

In Order to Obtain a Sense of Empowerment of College Students'

--"Three to the Countryside" Social Practice Activities

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Abstract

This paper expounds the value and significance of the sense of acquisition of college students' social practice activities, work ideas and paths, enhance students' sense of social responsibility and mission, better enhance the sense of acquisition of college students' ideological and political education, so as to promote the ideological and political education of college students.

Keywords

College Students, Three to the Countryside, Social Practice Sense of Gain.

1. The significance of college students ' sense of gain in social practice activities of " three going to the countryside " in summer vacation

Student work should be applied to practice, true faith. 'Duxing' is the final stage, 'Du' has the meaning of being down-to-earth, single-minded and persistent. Ideological and political education is a long-term, prudent, subtle, far-reaching and lasting education for students. It is necessary to build a platform for social practice, participate in volunteer service, go deep into the field, and walk into the factory workshop. Only in this way can we experience immersive practice, calm down, solve difficulties, and constantly climb, and truly understand in practice as a sense of achievement that students can create value. This is the significance of ideological and political education. Through practice, we can cultivate students ' growth, understand the law of development of things, clarify the direction of life development, learn to solve problems, and increase their wisdom and talents, so as to continuously contribute to the construction of a strong country and the rejuvenation of the nation.

Organize and carry out social practice activities of "three going to the countryside" make suggestions for rural revitalization and contribute youth strength. [1] Organizing students to participate in social practice activities can provide intellectual support and talent support for rural revitalization. Cultivate students to be useful talents for social needs, to be the backbone and pillars of the country, and to help the construction of beautiful villages. Through the collective organization, the volunteer service team participated in the social practice activities of the summer "Three Going to the Countryside" conducted in-depth visits and research at the grass-roots level, strengthened the team's ideals and beliefs, kept in mind the mission of the youth in the new era, and showed the youth in the vast countryside. Make rural construction more historical and cultural vitality. The social practice base of Life Science and Technology College was established to promote the implementation of innovation and entrepreneurship projects, pay attention to the transformation of achievements, promote the majority of young people to go deep into the grass-roots level to contribute to the society in practice, temper their consciousness, improve their quality, and cultivate the spirit and social ability of contemporary college students to struggle hard. Encourage college students to inherit the excellent ideological and moral character of the predecessors of the forest farm, and enhance the sense of mission and responsibility of college students. It contributes to the revitalization of rural areas,

enhances the awareness of college students to protect the ecological environment, and contributes to the creation of a green forest environment and the promotion of rural revitalization.

2. College students' summer "three to the countryside" social practice activities to gain a sense of thinking

2.1. Establish the pattern, strengthen the practice of the main position of resource input

Grasp the top-level design, set up a leading group, lead the teacher into the practice base to conduct in-depth visits and research, and accurately connect with the person in charge. Extensive mobilization, launched the "three to the countryside" social practice recruitment, extensive mobilization of students to participate in social practice activities, through the selection of layers, and ultimately the formation of volunteer service team. The team is based on the school resources and advantages, different majors, different grades, to achieve multi-field, multi-level coverage. In order to expand the coverage of practical propaganda, the volunteer service team provides guarantee for the long-term effective development of practice.

2.2. Extend the carrier to enhance the leading function of the social classroom

Carefully design the plan, the volunteer service team makes a comprehensive plan, designs a questionnaire survey, makes full preparations, builds a new practice platform, grants a license to the social practice education base for college students, and truly realizes the co-construction in sharing; pursuing the red mark and absorbing the power of the new era. Organize volunteers to visit the red base, understand the historical footprint of the party and feel the red spirit; listen to the old party members to tell red stories, talk about home, inherit the red ideological torch; expand the party history learning education practice; preaching into the forest farm, 'Red Star Shining Theory Shines' preaching group to carry out learning and propaganda theoretical knowledge; light the popular science fire, convey the spirit of scientific research, promote the leading 'small lantern, big energy' landing innovation and entrepreneurship projects, help rural revitalization, light up 'umami classroom', further explore practical base resources, learn and maintain daily work, and conduct in-depth visits and investigations. 'Volunteer service tree new wind warm wind practice to help revitalize' volunteer service and other six modules to carry out social practice. We have organized workers and volunteers to discuss, communicate and demonstrate many times, and completed the work of questionnaire preparation and interview outline design. Workers and young students have spoken together to consolidate the foundation, give full play to professional advantages, display professional characteristics, and help rural revitalization.

