

# Study on Standardization Construction of Secondary Psychological Counseling Station in Baoshan University

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**Abstract:** In recent years, in the process of implementing the requirements of the Ministry of Education on mental health work, colleges and universities have gradually promoted the scientific, standardized and professional development of the work, and colleges and universities have carried out a lot of practical work in combination with their own actual conditions. Psychological counseling station plays an important role in the whole school mental health education work. The construction of the second-level psychological counseling station in Baoshan University is of great significance for improving students' mental health level, perfecting the college mental health education system, and preventing and intervening psychological crisis. By strengthening the basic construction and improving the service mode, the smooth operation and effective play of the second-level psychological counseling station can be guaranteed.

**Keywords:** Secondary Psychological Counseling Station; Standardization Construction; Mental Health Education, Practice and Exploration; Secondary School

## 1. Current situation of students' mental health in Baoshan University

### 1.1 Academic Pressure

Academic pressure is one of the major mental health problems faced by students. The freshmen are mainly faced with academic career problems; With the increase of course difficulty and academic requirements, sophomores and juniors have different susceptibilities to study pressure [1]. Some students have emotional problems such as anxiety and depression due to academic troubles. The senior students have outstanding psychological adverse reactions in job hunting and employment. Academic psychological problems not only directly affect students'

academic performance, but also affect their physical and mental health.

### 1.2 Emotional Distress

Emotional distress is another important aspect of students' mental health problems in Baoshan University. Because of family, emotion, life, study, interpersonal relationship and many other aspects of the problem students, often show great emotional fluctuations, difficult to control their emotions. The number of students suffering from emotional distress is large, some students do not suffer for a long time, mainly because of stressful life events; While some students are affected by the growing environment and family of origin, trapped for a long time, and are diagnosed with moderate to severe depression, anxiety or obsessive-compulsive disorder. These emotional problems affect their quality of life, serious behavioral deviations and social difficulties.

### 1.3 Interpersonal Aspects

Interpersonal relationship is also an important aspect of students' mental health problems in Baoshan University. University students are in the sensitive period of interpersonal communication, and the relationship between classmates, teachers, parents and so on is complicated and changeable. Dormitory problem is the most common and typical interpersonal relationship problems, dormitory problems are basically regardless of gender, regardless of professional and regardless of grade, so it is also the most headache and thorny problem of the second-level college, especially the class teacher. Some students can not handle interpersonal relationships well, resulting in loneliness, autism, hostility and other bad emotions, and then have a negative impact on their study and life.

### 1.4 Self-cognition

Self-perception problems also have an important impact on students' mental health. Due to the

lack or deviation of self-cognition, some students' self-evaluation is too low or too high, which affects their self-confidence, learning motivation and all-round development. In addition, some students lack a clear understanding of their interests, hobbies, career planning and other aspects, and are prone to confusion and anxiety.

### **1.5 The Severity of the Problem**

According to a recent survey, among students with mental health problems in Baoshan University, mild problems account for the highest proportion, reaching 65%; Moderate problems accounted for 15%; Serious problems accounted for 3%. Although mild problems account for a relatively high proportion, moderate and serious problems pose a potential threat to students' personal growth and campus security and stability.

## **2. Baoshan University Mental Health Work Difficulties**

### **2.1 The Resources are Scattered and the Coverage is Not Comprehensive**

Since there is no special secondary psychological counseling station, the psychological center of the Student Affairs Office needs to undertake the mental health work of the whole school, resulting in scattered resources and difficult to fully cover all students. In addition, the number of full-time teachers is limited, and it is difficult to meet the individual needs of a large number of students [2].

### **2.2 Lack of Systematic Planning**

The lack of close cooperation between the Psychological Center of the Student Affairs Office and the secondary colleges leads to the lack of systematic planning of mental health work, and it is difficult to form a university-wide mental health service system. At the same time, due to the lack of daily contact with the secondary colleges, it is difficult for the Psychological Center to timely understand and address the specific mental health problems encountered by students in each college.

### **2.3 Limited Productivity**

The Psychological center of the Student Affairs Office needs to deal with a large number of consultation and intervention requests every semester, resulting in decreased work efficiency

and affected service quality. The existing full-time teachers are facing great work pressure, and it is difficult to provide continuous, stable and high quality psychological services for students [3].

### **2.4 Difficulties in Team Building and Training**

In the case of limited resources, the psychology center of the Student Affairs Office is difficult to attract and retain professional psychology teachers, and team building and talent training are facing challenges. Limited resources may also limit opportunities for professional training and further education for team members, thereby affecting their professional competence and service level.

### **2.5 Limited Development of Characteristic Projects and Resource Libraries**

The Psychological Center of the Student Affairs Office may face difficulties in developing characteristic projects and establishing resource database, and it is difficult to form a mental health service system with the characteristics of the school. Limited resources make it difficult to carry out characteristic projects continuously, and the resource library is updated slowly, which can not meet the growing mental health needs of students.

