

The Role of Counselors in College Students' Mental Health Education

Xiaoqiang Jia¹, Wenjing Chu²

¹ College of Physical Education, Taishan University, Tai'an 271000, China

² Tai'an Special Education Center, Tai'an 271000, China

Abstract

At present, college students' mental health education is facing many challenges. Effective mental health education can help students cope with stress better, improve their self-regulation ability and enhance their psychological resilience, thus improving their academic performance and quality of life. Based on this, this study aims to explore the role of promoting counselors in college students' mental health education, and put forward corresponding implementation suggestions. Measures such as strengthening professional training, establishing effective communication mechanism, optimizing working environment and conditions, and enhancing influence can help counselors play their roles better and provide strong support for students' mental health. By studying the role of counselors in college students' mental health education, this paper can enhance the social attention to college students' mental health education, promote the formulation and implementation of relevant policies, and create a good social environment for the healthy growth of college students. At the same time, it can also improve counselors' professional identity and job satisfaction, and promote the stability and development of counselors.

Keywords

Higher Education; Counselor; College Students; Mental Health Education.

1. Introduction

At present, college students are facing multiple pressures such as academic pressure, employment pressure and interpersonal pressure, and their psychological problems are increasingly prominent [1]. As one of the groups closest to students, counselors are very important for college students' mental health education [2]. However, at present, the role orientation of counselors in mental health education is not clear, and their responsibilities and tasks are vague, which not only affects the effective development of counselors' work, but also is not conducive to the mental health development of college students [3].

The historical evolution of the role of counselors in the higher education system is a process worthy of discussion [4]. Initially, counselors mainly played the role of academic guidance and career planning, helping students choose suitable courses and future career directions [5]. However, with the passage of time, the role of counselors gradually expanded and began to involve students' personal problems and emotional support. This change is mainly due to the emphasis on students' all-round development and the enhanced understanding of students' mental health problems [6]. By deeply studying the role of counselors in college students' mental health education, we can further improve the theoretical system of college students' mental health education and provide theoretical support for the formulation of relevant policies [7]. Based on this, the purpose of this study is to explore the role of counselors in college students' mental health education in order to provide theoretical support and practical guidance for the effective development of counselors' work.

2. The Role Orientation of Counselors in Mental Health Education.

In the past few decades, the role of counselors has changed from a simple academic instructor to an all-round educator. They should not only care about students' learning progress, but also pay attention to their physical and mental health and provide necessary support and guidance [8]. This change makes the role of counselors in college students' mental health education more and more important.

The role orientation of counselors in college students' mental health education is very important. They are not only academic instructors, but also emotional supporters and mental health defenders of students. Counselors need to help students solve psychological problems, enhance their self-awareness and cultivate a positive attitude towards life by providing personalized consultation and support [9]. At the same time, counselors also need to cooperate with other campus resources, such as psychological counseling centers and medical service centers, to ensure that students can get comprehensive mental health services. This kind of cooperation can not only improve the efficiency and quality of mental health services, but also help to establish a comprehensive and student-centered support network.

3. Theoretical Framework

3.1. Theory and Practice of Mental Health Education

Mental health education aims to help students understand their mental state, master mental health knowledge and improve their self-regulation ability, so as to achieve the purpose of physical and mental health. In practice, mental health education mainly includes psychological consultation, psychological intervention, psychological education and other forms. These forms can be realized through individual counseling, group counseling and mental health courses.

Theoretically, mental health education is based on various psychological theories, such as cognitive behavior theory, humanism theory, psychoanalysis theory and so on. These theories provide guidance and support for mental health education, help educators understand students' psychological state and behavior, and thus formulate effective educational strategies. On the practical level, mental health education requires educators to have rich practical experience and professional skills. For example, educators need to master effective communication skills in order to establish a good relationship with students; It is necessary to know the identification and evaluation methods of various psychological problems in order to find students' psychological problems in time; It is also necessary to master various psychological intervention methods in order to provide effective support and help for students.

3.2. Professional Theory and Skills of Counselors' Work

As an important role in college students' mental health education, counselors need to have corresponding professional theories and skills. First of all, counselors need to master the theory of student development and understand the development stages and characteristics of students in order to provide appropriate education and support. Secondly, counselors need to master the theories and methods of psychological counseling and intervention in order to provide effective mental health services for students. In terms of skills, counselors need to have good communication skills, listening skills, empathy and problem-solving skills. These skills can help counselors to better establish a trust relationship with students, understand students' needs and problems, and provide effective support and help. In addition, counselors also need to have the ability of crisis intervention in order to provide timely help to students in an emergency.

3.3. Counselors' Responsibilities and Tasks in Mental Health Education

The duties and tasks of counselors in college students' mental health education mainly include the following aspects: providing mental health consultation, carrying out mental health

education activities, identifying and evaluating students' psychological problems, cooperating with other campus resources, and creating a healthy campus atmosphere. See Table 1 for details.

