

A practical Study on Cultivating College Students' Positive Psychological Quality through Group Counseling Class Meeting

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Abstract. In college students' positive mental health education, group counseling is one of the important links, and group counseling class meeting is the combination of mental health specialty and class management, which not only has the theme for different grades' psychological needs, but also has the richness of class members' interesting activities. On the basis of close to the needs of students' own growth, it is an important innovative exploration for the cultivation of positive psychological quality of college students to enhance the significance of activity inspiration and education and guide students to understand the development direction of psychological quality at different ages with group counseling class meeting, which also needs to be continuously extended.

1. Introduction

Under the influence of humanism, the call of the objective social environment and the one sidedness of traditional problem psychology research, positive psychology emerge as the times require. The object of mental health education in Colleges and Universities Based on positive psychology is to point to all students, strive to tap the positive psychological potential of each student, and advocate a new value orientation of people-oriented. In the positive mental health education of college students, the group counseling class meeting activities take the front-line counselor as the project implementer, the group counseling class meeting as the promotion carrier, popularize the cultivation of College Students' positive mental quality for all students, lead the ideological trend of College Students' group's correct character and positive progress, and create a healthy and positive class culture and campus atmosphere [1].

The group counseling class meeting aims at the characteristics of contemporary college students' interpersonal relationships and strengthens interpersonal interaction. Contemporary college students are the generation who directly enjoy the national economic leap and network prosperity. The material wealth and the convenience of the network also bring many contradictions, such as the group of college students is independent but self, independent and isolated, wide vision but lack of faith. The traditional passive theme class meeting and ideological indoctrination have been difficult to attract people and touch the soul. The group counseling class meeting focuses on strengthening the close interaction and common sharing of class members. Under the favorable guidance and emotional contrast of the host, it inspires the participants to reflect in the warm interaction.

Based on the management system of college students, group counseling class meeting improves the cohesion of class organization. There is no substitute for the great role of class organization in the ideological education position of colleges and universities. By combining group counseling activities with class meetings, by creating certain situations, and by using a very enlightening group activity mode, each participant is promoted to obtain various opportunities for growth and development. The personal energy is naturally condensed with the class as the core; at the same time, it is assisted by group recruitment to independently form a community the new "class" with the same development goal, under the leadership of the host, will experience the common exploration process from complete strangeness to spiritual integration, and form a good organizational cohesion.

The group counseling class meeting forms a long-term working mechanism in combination with

the professional development needs of counselors. In the relevant documents issued by the Ministry of education of China on the professional ability standards of college counselors, it is clearly required that all colleges and universities adjust and improve the training program of counselors, the setting of work functions and the sense of belonging to work in a timely manner, among which improving the knowledge and skills related to the ideological and political education psychology of counselors is one of the core contents [2]. In our school, the front-line counselors popularize the group counseling class meeting to build a psychological health education work platform for counselors, provide an activity carrier that can not only solve students' development problems but also meet their own professional development, and form an operational, sustainable and developable long-term working mechanism.

2. Activity Form of Group Counseling Class Meeting with Positive Psychological Orientation

The rise of positive psychology in the United States in the 1990s has changed the concept of psychological health education for college students, from problem-based to potential development. Positive psychology studies people's positive emotional experience, positive cognitive process, positive personality characteristics, creativity and talent cultivation. Positive psychology holds a positive and positive view of human nature, looks at human's internal potential and external motivation from an open and appreciative perspective, and emphasizes the analysis of mental health from a positive and positive perspective, so as to reduce and reduce the negative impact on mental health by cultivating and mining the positive aspects of human beings.

H. Pratt pioneered group therapy in 1905. Later, with the help of Kurt. Lewin, a German psychologist, group counseling became familiar. In the UK, Germany and other countries, school group counseling has been carried out very well. Group counseling emerged in China in the 1990s. Relevant research shows that group counseling has good effects on depression prone individuals, Internet addicts, people with poor interpersonal relationships, college students' innovation ability, general self-efficacy and so on. All of these have laid a practical foundation for the introduction of positive psychology into college students' mental health education. In recent years, some researchers have applied the theory of positive psychology to group counseling and achieved some results, such as group counseling based on the theory of positive psychology for poor students. Positive orientation group counseling has a positive role in improving the quality of individual mental health, improving individual psychological barriers, and resolving individual psychological crisis. All of these provide theoretical basis and practical support for the introduction of positive orientation group counseling into college students' mental health education [3].

In the early stage of the project, questionnaire surveys and on-the-spot interviews were carried out for front-line counselors and different classes. Based on the theory of positive psychology, the reference manual of group counseling activities suitable for different grades was compiled by mental health education center. To provide theoretical training and on-site observation and guidance to counselors and class teachers, and help them master group discussion, sharing, exploration and other interactive counseling techniques. At the same time, we will carry out lecture training, improve the group auxiliary skills of psychological informants and peer consultants, and cultivate a team of students who are brave and good at acting as event hosts.

Counselors of all grades plan the popularization schedule as a whole, mainly using Class meeting on Sunday night, thematic class meeting and other routine time for popularization. The full-time teachers of the center recruit sand table groups and interpersonal groups. Counselors focus on completing all freshmen's group counseling class meeting activities, while taking into account other grades. The school starts in September every year in accordance with the new school year, and the popularization is carried out in turn, except for Freshmen's class themes, other classes are unchanged Adjust the new theme according to the changes after upgrading. During the activity, the full-time staff of the psychological center visited and observed, and fed back the problems in time. At the end of each month, the center conducts Group Counseling Case Discussion and supervision for the event host, exchanges the psychological feedback of students' activities, and makes targeted adjustment and improvement for the theme program of the group auxiliary.

