

# Research on The Significance, Status Quo And Countermeasures of Counselors in Higher Vocational Schools

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**Abstract:** It is the gist of higher vocational college counselors to carry out targeted heart-to-heart talks, deeply understand students' ideological trends, and gradually help students cultivate the mature mind to bear the mission of The Times, which is of great significance to cultivate high-quality skilled talents. Literature data method, questionnaire survey method and case analysis method are used to study the significance, current situation and countermeasures of counselors' conversation. Analysis thinks, talk to talk is the effective way of college students' ideological and political education, talk to talk to counselor own ability quality promotion, talk to talk is the need of the healthy growth of higher vocational college students, the current college counselors talk to talk to talk work lag, single, talk to talk without continuity, talk work system, think improve talk quality need should pay attention to students growth, help them to the dynamic transformation of high level maturity, to give full play to the example of student cadres, build talk to talk psychological archives. It is expected to provide theoretical reference for the work of counselors in higher vocational colleges.

**Keywords:** Higher vocational school, Counselor, Heart-to-heart talk.

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## 1. The Significance of Heart-to-heart Talk in The Counselor's Work

As China enters a new stage of development, the demand for skilled personnel in all walks of life is becoming more and more urgent. The state attaches great importance to the development of vocational education, and formulated and issued the National Plan of the Implementation Plan for Vocational Education Reform (hereinafter referred to as the Plan) in January 2019. The formulation of the Plan puts forward higher requirements for vocational colleges to strengthen the cultivation of students' vocational skills and vocational spirit. The cultivation of vocational skills and professional spirit in higher vocational college students cannot be separated from the sequential guidance, daily management and ideological and moral education of the counselors. It is the gist of higher vocational college counselors to conduct targeted heart-to-heart talks, deeply understand students' ideological trends, and gradually help students cultivate the mature mind to fulfill the mission of The Times, which is of great significance to cultivate high-quality skilled talents.

### 1.1. Heart-to-heart talk is an effective way of ideological and political education for college students

As a front-line staff, counselors in higher vocational colleges undertake the mission of moral education in colleges and universities, daily ideological and political education and value guidance, and complement the teaching of public ideological and political theory [1]. According to the actual situation of our school, it can be seen that students generally have problems such as weak ideological and political concepts, low self-discipline, weariness of learning, etc. Ideological and political theory courses have become the

"disaster area" of skipping classes, and the educational effect of public ideological and political theory courses is very limited. Therefore, the daily counselor "heart-to-heart talk" can effectively make up for the lack of theory courses, and affect the students' minds in life. Ideological and political education is into the brain, into the heart of osmosis, only by the classroom is not enough, really do a good job of ideological and political work in higher vocational colleges, counselors should be on the basis of positive communication, understand students, listen to the students' troubles and sorrow, help students meaning, out of the plight of the mind, set up the struggle for the socialist dream goal in life.

### 1.2. Heart-to-heart talk is conducive to the improvement of counselors' own ability and quality

"Universities counselor vocational ability standard (provisional)" (2014) pointed out that counselor "talk" to help students deal with the ideological understanding, value orientation, learning life play an important role, is the embodiment of counselor professional quality and ability, "heart-to-heart talk" has become a counselor vocational skills contest indispensable inspection link [2].

"Heart-to-heart talk" is a process of two-way communication between counselors and students, which is a communication that integrates persuasion, debate and artistry. Counselors can often listen to students' confusion and help them out of psychological difficulties. On the one hand, they help students grow up healthily, and on the other hand, they also achieve themselves. This "achievement" is mainly reflected in three aspects: firstly, the improvement of communication ability, the gradual improvement of the language expression ability in the communication with students; the second, the training of psychological counseling skills, through understanding the students' problems and

helping to solve the problems of the students; finally form the case records, sorting out and refining the material accumulation, which is a good embodiment of the counselor's work ability, and benefiting the attention and recognition.

