The Application of Emotional Experience in Chinese Reading Teaching

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Abstract: *Positive psychology is a science that studies positive qualities such as human character and development potential, emphasizing the study of positive factors in psychological life. It includes three aspects: positive personality, positive emotional experience, and positive social system. People are increasingly paying attention to the mental health issues of college students, and introducing the concept of positive psychology into the mental health education system of college students can improve the quality of their education.*

Keywords: Positive psychology; College students; Mental health education.

1. INTRODUCTION

Positive psychology is a new research field emerging in American psychology. Positive psychology first appeared in Maslow's book Motivation and Personality in 1954. This word did not initially attract much attention in the psychological community. The famous contemporary American psychologist and former president of the American Psychological Association, Seligman, put this idea into practice, Positive psychology is a trend of thought that utilizes the currently well-established and effective experimental methods and measurement methods of psychology to study positive aspects of human strength and virtues. As a science, positive psychology focuses on the study of people's positive internal quality, emphasizing the use of Positive mental attitude to interpret psychological phenomena, which is the result of reflection on a series of problems in human society. Positive psychology focuses on the positive psychological qualities of people, emphasizes the pursuit of human values, and advocates that people should interpret psychological phenomena with a positive mindset, using human excellent internal qualities to help people achieve a good life.

2. PROBLEMS IN TH MENTAL HEALTH EDUCATION IN UNIVERSITIES

There are always unstable factors that hinder psychological development on university campuses, to some extent attributed to the current model of mental health education in universities. In terms of mental health education courses for college students, many schools construct curriculum teaching objectives based on the requirements of the syllabus, without closely linking them to specific situations. In the classroom, teaching methods that list problems and submit strategies are widely used, narrowing the theme of mental health education as a psychological problem. Some universities do not pay attention to the construction of the teaching staff for mental health education, resulting in a lack of professional competence of teachers, And the traditional teaching method is single. In addition, some mental health education teachers in universities have not established a friendly relationship with students, which has affected the effectiveness of education; In some universities, mental health education is separated from other disciplines, with school education, family education, and social education being independent and weakly interconnected, which affects the effectiveness of education.

As the main body of ideological and political education, students and teachers, higher education institutions should implement exploration and research from two perspectives. On the one hand, as an important subject in the implementation of ideological and political education, student groups have a more distinctive sense of personality in the information age, and they are eager for teachers to respect themselves and treat themselves equally, to get a certain voice in educational activities, and to express their views and opinions freely. Therefore, schools should integrate the distinctive characteristics of modern college students and highlight their dominant position in student management and ideological and political education. On the other hand, as ideological and political classroom teaching staff, educators rely on their own behavior and classroom knowledge teaching to enable students to feel and understand the true meaning of life, and establish a collective consciousness, national consciousness, and patriotic consciousness. Therefore, ideological and political teachers should take the psychological and behavioral characteristics of modern students as the breakthrough point for their own educational work, disseminate ideological and political education content under the premise of equality and respect, so that students can understand and accept it, help students clarify scientific values and ideals, and implement the organic integration of teaching and education.

2.1 Lack of strong goals for mental health education

Psychological health education includes both positive and negative goals. The negative goal is to assist students in preventing and treating various abnormal psychological and behavioral problems, while the positive goal is to help students complete and construct the best psychological function within an appropriate environmental space. From the perspective of positive psychology, the goal of mental health education is to provide strong psychological support for students' survival and development, leading them to maintain a positive attitude, skills, and abilities towards people, things, oneself, and nature; Fully

stimulate potential, cultivate students' optimistic and upward psychological qualities, enhance the sound development of personality, and comprehensively improve students' psychological quality. Ideological and political education in universities plays an important role in the higher education system, is a relatively special educational means in student education, and is closely related to the cause of socialism with distinctive characteristics. However, ideological and political education always has certain drawbacks in higher education. Mainly manifested in students' lack of interest in ideological and political education, resulting in low effectiveness of ideological and political learning and inability to achieve the educational goals set by teachers. The reason for this phenomenon is due to the relatively outdated content of ideological and political education in universities and the single educational platform. Integrating ideological and political education into student management work can extend the selectivity of ideological and political teaching content, demonstrate the effectiveness of ideological and political teaching, and effectively improve the level of ideological and political education. In addition, introducing it into student management can also build a high-quality educational environment for ideological and political education, mainly because student management values campus management and academic management. Therefore, integrating ideological and political education into student management work in universities can help improve the level of ideological and political education.