### **2.6 Insufficient Response Ability to Deal with Emergencies**

In the face of emergencies (such as students' psychological crisis), the lack of adequate and comprehensive assistance from secondary colleges leads to the insufficient response ability of the psychological center of the Student Affairs Office, which is difficult to provide timely and effective psychological assistance to students.

## **3. The Value and Significance of the Construction of Secondary Psychological Counseling Station in Baoshan University**

### **3.1 Guarantee Students' Sustained Mental Health and Stability**

The construction of the secondary psychological counseling station can provide students with timely and effective psychological counseling and counseling services, help students solve the psychological confusion and problems encountered in study and life, so as to maintain

the stability of students' mental health. This is of great significance for safeguarding students' physical and mental health and promoting their all-round development.

### **3.2 Relieve Pressure on School-Level Institutions**

With the increase of the number of students and the increase of mental health problems, the work pressure of the psychological center of the Student Affairs Office is gradually increasing. The construction of the secondary psychological counseling station can classify the students' psychological work, which can share the work pressure of the psychological center and improve the efficiency and quality of mental health education. At the same time, the secondary psychological counseling station can penetrate into the student group of secondary colleges, better understand and grasp the mental health status of students, and provide more targeted coping methods and follow-up suggestions for the macro development of school psychological work.

### **3.3 Meet Students' Needs**

With the progress of society and the intensification of competition, the psychological pressure faced by students is gradually increasing, and the demand for mental health education is also increasing day by day. The construction of secondary psychological counseling stations can increase the audience, provide more timely, convenient and professional psychological counseling and counseling services for the needs of students in each secondary college, and meet the different needs of students in different majors and grades. At the same time, by establishing a stable relationship with students, the secondary psychological counseling station can better pay attention to students' mental health dynamics and provide timely help and support.

### **3.4 Timely Detection and Intervention**

The secondary psychological counseling station can find the psychological problems in the students in time and carry out effective intervention. Through regular mental health screening and assessment, secondary psychological counseling stations can grasp the mental health status of students, for students with psychological problems, timely psychological counseling and counseling, to

prevent the deterioration of problems and avoid the occurrence of extreme behaviors.

### **3.5 Improve your Mental Health**

The construction of secondary psychological counseling station can help students improve their psychological quality. Through mental health education and counseling, students can better understand their own mental state and emotional changes, master effective psychological adjustment methods, and improve the ability to cope with pressure and frustration. This is of great significance to students' all-round development and social adaptability.

### **3.6 Initiative and Prevention**

Compared with traditional mental health education, secondary psychological counseling centers pay more attention to initiative and prevention. Through the active development of mental health education and publicity activities, improve students' mental health awareness and self-care ability; Through regular mental health examination and assessment, timely detection of students' mental problems and intervention; By establishing psychological crisis intervention mechanism, we can effectively deal with emergencies and guarantee students' mental health and safety.

### **3.7 Strengthen Education**

The construction of secondary psychological counseling stations can enhance the strength of mental health education in schools. Through training and introducing professional psychological teachers and counselors, improve the professional level of mental health education; Through the cooperation and exchange with other educational departments and institutions, broaden the vision and thinking of mental health education; Through the research and practice of mental health education, more scientific and effective methods and ways of mental health education are explored [4].

### **3.8 Optimize the Education Network**

The construction of secondary psychological counseling stations can optimize the mental health education network of schools. Through the establishment of a sound mental health education system and system, clear the responsibilities and tasks of institutions at all levels; Through strengthening the coordination and cooperation with other education

departments and institutions, forming a joint force to promote mental health education; Through strengthening the publicity and education of students' parents and society, to create a good atmosphere conducive to the healthy growth of students' mental health.

#### **4. Baoshan University Secondary Psychological Counseling Station Construction Conception**

##### **4.1 Guiding Ideology**

The construction of the secondary psychological counseling station of Baoshan University aims to implement the important directive spirit of mental health education in colleges and universities, deeply implement the scientific development concept, follow the law of psychological development of college students, and establish the educational concept of "facing the whole, serving the healthy growth and all-round development of all students"; Taking students as the center and paying attention to students' mental health needs, we should actively build a whole-person, whole-process and all-round mental health education system to provide a strong guarantee for cultivating high-quality talents with physical and mental health and all-round development. Adhere to the combination of school education and self-education, highlight and strengthen the status and function of colleges and students in mental health education, improve the working system and operating mechanism of college students' mental health education, adhere to the combination of cultivating heart and cultivating morality, and strengthen humanistic care and psychological counseling. Further construct the "five-in-one" mental health education work pattern of education and teaching, practical activities, consulting services, prevention and intervention, and platform protection, highlight and strengthen the status and function of secondary colleges and student bodies in mental health education, improve the working system and operating mechanism of college students' mental health education, and further improve the five-level network of school mental health education. Strengthen the pertinence and effectiveness of mental health education.