2.3. Skillful communication, give full play to the innovation efficiency of new media platform

We should make good use of new forms to carry out ideological guidance, carry out a series of social practice activities of college students 'summer 'three trips to the countryside', explore red memories, set up red propaganda groups by volunteer service teams, listen to stories by old party members, and visit the cemetery of heroes and martyrs of the Anti-Union. Lead volunteers to remember the red spirit, help cultural heritage, and enrich the connotation of the times. Carry out 'volunteer service tree new wind warm wind practice to help revitalize' volunteer service, clean up weeds in the field, and cultivate students' labor spirit. Skillfully use short video to create a theme propaganda brand. In this paper, the story of 'Three Going to the Countryside' was filmed. Based on the discipline and specialty, in-depth investigation and research, visiting the planting base, carrying out investigation and research work such as special seminars and symposiums on pest control, promoting the combination of production,

teaching and research, and calling on young students to be inspirational. By using the theme planning with attitude, temperature and thickness of the media, the public number of the college opens' go to the countryside with dreams, mark by dreams-summer 'three go to the countryside' college students 'practice feelings', through the mainstream media submission, the college platform is widely publicized, and the dissemination speed, depth and breadth of the ideological and political education content of college students are continuously expanded.

3. The path of college students' sense of gain in social practice activities of "three going to the countryside" in summer vacation

The first is the red star shining. The theory shines the torch of thought and the youth shining activity. The purpose is to carry out theoretical learning for students and residents, and to preach red stories such as learning role models 7, touching Chinese characters, models, and outstanding cadres. By playing videos such as 'role model 7', 'touching Chinese characters' and 'role model', we can learn the spirit of the role model and give a speech on the main deeds of excellent role models. Finally, we can ask students to talk about their feelings, share their own experience after self-study, and recommend to the masses the characteristic column red film created by our college, so that the ideological torch can continue to be inherited.

The second is to visit the red base, inherit the red spirit, organize college students to visit the red base, feel the red spirit transmitted by the red position, which can not only promote college students to better improve the red literacy of cadres and workers in the forest area, do a good job in doing practical work for the people, so as to benefit from the education base, enhance the feelings of home and country in visiting the red base, and stimulate the driving force of progress. The organization led college student volunteers to visit the red base and walked into the red memorial. Through the staff's explanation of the development process of the memorial, college students told red stories, felt the mission and responsibility of taking root at the grass-roots level, and understood the historical footprint.

The third is the specimen museum into the garden, the practice base exhibition style, cohesion specimen creativity, gather professional future, in order to promote the practice base of animals and plants can be more well known, and the forest staff in the teaching of plant knowledge, theory, knowledge. The establishment of the practice base will become an important scientific research platform for the introduction of animal and plant resources, promote economic development, and cultivate the endogenous power of rural revitalization. Through the college platform, their own knowledge professional advantages, for the children of workers to carry out propaganda science education. The practice base is rich in animal and plant resources, such as fungus, ganoderma lucidum, mushroom and other resources, and has a highly professional experimental cultivation base. Using the advantages of plant resources in local forest farms, explain common animals and plants, and use professional advantages to explain the process of making specimens.

The Fourth is the practice of supporting education, summer warm forest education, in order to make full use of college students' knowledge resources to serve rural primary and secondary education, enrich students' cultural knowledge, broaden students' ideological and moral cultivation. With the combination of online and offline teaching methods, the main subjects of students in forest areas are tutored. In the process of imparting knowledge, ideological and moral cultivation is carried out to achieve accurate assistance and help students consolidate their studies. In order to better help students understand and master the knowledge points learned this semester, to complete the homework exercises skillfully and accurately, and to cultivate the ability to think and study, we should carry out the summer homework, carry out the auxiliary summer homework, and show the ambition of 'Lin'. Volunteers answer questions for students' offline in-class summer vacation homework. Through one-on-one explanation of

exercises, they solve the problems encountered in the homework problems, and answer the key and difficult points in detail, so as to better complete the summer vacation homework. With the help of relevant topics in textbooks, patriotic education is carried out in the form of storytelling, promoting Chinese culture, improving overall literacy and enhancing patriotic awareness.

