition to achieve effective teaching effect.

4. Effective strategies for the integration of career planning and mental health education

In order to break through the objective restriction of the integration of career planning and mental health education at the present stage, teachers need to give full play to the power of various resources and conditions, and provide effective support for the effective integration of the two through reasonable planning and transformation.

4.1 Change the ideology and optimize the curriculum system

On the one hand, for teachers engaged in career planning and mental health education, they should first change from the ideological level, and realize the close connection between mental health status and college students' career planning. Through detailed and comprehensive analysis, it is necessary to fully understand the specific impact that the differences in the mental health status of college students may have on the development of their career planning. Starting from reality, the optimization and perfection of the curriculum system should be taken as the starting point to achieve the effective integration of the two objectively. In addition, the curriculum system of mental health education and the curriculum system of career planning and guidance should be properly integrated into each other's curriculum teaching content. On the other hand, from the perspective of college students' subjective learning experience, when college students encounter practical problems and difficulties in the course teaching of career planning, they can timely solve the practical problems and perplexities in their career choice and planning through communication with mental health education teachers and relevant counselors. Avoid too serious negative emotions when planning your future development path, which will affect the final promotion effect of career planning.

4.2 Attach importance to learning from and complementing each other, and provide a good guidance and service platform

Based on the correlation between career planning and mental health education in content and goal, teachers should also pay attention to mutual reference and supplement in specific teaching links. Only by avoiding the possible problems and risks in the mutual reference and supplement, and giving full play to the advantages of the corresponding educational links, can we finally achieve a good teaching integration effect. From the macro point of view, career planning for college students is an education and teaching work with high requirements for systematization and comprehensiveness. From the perspective of teachers, teachers from both sides of the profession should strengthen communication and exchange, learn from and guide each other as appropriate, and strive to maximize the role of career planning. In addition, in the specific implementation of the relevant work, it can also provide synchronized matching guidance for the emotional and psychological problems encountered by college students, and play the role of mental health education in career planning guidance. In addition to relying on the classroom teaching model to achieve this goal, teachers can also expand the scope of education and guidance to the life of college students, or help college students analyze and understand effective methods and scientific paths of career planning from multiple perspectives by organizing professional communication and

interviews. It is convenient for college students to make objective and accurate planning according to their actual needs and ability level.

4.3 Actively carry out psychological analysis to improve the pertinence of guidance

College students' career planning is a complex work. College students' psychological state, personality and other factors have a prominent impact on college students' professional ability and attitude toward life and work. Teachers should fully recognize the individual differences of college students. Taking college students' mental health education as an opportunity to find the entry point of mental health education for the smooth development of college students' career planning and guidance work, which not only objectively realize the integration of the two in the level of education, but also to college students' psychology.

The analysis of state and character characteristics is also more conducive to help teachers have a deeper understanding of different college students' personality characteristics, so as to provide more effective and targeted guidance for college students in further career planning.

5. Pay attention to learning and improve objective educational ability

For professional teachers engaged in mental health education and career planning education, they should use reasonable teaching methods in combination with the actual situation to achieve the corresponding educational goals. In order to meet the needs of college students' more diversified and personalized mental health education and career planning education, teachers should start from their own, actively improve their individual comprehensive education ability, and in specific teaching practice, teachers should improve their professional education level through independent learning. On the one hand, study theoretical knowledge, and constantly improve the level of personal theoretical knowledge. On the other hand, we should pay attention to the accumulation of practical teaching experience, actively find the problems existing in personal working ideas and methods in teaching practice, and constantly optimize and improve ourselves on the basis of effective communication with college students or other teachers, so as to achieve the improvement of personal professional ability.

6. Conclusion

Career planning for college students' group work for its own growth and development is very outstanding, the influence of teachers should be combined with the growth environment of college students with synchronous to develop good character traits for college students' career planning education and mental health education, through the effective combination of the two both for education to promote the teaching effect of synchronization and perfect, Ultimately, it will provide necessary support for the future development and growth of college students and help meet the demand for professional talents in modern society.

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