##### **4.2 Personnel Composition**

The secondary psychological counseling station is a student mental health education and

counseling organization set up by each secondary college under the guidance of the school psychological center. Each secondary college sets up a leading group of college student mental health education headed by the school leader to guide the secondary psychological counseling station to carry out its work. Each secondary college can set up a student mental health association according to the actual situation. Cultivate and create an active student peer education team, volunteer to carry out peer psychological counseling [5]. Its members mainly include the following personnel.

##### **4.2.1 Webmaster and deputy webmaster**

The webmaster is the deputy secretary of the secondary college, the deputy webmaster is the mental health counselor (or instructor master studio), the webmaster is responsible for coordinating, the deputy webmaster is responsible for coordinating. Each secondary college can set up a student mental health education organization according to the actual situation, cultivate and create an active team of student peer counselors, and volunteer to carry out peer counseling for classmates.

##### **4.2.2 Counselors and class teachers**

As an important force in student management, they are responsible for assisting the station master in carrying out mental health education and counseling.

##### **4.2.3 Peer counselors and psychological committee members**

Receive job training, responsible for providing professional psychological listening and psychological companionship services for students; Organize classes, dormitories or other college groups to carry out special mental health education activities.

##### **4.2.4 Student volunteers**

Recruit students who are public-spirited, interested in psychology and willing to serve others professionally as volunteers to assist in carrying out mental health publicity and education activities.

##### **4.3 Job Responsibilities**

The secondary psychological counseling station is an important hub in the five-level network system of school mental health education, and its main functions include three aspects: effectively implementing the work plan of school mental health education, timely solving students' developmental psychological problems, and cultivating students' positive and healthy

psychological quality; According to the characteristics and reality of the college, organize and carry out students' mental health education; To prevent, discover, identify and refer students' psychological disorders, and to prevent and intervene in psychological crisis. Its specific responsibilities are as follows:

- 1) To formulate the work plan of mental health education of the College;
- 2) Establish and improve the rules and regulations of secondary psychological counseling stations;
- 3) Strengthen the popularization and education of mental health knowledge for college students, cultivate students' good psychological quality and positive psychological quality, and strive to create a good humanistic care atmosphere of "helping - self-help - mutual aid";
- 4) To deeply understand the mental health status of students, assist the psychological center to carry out a general survey of the mental health status of students, conduct further observation and follow-up interviews for students with possible psychological problems reported by the mental health education and counseling center, and make good interview records;
- 5) Do a good job of daily counseling of students' general psychological problems, and make timely records of counseling, and promptly refer students with serious psychological problems to the psychological center;
- 6) Keep students' psychological files, interviews and counseling records confidential to protect students' privacy;
- 7) Establish dynamic psychological files focusing on the population, conduct investigation, early warning and real-time monitoring of psychological crisis situations, and implement effective intervention and tracking services under the guidance of the school psychological center;
- 8) Guide students to carry out mental health education activities, focusing on peer counseling, quality development, individual counseling and network counseling and other kinds of growth mental health education activities;
- 9) To actively carry out investigations and research on mental health education;
- 10) Cooperate with the school psychological center to carry out school-wide mental health education activities, complete the work tasks arranged by the school mental health education and counseling center, and timely feedback the mental health education and counseling center;

- 11) Organize the staff of the psychological counseling center of the college, including counselors, class teachers, class psychology committee members, dormitory psychology committee members, and peer psychological counselors, to conduct training on mental health education theories and skills, and actively participate in mental health education training organized by the psychological center of the school;

#### 4.4 Manage Assessment

The secondary psychological counseling station carries out dual management, administratively manages and evaluates according to the requirements of students' children, and accepts the guidance, management and assessment of psychological center in business. The head of the secondary psychological counseling station implements the appointment system, pays attention to the evaluation of the daily work and characteristic projects of the secondary psychological counseling station, and the psychological center will regularly select the excellent secondary psychological counseling station to promote the healthy development of the secondary psychological counseling station in the school. In the process of management of secondary psychological counseling centers, all colleges should strengthen system construction, make clear regulations on related work responsibilities, establish incentive mechanisms and evaluation systems, take the daily work development as the evaluation basis, and adhere to the evaluation and evaluation modes such as self-evaluation and other evaluation, effect evaluation and process evaluation, quantitative evaluation and qualitative evaluation. The members of the psychological counseling center with outstanding performance will be commended and rewarded [6].

