

On the Construction of Psychological Laboratory and the Reform of Experimental Teaching from the Perspective of Contemporary Teacher Education

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Abstract: Experimental education is an indispensable part of applied psychology education. How to make full use of experimental resources for effective experimental guidance has been a research topic in the construction process of college applied psychology major. According to the practical work, combined with the construction of psychological laboratory and the experience of experimental teaching, this paper makes a preliminary investigation on how to conduct psychological experiment better.

1. Introduction

In the past 20 years, psychology has developed rapidly in China. In various universities and colleges across the country, teachers' universities, medical schools, art universities, judicial military schools, etc., psychology courses are provided or psychology majors are added. The construction of Scientific Research Institute, curriculum and experimental guidance are becoming more and more prominent. In the 21st century, it is necessary to cultivate experts with innovative spirit and experimental ability. The current focus of China's higher education reform is to strengthen the quality education of students and cultivate their innovative consciousness and ability. Under the physical condition, we should combine the idea of laboratory construction with the reform of practical teaching, put forward some ideas and suggestions, and improve the quality of guidance for other problems.

2. Construction of Psychology Teaching Laboratory

The Institute of psychology is a sign that psychology has become an independent law, which plays a very important role in the development of psychology[1]. The course of applied psychology is the characteristics and combination of medical college. It is a total of 4 majors, including the basic psychology research room, the Psychological Measurement Research Institute, the psychology laboratory and the psychological consultation room of the Institute of applied psychology. Research Office.

Table 1 Analysis of learning self needs of Chinese and foreign students

Project / Assessment	Weak%	Weaker%	Commonly%	Stronger%	Strong%
IELTS learning needs	0.9	6.28	43.89	40.50	8.43
Public English needs	0	5.23	59.84	20.08	18.74
Demand for foreign textbooks	0.5	12.55	64.53	12.38	10.09
Demand for bilingual teaching materials	0.3	13.97	59.67	14.54	11.43

2.1. Institute of Basic Psychology

The Basic Research Institute of psychology is mainly involved in the verification of psychological phenomena and principles such as psychology, experimental psychology and developmental psychology. The school invested about 300000 yuan to buy basic experiments. And

all kinds of things. It can be used for 3-5 people to carry out experimental group activities. Through the experimental operation, we can deepen the understanding of students, deepen the understanding of theoretical knowledge, and cultivate students' basic experimental ability and scientific research ability.

2.2. Institute of Psychology

It is a very important course for psychological measurement. Psychological measurement is the main method and approach of psychological research. It is an important reflection of the application of psychology in various fields of society[2]. Our school's psychological author unit: 264003, Measurement Laboratory of Binzhou Medical College, equipped with multimedia teaching materials and student computers. That bought a variety of psychological scales equipped with psychological statistical software. It is a necessary skill for students of applied psychology to systematically master the basic theory, usage, analysis and evaluation of psychological scale through experimental teaching and theoretical explanation. The Institute of psychometrics is an important place to train students' psychometric techniques.

Table 2 Comparison of education management level between the past and the present

Past education management level		
5.0	5.5	6
10.89%	74.58%	14.5%
Current education management level		
5.0	5.5	6
42.3%	45.8%	11.9%

2.3. Psychology Research Office

According to the advanced courses of Applied Psychology and the characteristics of the medical department, there are two psychology research institutes. The laboratory is the Institute of basic physiology. Its main tool is various types of biofeedback instruments, which are used to carry out basic experimental teaching tasks, such as physiological psychology, experimental psychology, cognitive psychology, etc[3]. The research room is also a comprehensive one. The main instruments are brain wave feedback device, physiological psychology tester and other multi-functional application equipment, as well as children's IQ tester. Through experimental teaching, enrich practical skills, lay a solid foundation for future practice.

2.4. Psychological Consultation Room

Psychological consultation room provides psychological consultation and treatment, and provides high-demand practice and place for internal and external environment. Our school's psychological consultation room covers an area of 100m², and its functional area includes the lecture hall, individual consultation room and collective consultation room, which are formed by sound insulation panels. Interior design, color and seat warmth and comfort. The setting of video recording, video recording equipment and single side glass is helpful to guide the demonstration. At the same time, considering the teaching conditions of school psychology, one side of the personal consultation room can be set with single glass, and the observation and consultation can be conducted after the consent of the visitors.

3. The Reform of Experimental Education in Psychology

As an experimental science, many theories in psychology come from experiments. Many psychological phenomena have been revealed and proved by experiments. Experiment is an important method to combine theory with practice. At the same time, experimental teaching is the main means to improve students' experimental skills and cultivate students' scientific research and innovation spirit.

3.1. Awareness Raising

Paying attention to the importance of experimental guidance is an indispensable part of psychology teaching process. Compared with theoretical education, it has the characteristics of intuition and heuristic. However, psychology education in most universities is a weak link now[4]. Therefore, if we want to change the traditional teaching mode of emphasizing theory and emphasizing experiment, we should realize the importance of experiment guidance in the process of experiment. It is not important to regard experiment guidance as the auxiliary of theory. In order to promote the development of experimental teaching, we should pay attention to ideology, strengthen teachers, increase investment in experimental teaching, and actively promote the reform of experimental teaching.