The fifth is the characteristic course of "Shengke Wonderful Travel" which carries out "Where do I come from" enriching the students' knowledge, feeling the uniqueness and beauty of nature, and cultivating the consciousness of protecting nature. They can understand the mysteries of biology in learning and stimulate their love for biology. Education guides students to understand nature, feel nature, respect nature, cultivate the consciousness of exploration and the consciousness of reverence for biology, so that they can better live in harmony with the natural environment in the process of growth. 'Where do I come from' offers courses related to biological development and growth. The course mainly allows students to understand the growth process of various organisms and understand 'where do I come from' through the development and growth process of some organisms. It is mainly composed of four parts: 'plant growth and development', 'frog growth and development', 'bird growth and development', and 'human growth and development'. In the process of learning to understand how things in nature are born, how to develop, how to grow. Finally to know yourself 'where do I come from'.

The sixth is to popularize the twenty-four solar terms and enhance cultural self-confidence. At the time of the summer solstice, the origin of the solar terms can be preached through PPT, video, etc., the diet and cultural customs of the solar terms in various places, how to keep healthy in this solar terms, the poems about the solar terms, the characteristics of the solar terms, etc., so that students can better understand the implication of the twenty-four solar terms.

The seventh is to 'make' wonderful hands, make plant specimens, carry out 'flowers', and leave green memory activities. In order to make forest students feel the beauty of nature, popularize the knowledge of forest plants, cultivate the spirit of practical exploration, and stimulate their practical ability. Volunteers explain the characteristics of plants in the forest farm for teenagers, and explain how to make specimens, and give them as souvenirs.

The Eighth, draw handmade works and handprint trees, carry out hand in hand, and create green tree activities. In order to let students understand the importance of protecting the environment, they understand that human survival is closely related to and inseparable from the surrounding environment. Volunteers and teenagers hand-painted the most beautiful world in their minds and drew their own plant specimens. In addition, each young people with their own hands stained paint, painted a colorful handprint tree.

The Ninth is the grain is hard ' food conservation activities, to carry out the 'memory of hardships' activities. In-depth practice base, in-depth understanding of who knows Chinese food, grains are hard, volunteers to play a new era of college students, to convey to the students are all hard and good quality, set an example, the new wind of the times. By gathering students in forest areas, we will carry out a food-saving forum. To carry out the experience of life, 'CD action', we are all chasing 'light', CD action, should always cherish the hard-won 'one porridge one meal', to further enable young people to understand the 'CD', so that young people in the labor to form a correct concept of saving. After the end of the preaching, the volunteers lead the children to cook rice, wash tableware, pick dishes and wash dishes, so that the children can experience the process of slowly changing from the simple food materials at the beginning to the dishes made by their own hands, and also let the children realize the importance of saving in their labor, and are more willing to share their worries for their parents.

The Tenth is the star language wish, psychological test, to carry out self-understanding, close to self activities, through psychological test activities, can help individuals to identify and solve psychological problems, improve mental health, enhance psychological adaptability, improve

interpersonal relationships, improve work and learning efficiency, and promote the overall development of individuals. Psychological testing activities were carried out in the form of questionnaires. Carry out psychological exchange meetings, set up special interviews, bloom forest rangers, in order to adjust the psychological state, improve the ability to resist pressure, in the form of special interviews to carry out psychological exchange meeting activities. Psychological counseling is performed by the volunteer service team. To carry out psychological games, to carry out bathing the mind, positive and healthy growth activities, so that young people understand the game activities to pay attention to the rules, improve young people's observation and oral recognition ability. Let teenagers feel the joy of sports, love puzzle activities, improve physical quality. The host led the students to participate in three puzzle games. Game 1: 'I post, you guess'; game 2: wind blowing; game 3: a few yuan. Carry out the spiritual garden, the sun zone psychological sitcom, through the real or fictional scene to express psychological problems, find ways and means to solve the problem. By playing different roles, showing different personality and psychological state, we discuss and think about psychological problems with teenagers. By letting teenagers join the form of psychological sitcoms, they can deeply feel the inner psychological activities of the characters, arouse ideological resonance, and guide teenagers to have a deeper understanding and understanding of personal and social psychological problems. In order to promote psychological knowledge, improve young people's psychological literacy and mental health awareness, better understand and understand themselves, and enhance self-development and personal growth, we will carry out a psychological association that lights up the heart light with love and fuels hope with love. By participating in the activities of the psychological association, young people can learn from each other, enhance friendship, cultivate interpersonal relationships, and improve social skills. A prize is awarded to the best of the publicly elected.