#### 4.5 Job Requirements

- 1) Fully understand the importance and urgency of strengthening college students' mental health education, earnestly implement the construction of mental health counseling stations, and strive to build a more perfect mental health education system.
- 2) Pay attention to system construction, further clarify the work tasks and disciplines of mental health counseling stations, class psychology commissars, and dormitory dormitory captains, clarify responsibilities, coordinate and promote,

and gradually increase the construction of mental health counseling stations.

3) Grasp the position construction, the counseling station should be equipped with at least 1 psychological counseling room according to its own development scale and actual needs, and the area and layout of the site should be able to meet the needs of students' counseling and activities.

4) Mobilize student work cadres, professional teachers, students and other forces to participate in the construction, and deeply build a "five-in-one" mental health education work pattern.

#### **4.6 Support and Support**

##### **4.6.1 Site construction**

Each secondary psychological counseling station is set up independent counseling locations, which are uniformly listed by the school. The secondary psychological counseling station should be equipped with at least one psychological counseling room according to its own development scale and actual needs, and the area and layout style of the site should be appropriate for the mental health education activities.

##### **4.6.2 Allocation of funds**

According to certain standards, the school grants the right to use the funds of the secondary psychological counseling station from the mental health education funds of college students to support the secondary college to carry out the daily business of mental health education, and the funds are allocated from the mental health education funds of college students. The school evaluates the psychological counseling centers of each college by semester, and awards funds according to the results of the annual assessment.

##### **4.6.3 Create features**

The secondary psychological counseling station combined with the reality of the secondary colleges, the characteristics and needs of students, to explore innovative and feasible ways and methods of mental health education, and form a landmark characteristic activity. In accordance with the principle of mature one development one, the construction project of characteristic secondary psychological counseling station is declared every year, and the school psychology center organizes expert review, and reviews the project through field visits, review materials, comprehensive review and other links. The projects that pass the

evaluation shall be given certain funds and policy support by the school to carry out project construction.

#### **5. Baoshan University Secondary Psychological Counseling Station Construction Effect and Vision**

With the establishment and improvement of the secondary psychological counseling station of Baoshan University, we expect it to play a more important role in the field of students' mental health education, provide students with more professional and accurate psychological services, create a professional, efficient and diversified mental health education service platform, and escort the healthy growth and comprehensive development of students:

##### **5.1 The General Awareness of Mental Health will be Improved**

This includes increased awareness of the importance of mental health among students, teachers and the school as a whole. Through mental health education activities, students have a better understanding of the connotation of mental health, common psychological problems and coping strategies, and can actively seek psychological help; Teachers can also pay attention to the psychological state of students in their daily work and integrate mental health education into the teaching process.

##### **5.2 The Crisis Prevention System will be Effectively Implemented**

Including the establishment of effective psychological crisis prevention mechanism, timely detection and intervention of potential psychological crisis. To be specific, it is to conduct regular psychological screening for students to find psychological problems in time; Establish a psychological crisis intervention process to ensure rapid and effective intervention when a crisis occurs; Carry out mental health education activities to improve students' understanding of psychological crisis and their ability to cope with it.

##### **5.3 The Mode of Carrying out Mental Health Activities will be Greatly Enriched**

When each secondary college is actively involved in mental health education, the pertinence, practicality and interest of mental health activities can effectively meet the actual needs of students; The diversity and innovation

of activity forms can attract students' attention more; The effect and response of the activity, including student engagement, satisfaction and feedback on the activity will be visible.

#### **5.4 Personalized Service Features will be More Prominent**

Personalized service is one of the important features of the secondary psychological counseling station, and it is also an important index to evaluate its effectiveness. Personalized services mainly include individual student attention, assessment and tutoring. For example, in the evaluation, the establishment of students' mental health files, record students' psychological characteristics and needs; Provide personalized psychological counseling services to provide professional advice and support for different students' problems; Carry out individualized mental health education activities to help students solve specific psychological problems.

#### **5.5 The Overall Effect Has Made Remarkable Progress**

It includes the general improvement of students' mental health status, the overall improvement of the school's mental health education atmosphere, and the significant improvement of the school's attention to mental health education. Specifically, students' mental health assessment results showed positive changes; Students' satisfaction and recognition of mental health education continue to increase; Schools have increased their input and support for mental health education.

#### **6. Conclusion**

The construction of the secondary psychological counseling station in Baoshan University is an important measure of the college's mental health education, which is of great significance for improving students' psychological quality and promoting their overall healthy development. Through the elaboration of this paper, we have made clear the construction objectives,

organizational structure, functional positioning, implementation plan, team building, resource integration and other aspects of the conception. In the future, we will continue to deepen the research and practice of the construction of secondary psychological counseling stations, and constantly improve the working mechanism and service system to protect the mental health of students. At the same time, we also look forward to working with all sectors of society to jointly promote the development of mental health education in colleges and universities.

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