

Research on Strategies for Promoting the Psychological Health of College Students from the Perspective of Three-All Education

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Abstract:

Based on the perspective of Three-All education, this article explores in depth the strategies for promoting the psychological health of college students. This article analyzes the importance of educating students comprehensively, throughout the entire process, and in all aspects for the psychological health of college students. Specific strategies are proposed from various aspects such as ideological and political education, improvement of the psychological health education system, campus culture construction, collaboration in family education, and construction of social support networks, aiming to enhance the mental health level of college students and promote their comprehensive development.

1. Introduction

The psychological health issues of college students are increasingly receiving widespread attention from society. Under the concept of Three-All education, integrating various educational resources and forming a comprehensive psychological health promotion pattern is of great significance for maintaining and improving the psychological health of college students^[1]. By involving all staff, running through the entire process, and covering all aspects, we aim to create a favorable psychological growth environment for college students, helping them cope with various pressures

such as academic, life, and social situations, and shaping a sound personality.

2. The Importance of Three-All Education for the Psychological Health of College Students

The Psychological health problems of college students in the new era are showing a trend towards younger age groups, and universities need to form a joint force to educate students and play a role in shaping their sound personality. Advocate for the efforts of all parties, create a positive, united and mutually supportive atmosphere, and educate students psychologically, in order to better serve students and reduce their psychological distress^[2].

2.1 The role of All Staff education

All faculty and staff, including university teachers, administrative managers, and logistics service personnel, have varying degrees of contact with students. Teachers can convey positive values and psychological adjustment methods through words and deeds in classroom teaching; Administrative personnel can promptly identify students' psychological distress and provide guidance in the process of student affairs management; Logistics service personnel can also create a warm and comfortable campus living atmosphere for students with a good service attitude and mental outlook, making students feel cared for and respected, and promoting the psychological health of college students from different aspects.

2.2 The Significance of Whole Process Education

College students have different psychological needs and challenges at different stages, from adapting to new student enrollment, to growing and developing during their university studies and life, and to coping with pressure such as employment after graduation. The whole process of educating students can be tailored to the characteristics of each stage, such as providing adaptive education and psychological counseling during the first year of adaptation, emphasizing the cultivation of psychological resilience under academic pressure in the second and third years, and providing employment psychological counseling in the fourth year, continuously safeguarding the psychological health of college students and avoiding the accumulation of psychological problems caused by poor stage connection.

2.3 The value of all-round education

Comprehensive education covers multiple dimensions such as ideological and political education, cultural knowledge education, and social practice education. Ideological and political education shapes students' correct worldview, outlook on life, and values, laying the ideological foundation for psychological health; Cultural

knowledge education enhances students' cognitive abilities and literacy, and strengthens their knowledge reserves for psychological adjustment; Social practice education enables students to exercise their psychological qualities in real situations, improve their interpersonal communication and problem-solving abilities, and promote the stable development of college students' psychological health from multiple perspectives.

3. Strategies for promoting the psychological health of college students from the concept of Three-All education

3.1 Strengthening psychological health guidance in ideological and political education

3.1.1 Integrating psychological elements into ideological and political education courses

In the teaching of various professional courses, explore the psychological health education resources in the course content. For example, in science and engineering courses, emphasis is placed on the importance of scientific spirit and rigorous attitude in overcoming difficulties. In humanities courses, emphasis is placed on the role of humanistic feelings and emotional expression in interpersonal relationship processing. Psychological health education is organically integrated into the teaching objectives and content of the course, so that students can receive psychological health education unconsciously in the process of learning professional knowledge.

3.1.2 Ideological and political education activities promote psychological growth

Carry out a variety of ideological and political education activities, such as themed Party and Youth League Day activities, red culture research, etc. Cultivate students' teamwork spirit, sense of responsibility and mission in activities, enhance their courage and confidence in facing difficulties, and promote the harmonious development of students' emotional expression and interpersonal relationships through communication and interaction in activities, thereby promoting psychological health.

3.2 Improve the psychological health education system in universities

3.2.1 Establish a sound curriculum system for psychological health education

Construct a multi-level psychological health education curriculum, including mandatory courses, elective courses, and specialized lectures^[3]. Compulsory courses focus on popularizing basic knowledge and skills of psychological health, such as emotional management and stress management; Elective courses can be designed with different themes based on students' interests and needs, such as psychological counseling methods, personality shaping, etc; Special lectures are conducted for

specific groups or hot topics, such as freshman adaptation topics, psychological adjustment for postgraduate entrance examination and employment, etc., to meet the psychological health education needs of different students at different stages.