3.2. Combination of Professional Skills

Constructing scientific education content and experimental content, the core of experimental education, is also a professional training project and a scientific and reasonable experimental plan, which is the effectiveness of experimental education and an important link to ensure[5]. In the actual education process, we take the teaching mode of the confirmation experiment as the goal, carry out innovation experiment, empirical experiment and a few application experiments, and give priority to the cultivation of students' innovation spirit and comprehensive quality in the setting of experiment content. Students are rewarded to design their own experiments and conduct research in conjunction with learning practices. For example, in the verification of memory experiment, the project of "Research on students' human factors and potential memory" is designed.

3.3. Experiment and Practice

To train the students' ability to use psychology. Each laboratory is the place of laboratory and experiment practice. Elderly students can learn through individual consultation and observation of other processes, and can also participate in some practical mental health consultation and other tasks for college students. According to the working principle, operation sequence, maintenance and mastery conditions of the existing psychological experimental apparatus of the students, they are required to engage in the skills according to the psychological experimental research of the students, and require the scientific attitude and exploration spirit of the students from the truth. Then, according to the reward of students' own experimental training[6]. At the same time, the rewards of the students' Innovation Fund Project in the university are applied. Therefore, the laboratory relies on the comprehensive knowledge of theory for innovative experimental research, testing and practice, which greatly promotes the enthusiasm of professional students.

4. Strengthening the Composition and Teaching System of Experimental Teaching Materials

4.1. Experimental Teaching

The content of theory course is abstract. Students usually lack perceptual knowledge, so it is difficult to learn basic psychological nursing technology. In the experimental course of nurse psychology, the ability of nurse students to deepen their impression, improve their understanding and practice can be improved. Therefore, it is very important for nurses to increase the rate of experimental guidance in order to improve students' nursing ability[7]. The students of our school have been provided with the experimental site of nurse psychology for 20 hours, and the proportion theory of 1:5 has reached the time. At the same time, experimental psychology courses are also offered to schools in Hong Kong and Taiwan as summer programs for exchange students. That's free art and science professionals, including the big response. That is, the exchange and cooperation between universities inside and outside the university not only promote the educational reform of psychological experiment course, but also promote the progress of scientific research.

4.2. Content Reform of Experimental Teaching Materials

China's psychological experiment teaching is still in its infancy in terms of content and teaching

methods, and the experimental teaching system is not perfect. This kind of education does not help to cultivate students' creative thinking and practical ability. In this context, we should make full use of the existing conditions and advantages of the laboratory to adjust, merge, update and optimize the experimental teaching content, and strive to cultivate students' practical and innovative abilities. The formation of the professional psychological quality part and the physical and mental medicine part of nurses - three modules of psychological and psychological evaluation - the psychological quality of nurses with professional characteristics experimental teaching material content system can be tested[8]. Through the lever, the pain plasma display, brightness, attention distribution experiment, thinking activity experiment, memory span, response time experiment, tap speed, experiment The experiment of finger flexibility adjusting arm. Students can deeply study and synthesize the theoretical knowledge of psychology, not only understand the basic psychological process, but also exercise their professional psychological quality. In the field of physical and mental medicine, some of the experiments of muscle electrical biofeedback, skin temperature, biofeedback relaxation training, and real action aversion stimulation are carried out. Students are facing various pressures, relaxing themselves and mastering the knowledge and principles that biofeedback can learn. And training patients to learn the future of clinical nursing feedback and various forms of remission[9]. The part of psychological evaluation is the interview of human nature test, mental health evaluation, clinical psychology, etc. in this part of content learning, according to students' own personality, and one hand can learn various abilities, other understanding psychology. The purpose and measurement method of evaluation scale is to improve the ability of clinical psychological evaluation and learn to evaluate various psychological problems of patients scientifically.

4.3. Experimental Teaching Method Reform

The theoretical content of psychology is fixed as an innovative and practical case including experimental items. Through the explanation of cases, we can learn to comprehensively apply various knowledge and skills, and creatively solve various problems in clinical nursing. Hourglass game, music relaxation training, from psychological evaluation to learn psychotherapy and evaluation method to change the traditional teaching mode, please use multimedia and video for experimental teaching.

4.4. Modified Test Method

As a part of psychological curriculum evaluation, the experimental evaluation was carried out, including experimental report, group discussion, situation simulation and role play. The experimental results account for 30% of the total.

5. Conclusion

The purpose of laboratory construction and experimental teaching reform is to improve students' enthusiasm, initiative and creativity, and lay a solid foundation for cultivating innovative psychology. Therefore, the future task is to standardize the construction of Psychology Research Institute, improve the level and promote the development of experimental guidance. A key.

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