The Eleventh is the volunteer service tree new wind warm wind help revitalize the volunteer service, carry out the practice of volunteer spirit, help the disabled to help the elderly warm the hearts of the people, help the elderly to help the disabled volunteer activities, in order to practice and carry forward the spirit of life, care for vulnerable groups, create a strong atmosphere of social understanding, respect and care for special groups. Carry out home care activities with the theme of practicing volunteerism and helping the disabled and the elderly to warm the hearts of the people, and send care and warmth to special groups. Through students to send blessings, public welfare performances, listen to the stories of the elderly, close to the lives of the elderly, and jointly feel the red history of the party. Organize psychological counseling, cognitive training, group activities, etc., to help the elderly relieve emotional stress, increase self-confidence, and enhance mutual support and understanding. Donate books and donate love to do the book corner, build the book corner, let the book sprinkle the practice base, in order to let more young people have a reading world, build the love book corner, and share the love book book to young people. By donating loving books, we can help teenagers have their own reading world, so that more teenagers can enjoy the fun of reading and gain knowledge. To carry out the voluntary service of forest farm, labor education remembers the voluntary labor service, promotes the spirit of labor, improves the practical ability, and classifies the garbage. In order to practice the concept of green environmental protection, volunteers clean up the garbage of forest farm and classify the garbage, so as to create a good environment for forest farm. To clean up the forest farm, and local leaders to learn the correct way to clean up, add to the students of science action and learning ability of cognition.

The Twelfth is to guard the safety into the forest park, safety education tips, carry out the fire eye gold eye, anti-fraud guide, carry out the summer safety education strategy, guard the safety into the forest park safety education tips activities. Teenagers hold hands to prevent kidnapping, adults guard against runaway activities, and prepare anti-kidnapping simulation exercises in the early stage. Later preparation scene drills and lectures. Use multimedia to promote, lead the

elderly to watch anti-fraud videos and post anti-fraud posters. Focus on telecom fraud, video AI face change. Reject campus loans, carry out anti-fraud propaganda of campus loans, and popularize the harm of campus loans. To carry out safe travel, worry-free travel, summer travel safety activities, in order to improve the safety awareness of the masses, increase safety precautions, in-depth understanding of the importance of safety, popularization of summer travel precautions. Through the summer safety preaching, held in the form of a small lecture hall, improve the safety awareness of the masses. After the end of the preaching, the acceptance of the results of the safety preaching was carried out through questionnaires and questions. Disaster prevention and mitigation safety education, multi-measures to carry out disaster prevention and mitigation safety through a series of activities. Through the holding of small lectures, the use of film and television, PPT and other forms for the masses, pay attention to forest fire prevention. By making placards together with teenagers, they are placed in the road to warn pedestrians.

4. The effect of college students' sense of gain in social practice activities of "three going to the countryside" in summer vacation

4.1. Lead the thought, build a solid ideological foundation

The series of social practice activities of college students' "three going to the countryside" in the summer vacation let volunteers go out of the campus, go deep into the field, light up the "umami classroom" cultivate the labor spirit and volunteer spirit of the students in the new era, guide the young volunteers to inherit the red gene, continue the red blood, learn deeply, realize and practice, and unite the concerted efforts to the party. In the process of practice, volunteers are building beautiful homes, practicing the concept of green environmental protection, helping rural revitalization and beautifying the rural environment. The volunteer service team went deep into the field, patrolled the forest with local technicians, 'immersed' experienced farming work, cleaned up the weeds in the forest farm, and created a good environment for the forest farm. Let students taste the spirit of labor and shoulder the important task of the times. Volunteers receive revolutionary traditional education and red baptism by carrying out the theme group day activity of "seeking red marks and inheriting red genes" improve their ideological consciousness, experience the arduous struggle of revolutionary predecessors, and inject strong spiritual impetus into the Chinese dream of realizing the great rejuvenation of the Chinese nation. In the inheritance of red genes, we should cultivate enterprising character, cultivate patriotic feelings, strengthen ideals and beliefs, make clear that volunteer service is promising, and youth should be volunteer red.

Volunteers said that this "three rural" social practice activity was a highlight of their university career. In the process of practice, volunteers have condensed the feelings of teachers and students, classmates, family and country, and national righteousness, [2]and also gained profound friendship with employees. Youth does not end, looking forward to getting together again. The stories of volunteers going to the countryside have not been completed, but the volunteer spirit has gathered the warm current of the times and become the new style of the times.