2.2 The method of mental health education is appropriate enough

The specific manifestations of mental health education include a single educational method, boring educational content, limited educational objects, and a lack of educational evaluation, which makes it difficult to meet the diverse psychological development needs of students. They pay more attention to the treatment of individual psychological diseases in a narrow sense, while neglecting the formation of positive psychological qualities. In addition to dealing with their daily adverse psychological symptoms, students generally do not pay attention to how to develop their own positive psychological qualities, How to adjust self-awareness and comprehensively improve one's own ability level, resulting in unsatisfactory educational outcomes. The management of students in higher education institutions in China has important value, and the effectiveness of management has a direct impact on the future development of student groups, and can also promote the significant development of schools. Therefore, improving the student management system in higher education institutions can effectively improve the quality of education in schools. At present, there are certain drawbacks in the management of students in most universities in China. Schools often manage students for the sake of management. School educators focus on management work and neglect the provision of professional services for students, resulting in psychological problems for most students and negative impacts on their future development. However, integrating ideological and political education content into student management can highlight teachers' educational intelligence, while emphasizing teacher management intelligence, thereby enabling teachers to efficiently carry out corresponding work in student management, improve the student management system, and promote the healthy development of schools.

3.   STRATEGIES FOR TH MENTAL HEALTH EDUCATION IN UNIVERSITIES FROM THE PERSPECTIVE OF POSITIVE PSYCHOLOGY

3.1 Objectives of Mental Health Education Curriculum

From the perspective of positive psychology, the curriculum goals of mental health education for college students should be closely integrated with real life. Currently, positive curriculum goals include two aspects: first, ensuring the development of students' personalities. From the perspective of positive psychology, mental health education for college students needs to be improved and developed based on their own foundation. Secondly, assist students in coping with various pressures. The mental health education curriculum should not only help students cope with the pressure of course exams, but also enable them to face workplace pressure and marital barriers. Its role is not only applicable to college students' campus life. Therefore, it is necessary for universities to establish positive psychology courses, integrate the forefront of the times, cultivate the unique personality of college students, ensure that the courses become a guarantee for cultivating students' positive psychological qualities, and reform and innovate traditional mental health education courses. Universities should create conditions and carefully organize and invite professional teachers, consultants, counselors, homeroom teachers, and other educators to provide training, study the theory and practical operation techniques of positive psychology, systematically identify the theoretical achievements of positive psychology, integrate them with the psychological characteristics, personality characteristics, and professional characteristics of the educational objects, and present the theoretical content of positive psychology through compulsory courses, subject courses, and second classroom activities, In order to explore the laws that arise between positive psychology and positive psychological qualities, and to construct a natural science curriculum content framework system, it is necessary to popularize physiological knowledge and expand psychological quality, integrate classroom study and psychological counseling, and include it in the development of talent cultivation plans and professional teaching plans. It is advocated that positive education can provide positive psychological protection for college students' learning and life in school, emphasizing the connection between theory and practice, Pay attention to positive personality shaping.

3.2 The goals of mental health education

The exact goals of mental health education in universities should include the following three aspects: firstly, towards the developmental goal of all students, assisting students in accurately understanding themselves, enhancing their ability to regulate themselves, endure setbacks, and adapt to the environment, and cultivating students' perfect personality and good psychological

qualities; The second is to aim towards the adaptation goals of some or some students, that is, to provide scientific and accurate effective psychological counseling and counseling for a small number of students with psychological distress or disorders, so that they can break away from obstacles as soon as possible, regulate themselves, improve their mental health level, and enhance their self-education ability; The third is to find and cultivate students with extraordinary talents in the process of higher education, and stimulate their psychological potential. Student education and ideological and political education, as important components of the higher education system, are key components of national student management in higher education institutions. They shoulder the important mission and responsibility of cultivating high-end talents for society. As the core link and fundamental guarantee of student education management, ideological and political education is of great significance for students to clarify the positive three perspectives. And student education management is the practicality and concretization of ideological and political education work. In the current era of continuous development of national higher education, how to implement the efficient integration of ideological and political education and student management is an important research topic for university related workers.