Table 1. Responsibilities and tasks of counselors in mental health education

Duties and tasks	Describe
Provide mental health consultation	Through individual or group counseling, help students solve psychological problems and improve their self-regulation ability.
Carry out mental health education activities	Organize lectures, workshops and training courses to help students master mental health knowledge and improve their mental health awareness.
Identify and evaluate students' psychological problems	Observation, communication, etc., identify students' psychological problems in time, make necessary assessments, refer them to professional institutions or seek other help.
Cooperate with other campus resources	Cooperate with psychological counseling centers and medical service centers to ensure that students get comprehensive mental health services and improve efficiency and quality.
Create a healthy campus atmosphere	Carry out activities and initiatives to create a campus atmosphere that pays attention to mental health and advocates a positive attitude, reduce students' psychological pressure and promote physical and mental health.

4. The Practical Role of Counselors in College Students' Mental Health Education

4.1. Status Quo of Counselor's Role Implementation

In the practice of college students' mental health education, the role implementation of counselors presents a positive trend. They provide mental health services for students through individual counseling, group activities and other forms. Many counselors have realized the importance of mental health education and made efforts to improve their professional knowledge and skills in order to better meet the needs of students.

However, there are also some problems in the status quo of role implementation. First of all, some counselors' understanding and implementation of mental health education still remain at the traditional level of preaching and guidance, lacking in-depth practice and exploration. Secondly, some counselors may feel overwhelmed and unable to provide effective support and help when facing students' complex psychological problems. In addition, counselors may be limited by resources such as time and energy in the implementation of their roles, which makes them unable to give full play to their roles.

4.2. Analysis of the Impact of Counselors on College Students' Mental Health

The practical role of counselors in college students' mental health education has a positive impact on students' mental health. First of all, the counselor's consultation and support can help students solve psychological problems and reduce psychological pressure. Through listening, understanding and guidance, they help students know themselves, adjust their mentality and solve problems. Secondly, counselors' mental health education activities help to improve students' mental health awareness and self-regulation ability. By participating in lectures, workshops and other activities, students can acquire more mental health knowledge and learn effective methods to cope with stress and challenges. In addition, the atmosphere of paying attention to mental health created by counselors on campus is also helpful to students' physical and mental health. This kind of atmosphere can reduce students' neglect and misunderstanding of psychological problems and encourage them to actively seek help and support.

4.3. Challenges and Difficulties of Counselors' Work

Although the role of counselors in college students' mental health education can not be ignored, they also face some challenges and difficulties. First of all, counselors need to deal with a large number of students' counseling and needs, but their time and energy are limited, which may not meet the expectations of all students. This may cause some students to feel depressed or disappointed when seeking help. Secondly, counselors may feel overwhelmed when dealing with complex psychological problems. Some students' psychological problems may involve deep psychological trauma or serious mental illness and need professional psychotherapy. However, counselors may not have enough professional knowledge and skills to deal with these problems and need to seek the cooperation and support of other professionals. In addition, counselors may also face job burnout and stress in their work. They need to keep a positive attitude and mood while dealing with students' problems. However, long-term exposure to students' psychological pressure and problems may have an impact on counselors' own mental health, which requires them to have the ability of self-adjustment and seeking support.

To sum up, the practical role of counselors in college students' mental health education has a positive impact, but it also faces challenges and difficulties. In order to give full play to the role of counselors, more resources and support are needed to improve their professional knowledge and skills and help them better cope with students' needs and problems. At the same time, it is also necessary to pay attention to the psychological health and career development of counselors themselves to ensure that they can provide services to students continuously and effectively.

5. Suggestions on Promoting the Role of Counselors in College Students' Mental Health Education

In order to enhance the role of counselors in college students' mental health education, the following are some specific suggestions:

(1) Strengthen the professional training of counselors.

The professional knowledge and skill level of counselors are very important for their role in mental health education. Therefore, we should strengthen the professional training of counselors, including learning psychological theory, psychological counseling skills, crisis intervention methods and other aspects of knowledge and skills. In addition, regular training and sharing meetings can be organized, so that counselors can exchange experiences and best practices and constantly improve their professional level.

(2) Establish an effective communication mechanism between counselors and students.

Effective communication is the key to the role of counselors. In order to establish an effective communication mechanism between counselors and students, the following measures can be taken: First, counselors should actively establish contact with students to understand their needs and problems. Secondly, regular consultation time can be set up to facilitate students to seek help at any time. Finally, we can also use modern scientific and technological means, such as online consultation platform and social media, to expand communication channels and ensure that students can get timely response and support.

(3) Optimize the working environment and conditions of counselors.

Optimizing the working environment and conditions of counselors is very important to enhance their role in mental health education. This includes providing necessary resources and facilities, such as special consulting rooms and psychological assessment tools, so that counselors can work better. At the same time, the working hours and loads of counselors should be arranged reasonably to avoid them from facing excessive pressure. By providing support

and resources, counselors can better cope with challenges and difficulties and improve work efficiency and quality.