3. Objectives of Activity Cultivation

Group counseling class meeting improves the effectiveness of mental health education for college students and promotes the cultivation of positive mental quality of college students. Positive psychologists find out 200 kinds of virtues that human beings possess from the works of human civilization, and on this basis, they put forward six kinds of virtues that are supported by the general works and viewpoints, including cognition, interpersonal, emotion, justice, moderation and transcendence. Under the guidance of leaders, the group counseling class meeting focuses on the positive relationship, positive self positive action input and positive significance of college students through the themes of interpersonal communication, academic and career planning, social adaptation, love psychology, etc [4].

3.1. For freshmen

The goal of the activity for freshmen is to establish a positive relationship; freshmen's enrollment adaptation is a long and important process. In this stage, there are not only high school expectations for college life, but also confusion about the new environment. In group counseling class meeting, it is mainly to establish positive relationships among class members and improve class cohesion, mainly to cultivate self-esteem Positive psychological qualities such as acceptance, sociability, friendliness and sincerity.

3.2. For sophomores

The goal of activities for sophomores is to create a positive self; we focus on building a positive self. Sophomore students are eager to try, not only want to participate in more activities such as associations and volunteers, but also look forward to a romantic relationship. However, too many blind attempts will bring academic difficulties and interpersonal problems. At this stage, we are involved in self-awareness and potential exploration, academic pressure In terms of management and guidance, interpersonal relationship and love relationship guidance, it mainly cultivates positive psychological qualities such as introspection, social intelligence, thinking ability, observation ability and empathy, so as to shape a positive self in an all-round and conscious way.

3.3. For junior students

The goal of the activity for junior high school students is to strengthen positive action, the focus is on strengthening positive actions. The biggest trouble experienced by junior high school students is usually the contradiction between postgraduate entrance examination and job selection, and the doubt or even inferiority of "don't know what can be done". In this stage, the group counseling class needs to mobilize everyone's emotional capacity, actively carry out career planning exploration, and turn the melancholy wandering thoughts into effective ones Management and specific actions for in-depth analysis of future career information, making and implementing specific action plans in the participation of group counseling class activities such as career planning guidance and emotional management of college students, strengthening positive psychological qualities such as prudent self-control, self-motivation, passion and perseverance, and reaping the final action direction.

3.4. For senior students

The goal of the activity for senior students is to explore the positive significance; the paper focuses on exploring the positive significance. The senior four students who are about to leave the campus and step into the society have all kinds of complex emotional paths at the watershed of their lives, more of which are the conclusions and feelings after the four-year review of the University. Therefore, the group counseling class meeting with the theme of "review of University significance and stimulate life vitality" will be held for the graduates The key lies in warm review combined with self-confident outlook, cultivating positive psychological qualities such as gratitude, responsibility and enterprising, changing the role of social people, and rekindling the vitality of life.

Under the traditional class system in the university campus, the class goal is fuzzy, lacking cohesion, the class system is solidified, and lacking innovation, the collective consciousness of students is indifferent, lacking initiative. In order to reverse these unfavorable situations, the psychological health education of college students should be carried out with positive group counseling activities as the carrier. The time should run through the University for four years, and space should cover all classes of students [5]. The establishment of a positive model of mental

health education for college students based on class construction and management needs to expand the benefits of mental health education for college students, and also needs to put students in the main position of mental health education. Through the construction of class collective and timely intervention, it can help college students experience positive emotions, stimulate the positive quality of college students, and effectively improve mental health education The effect of education.

4. Advantages and Disadvantages

Positive psychological group counseling use the concept and technology of positive psychology in the context of practical experience of group counseling, through practice and experience in the group, in the process of interpersonal interaction, members of the group mirror each other, under the guidance of teachers, set up an open, inclusive, warm, safe and respectful positive group atmosphere, cultivate positive self-awareness and experience more positive To develop and develop the inner positive virtue and personality quality, enhance and perceive more positive qualities such as love, happiness, happiness, positive human nature, optimism, justice, wisdom, courage, moderation, creativity, life significance, spirituality and transcendence [6].

In the process of group counseling class meeting, all the front-line counselors participate in it, mental health education work skills improve rapidly in training and practice, work enthusiasm and career development planning initiative increase, a professional and expert counselor team is booming. The development of the activity also promotes college students to gather energy for mutual assistance and transmission, and promotes college students to be brave enough to take on the role of citizens and social obligations and transfer positive energy [7]. The full-time teachers of mental health education have continuously strengthened their training, learning and theoretical research, achieved phased results, strengthened their research ability and gained rich results.

In the future, we need to strengthen experience exchange with other universities, broaden our horizons, improve the project, brew more professional and expert team platforms with fixed project system, establish feedback mechanism of group counseling class meeting, make the activity form fresh and interesting, keep up with the pace of the times and the needs of students; encourage front-line counselors to carry out more research on the positive effectiveness of group counseling, This extends to the exploration of more innovative models conducive to the cultivation of College Students' positive psychological quality.

5. Conclusion

Group counseling class meeting from the perspective of positive psychology will play an important role in the process of Cultivating College Students' positive psychological quality. Whether it is group counseling organized by professional psychological counseling teachers, or peer counseling conducted by psychological committee members, Psychological Association students, etc., it has a good practical effect and strong practical significance in developing the potential of college students, improving interpersonal skills, enhancing the positive emotional experience and cultivating positive psychological quality.

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