3.3 The premise and focus of integrating ideological and political education into student management work is the construction of intermediaries

The intermediary of ideological and political education in universities mainly covers educational goals, methods, and content. In implementing various educational work, schools should integrate ideological and political education intermediary into student management work. On the one hand, teachers should attach importance to the innovation and transformation of ideological and political teaching methods, use the Internet and information technology as media, organically integrate diversified teaching methods, break through the traditional injection teaching mode, break free from the constraints of classroom education time and space, and strengthen the connection effect between classroom teaching and extracurricular teaching. On the other hand, schools should emphasize the real-time updating of ideological and political teaching content, and the teaching content should take moral construction as the core, firm the ideals and beliefs of modern college students as the goal, and focus on promoting and inheriting traditional culture and humanistic education, enhancing students' psychological connotation and cultural cultivation, and improving core competitiveness. In addition, specific innovations in ideological and political education objectives should be presented, which should be in line with social development and students' comprehensive needs. Schools should further concretize and refine the implementation of teaching objectives, making it easier for students to accept, while teachers should make it easier to teach, with clear ideological and political guidance as the core, so that students can achieve comprehensive moral and quality development through ideological and political education.

3.4 The traditional English education philosophy lacks an understanding of the characteristics and educational ideas of language learning, which puts students in a passive situation during the learning process

In addition, the effectiveness of English teaching in many universities is not ideal and is not recognized by students, which is a fatal blow to English teaching. In response to the above phenomenon, the fundamental reason is that the teaching method is single, and the education model that adheres to stereotypes can no longer meet the learning needs of modern students. With the continuous development of networking and informatization, the drawbacks of traditional education have gradually emerged, and breaking away from traditional educational models is an inevitable trend. The emergence of SPOC university English blended teaching has made up for the shortcomings of modern education, effectively integrating interactive discussions, real-time exercises, micro videos, and learning tests into a whole. In the complete learning process, it strengthens stage thinking skills, improves effective learning, and makes learning more purposeful. Teachers' lectures are more targeted. At the same time, SPOC teaching emphasizes communication between teachers and students, as well as between students, to better serve the students of our school. It has strong operability and has received more recognition from the education industry.

4. CONCLUSION

The learning and education of positive psychology should not only be in the campus, but also in the social practice after graduation. Graduates can also apply the theory of Applied psychology to actively adjust their physical and mental state to adapt to the society and actively face the society. When encountering problems, have a positive attitude to overcome them, and when everything goes smoothly, learn again through various channels to enrich one's mind and soul. Under the guidance of positive psychology, lifelong continuous learning and practice is the goal of college students' mental health education under the guidance of positive psychology: students can guide their thoughts and behaviors with correct and positive thinking concepts throughout their lives, maintaining good emotions and positive energy. With the continuous expansion of enrollment scale in universities, higher education in China is gradually becoming more popular, and the number of college students continues to increase, bringing certain challenges to ideological and political education and student management work. In this context, the full integration of student management and ideological and political education is an inevitable choice and important channel to improve students' comprehensive quality and cultural cultivation. This article explores the key links of combining student management and ideological and political education in universities for reference. The SPOC network online hybrid teaching system is developed in a model of "online autonomous learning+offline classroom teaching+online consolidation and implementation", following the law of human cognitive development from low to high levels, and gradually carrying out teaching activities. The cultivation of SPOC online input ability is conducive to the memory and understanding of new knowledge, and the cultivation of offline output ability strengthens students' application and analysis ability, which is conducive

to the completion of Flipped classroom.

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