(4) Enhance the influence of counselors in mental health education.

Enhancing the influence of counselors in mental health education is helpful to enhance their role. This can be achieved in the following ways: first, regular mental health education activities, such as lectures and exhibitions, can be organized to improve students' understanding and awareness of mental health. Secondly, we can cooperate with other campus resources, such as student organizations and teaching building management departments, to jointly promote the development of mental health education. In addition, the work and achievements of counselors can be publicized through social media, campus radio and other channels to enhance their recognition and influence among students.

In order to further enhance the role of counselors in mental health education, the methods in Table 2 can also be adopted.

Table 2. Relevant measures and implementation methods

Measure	Implementation method	Target
Establish a cooperative network among counselors.	Regular exchange meetings and team building activities.	Promote cooperation and experience sharing to jointly meet the challenges of students' mental health.
Encourage students to participate in the design and implementation of mental health education.	Cooperation with students, demand investigation and feedback mechanism	Understand students' needs and formulate effective educational strategies and support measures.
Establish cooperative relationship with parents and other stakeholders.	Parent meeting, teacher cooperation and community participation	Pay close attention to students' mental health and provide comprehensive support and help.
Continuous evaluation and improvement work	Regular evaluation, student feedback survey and effect tracking.	Adjust work strategies and methods to ensure that work is consistent with students' needs.
Pay attention to the psychological health of counselors themselves.	Provide psychological support and resources, training and care mechanism.	Help counselors cope with pressure and challenges and maintain effective working conditions.
Strengthen professional training	Provide psychological theory, counseling skills and other training.	Improve the professional knowledge and skills of counselors, and improve work efficiency and quality.
Establish an effective communication mechanism	Regular consultation time, online platform and multi-channel communication	Ensure that students can get timely response and support to solve problems and needs.
Optimize working environment and conditions	Provide necessary resources and facilities, and reasonably arrange working hours and loads.	Ensure that counselors can work smoothly and improve job satisfaction and efficiency.
Enhance influence	Organize activities, cooperative promotion, media promotion, etc.	Enhance the recognition and influence of counselors among students and promote the development of mental health education.

6. Conclusion

Contemporary college students are faced with pressure from studies, employment, interpersonal relationships and other aspects, which may lead to various psychological

problems. At the same time, the resources of college students' mental health education are limited, which cannot meet the needs of all students. Some students may have misunderstanding or resistance to mental health education, which also increases the difficulty of education. This paper emphasizes the important position of counselors in college students' mental health education, and how to enhance their role through a series of measures and methods. In order to ensure that students' mental health is fully and effectively supported, relevant personnel must pay attention to the professional development, communication mechanism, working environment and influence of counselors. At the same time, by establishing a cooperative network, encouraging students and parents to participate, and continuously paying attention to counselors' own mental health, a healthier and more beneficial educational environment can be created for students. I hope this study can provide useful reference and guidance for counselors' work in college students' mental health education. By constantly optimizing and improving counselors' working environment and conditions, and improving their professional knowledge and skills, we can better play the role of counselors in college students' mental health education and make greater contributions to students' physical and mental health and all-round development.

References

- [1] Wang J, Xu Mi, Xu G. Strategies to improve the mental health level of full-time counselors in colleges and universities [J]. *Teacher Education Research*, 2018, 30(5):4.
- [2] Lv D. College counselors' mental health education capacity-building bias and countermeasures [J]. *Educational Theory and Practice*, 2020, 40(15):3.
- [3] Guo P, Gao K, Ye J. Job burnout and mental health status and correlation analysis of college counselors in Shanghai [J]. *china occupational medicine*, 2020, 47(6):5.
- [4] An Z, Shi X. College counselors to carry out mental health education for college students and strategies [J]. *Fujian Tea*, 2019, 41(4):2.
- [5] Zhang J. Based on the big ideological and political college counselors' professional ability improvement strategy [J]. *Middle school political teaching reference*, 2020(30):1.
- [6] Wang F. Research on the Strategies of Improving Counselors' Subjective Well-being from the Perspective of Self-efficacy Theory [J]. *Fujian Tea*, 2019, 41(6):2.
- [7] Liu S, Zhu M, Yu D J. Using Real-Time Social Media Technologies to Monitor Levels of Perceived Stress and Emotional State in College Students: A Web-Based Questionnaire Study. [J]. *Jmir Mental Health*, 2017, 4(1):2.
- [8] Ye Y, Jinde L. The Influence of Learning Attitude on the Effect of Micro Class -A Case Study of College Students' Mental Health Education[J]. *Education Study*, 2020, 2(1):20-32.
- [9] Amer, K, Ghrouz. Physical activity and sleep quality in relation to mental health among college students[J]. *Sleep and Breathing*, 2019, 23(2):627-634.