4.2. Significant results, broaden the main propaganda position

The publicity effect of this "three rural" social practice activity is remarkable. By issuing a press release, recording and publicizing the harvest of the "three rural" practice activity, it is helpful to improve the social attention and support for rural areas.

4.3. Cohesion, strengthen the comprehensive construction of the team

Volunteer service team members, excellent academic performance, for their respective professional leaders, with rich knowledge reserves and practical skills. In the social practice,

we should give full play to the professional advantages and show the professional characteristics. Through this 'three to the countryside' activity, we have opened a new window for volunteers, so that volunteers can observe and feel the current situation of the development of the practice base at close range. Volunteers work together, side by side, measure the land with their feet, deepen the investigation and research, inherit the red gene, carry out volunteer service, go deep into the grass-roots experience work, carry forward the spirit of labor, and write regretless youth with sweat. In carrying out various activities, volunteers perform their duties, do their duties, show their talents, support and cooperate with each other, work together, overcome difficulties, and enhance the cohesion of the team. Hardened the skills and abilities of volunteers. On the road of rural revitalization, young people are down-to-earth, hardworking, and breaking waves. They continue to grow in practice and draw a blueprint for the motherland.

4.4. Fruitful, far-reaching impact

The perfect ending of this "three to the countryside" activity benefited from the fruitful results gathered by multiple parties. In the next stage, we will continue to rely on the social practice activities of college students' summer "three to the countryside" and focus on cultivating applied compound talents with scientific spirit, humanistic quality, scientific and technological innovation and practical ability, so as to better serve the rural revitalization. As a result, the party building has led to remarkable results, the momentum of industrial revitalization is strong, the rural civilization is simple and honest, and the rural development prospects are broad. As a university teacher in the new era, we should also shoulder the important task of the times, cultivate new people, lead volunteers to continue to play a role and work hard on the big stage of rural revitalization, and strengthen the deep excavation and dissemination of the red culture and rural civilization of the practice base. Chasing the dream of youth with a high-spirited attitude, we will contribute our youth to the comprehensive construction of a modern socialist country.

5. Conclusion

5.1. Value guidance, improve students' enthusiasm, pay attention to the guidance method

Through this social practice, it is clearer to realize that ideological and political education should be based on reality, so that students can lead their thoughts imperceptibly through personal practice.[3] Strengthen theoretical learning, such as carrying out group day activities, organizing students to give theoretical lectures, absorbing ideological nutrients in deep learning and careful thinking, sublimating the realm of consciousness, and enhancing the quality of skills. To cultivate the feelings of family and country, visit Chen Hanzhang Martyrs Cemetery and cherish the memory of revolutionary martyrs. Volunteers receive ideological education and spiritual baptism, and truly feel the revolutionary heroism of soldiers who are not afraid of difficulties and sacrifices. They cherish the happy life with practical actions, further enhance their sense of responsibility and mission, consciously melt the red gene into an inexhaustible driving force for rural revitalization, continue to carry forward the glorious tradition, and inherit the will of their ancestors.

5.2. Propaganda work needs to be comprehensive and detailed

The propaganda work should do a good job of theoretical guidance and practice, and work hard to promote the work. In the process of "three rural areas" practice, it is necessary to improve the ability of team members to speak theory and tell stories, face to face, heart to heart, use the way of grounding to get through the propaganda work 'last mile', constantly temper the

volunteers' 'pen power', be good at using vivid language, fresh examples, and launch propaganda brands.

5.3. The comprehensive ability of volunteers needs to be further improved

Through this activity, we further realize the importance of the combination of professional ability and practical activities. Volunteers need to further improve their logical ability and language expression ability, and temper their excellent skills. In order to better serve the society and meet the needs, volunteers must constantly improve their professional knowledge and skills, improve the efficiency and quality of service, and better communicate with the recipients to provide them with more accurate help.

5.4. Timely summary, division of labor assistance, work efficiency

Go deep into the student group, listen attentively and serve with emotion. In the division of labor, students' characteristics and ability differences should be fully taken into account. Each student has its own unique advantages and areas of expertise, teachers should observe and understand, according to the students' interest, expertise and personality to assign tasks. This division of labor can not only enable students to play their strengths, enhance self-confidence, but also cultivate their team spirit and sense of responsibility. At the same time, teachers should also pay attention to fairness and justice in the process of division of labor, so as to ensure that every student has the opportunity to show their talents. Through a reasonable division of labor, teachers can help students better develop their potential and achieve the common growth of individuals and teams.

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