3.2.2 Strengthen the construction of the teaching staff for psychological health education

On the one hand, introducing psychological health education teachers with professional backgrounds and rich practical experience; On the other hand, regular training should be provided to existing teachers to enhance their professional skills in psychological counseling and crisis intervention. At the same time, establish a psychological support mechanism for teachers to ensure their own psychological health, in order to better engage in student psychological health education work.

3.2.3 Optimize psychological health education consulting services

Establish a comprehensive system for psychological counseling appointments, consultations, and follow-up visits. We provide personalized psychological services to students through various forms of counseling such as individual counseling and group counseling^[4]. In addition to traditional face-to-face consultation, online consultation platforms should also be expanded, such as online psychological consultation hotline, WeChat official account consultation, etc., to facilitate students to access psychological consultation services in a timely and convenient manner, especially for some students who are difficult to conduct offline consultation due to shyness or time and location restrictions. Universities should pay timely attention to the psychological dynamics of young college students, maintain two-way communication through the internet, and focus on providing crisis psychological support to younger students^[5].

3.3 Creating a positive campus cultural atmosphere

3.3.1 Carry out psychological health themed campus activities

Organize activities such as the Psychological Health Culture Festival, Psychological Drama Competition, and Psychological Health Knowledge Competition. Through the psychological drama competition, students can experience the psychological states of different roles in role-playing, improve their self-awareness and emotional resonance ability; The Psychological Health Knowledge Competition aims to popularize psychological health knowledge and increase students' awareness of psychological health; The Psychological Health Culture Festival can showcase various achievements and resources in psychological health education, creating a strong atmosphere for psychological health education.

3.3.2 Building a harmonious campus interpersonal relationship environment

Strengthen the cultural construction of classes and dormitories, and encourage

students to engage in mutual assistance activities. Through activities such as class team building and dormitory culture evaluation, we aim to enhance friendship and trust among students, and form a strong network of interpersonal support. When students encounter psychological distress, they can timely obtain emotional support and practical help from classmates and roommates, reducing the risk of psychological problems.

3.4 Collaborative family education promotes the psychological health of college students

3.4.1 Establish a communication mechanism between home and school

Universities should maintain close contact with families and regularly provide feedback to parents on students' learning, living, and psychological conditions at school. Family school communication can be achieved through parent teacher conferences, parent WeChat groups, home visits, and other forms. At the same time, collect parents' opinions and suggestions on students' psychological health education, and form a joint force between home and school education. For example, when students experience psychological crises, families and schools can quickly collaborate to take intervention measures to ensure their safety and health.

3.4.2 Carry out guidance on parental psychological health education

Organize parent school or online parent training courses to impart knowledge on college students' psychological health and family education concepts and methods to parents. Let parents understand the psychological development characteristics of college students, master effective communication skills and psychological support methods, avoid psychological pressure or problems caused by improper family education methods, such as excessive expectations and protection, and make the family a strong support for students' psychological health.

3.5 Integrating social resources to build a psychological health support network

3.5.1 Expand off campus psychological health practice bases

Establish cooperative relationships with professional psychological counseling institutions, community service centers, etc., and establish off campus psychological health practice bases. Organize students to visit the practice base for learning, internships, and practical training, so that students can understand the operation of the social psychological health service system, and also receive guidance and training from professional institutions, broaden their knowledge of psychological health, and enhance their psychological practice ability.

3.5.2 Introduce social and psychological health education resources

Relevant government departments and universities should strengthen monitoring and

information management, timely adopt different health education measures based on the characteristics of college students, and carry out extensive and in-depth health education and health promotion activities^[6]. Invite well-known psychological experts and scholars from society to give lectures, training, and counseling activities at universities. Utilize social welfare psychological health project resources to provide free psychological counseling services, psychological health assessments, etc. for college students. Utilize the power of social media to promote knowledge about the psychological health of college students and create a positive atmosphere for the whole society to care about their psychological health.

4. Conclusion

From the concept of Three-All education, promoting the psychological health of college students requires collaborative efforts from all staff, throughout the entire process, and in all aspects. By strengthening the guidance of psychological health in ideological and political education, improving the psychological health education system in universities, creating a good campus cultural atmosphere, coordinating family education, and integrating social resources, a comprehensive and effective system for promoting the psychological health of college students can be constructed, laying a solid foundation for their mental health and comprehensive development, and cultivating high-quality talents who come from a healthy background and adapt to the needs of social development.

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