### **1.3. Heart-to-heart talk is the need of the healthy growth of higher vocational college students**

First of all, the appropriate "heart-to-heart talk", can effectively avoid the students' psychological safety risks. Compared with students in undergraduate colleges, students in vocational colleges' learning and training goals are very different. On the one hand, students will face the challenge of adult world outlook and values change; on the same hand, they will also face the challenge of vocational education to improve their own quality and ability to adapt to the market demand and economic development. University is a key period for students' world outlook, outlook on life and values. Students more or less have psychological confusion and problems, which are manifested in unstable psychological quality, weak psychological ability to resist pressure, difficulties and setbacks easy to produce pessimistic mood, and even easily give up themselves and make extreme behaviors. Counselor shoulder the role of psychological instructors, appropriately master the skills of psychological counseling, and skillfully apply them in ideological and political education, which will greatly reduce the chance of suicide, and help students improve their psychological quality.

Secondly, the appropriate "heart-to-heart talk" can effectively stimulate students' potential [3]. Through the "heart-to-heart talk" close to students and close to the reality, we can find and pay attention to the needs of students, timely improve the deficiencies, so that the main consciousness of students' consciousness can be maintained, so as to dig out the students' subconscious, produce positive guidance and give attention and encouragement. Students in higher vocational colleges who focus on application and practice have divergent thinking and strong action ability, and are active in self-employment, activity planning, network application and other aspects. However, there are also some students with risk psychology, addicted to online loans, online gambling, can not use their wisdom in the right way, which requires counselors to find in time, boldly stop, and patiently persuade.

Thirdly, appropriate "heart-to-heart talk" deeply rooted in professional spirit to help students clear the direction of struggle. College students in higher vocational colleges are in an important period of learning knowledge and skills, but due to their own age restrictions, they have not yet formed a relatively mature cognitive system and logical thinking, and they are easy to be affected by bad culture and environment. Especially after 95,00 students, after self consciousness is stronger, do not accept the traditional social culture, on the psychological and behavior of nonviolent resistance, embodied in derogatory of professional knowledge, not enough attention to professional skills and along with the sex in the process of practice, this personality, psychological rebellious and resistance to traditional culture, for skilled talents is a lack of professional quality and professional spirit. If the counselors lead the students to realize their responsibility and mission from the moment they enter the university, and have continuous heart-to-heart talks, then it will have different effects. In addition, to help students understand social needs and development trends, we also need to give play to their strengths, enhance their confidence,

so that they can develop in a positive way.

## **2. Analysis of the Status Quo of the Counselors in Higher Vocational Schools**

As counselor necessary skills "talk to talk" in higher vocational college students' daily ideological education and management plays an important role, but in practice, "talk" is not a simple consultation and communication, in our school counselor to talk to work, for example, mainly face "talk" work with lag, single, lack of continuity, system is not sound.

### **2.1. Heart-to-heart talk work has a lag**

Some scholars point out that heart-to-heart talk can be simply divided into two types of — proximity and problem solving. The former focuses on understanding students finding problems, so as to better serve students, while the latter focuses on problem solving, which belongs to the conversation. Most of the heart-to-heart talk of our school counselors in practical work belongs to the latter, when students have bad thoughts and wrong behaviors. Specifically, only when the students appear many times of absenteeism, fighting, serious mental illness leading to suicide and self-harm behavior and other problems, the counselor will passively talk with these students to intervene. Undeniably, the "stress" heart-to-heart talk of counselors can solve students' problems more quickly and reduce the impact of the event, but the emergence of problems has indeed caused some kind of harm to students. If the counselors or student cadres can find the signs of problems early and timely solve them, the degree of harm caused by the incident will be greatly reduced.

### **2.2. Talk to talk in a single way**

Taking the common problem-solving heart-to-heart talk as an opportunity, we found that the regular talk mode between counselors and students is "questioning + reprimand" and students "excuse + silence", which is a typical one-way heart-to-heart talk. At present, the students are basically students after "00". Similar to the "post-1995", they have active thinking, high emotional intelligence, strong independent consciousness, and show higher performance behavior. Whether or not, some problematic students admit mistakes in front of the counselor, with a correct attitude and yes, but their heart is extremely rebellious, and their true thoughts are not revealed. This part of students are also more good at hiding problems in the future study and life. This requires the counselors to not only adopt a one-way conversation mode, but also need to go deep into the students' hearts and pay attention to their dynamics from all aspects of their daily life. At the same time, the thinking of network ideological and political education should be strengthened.

### **2.3. Lack of continuity in heart-to-heart talks**

The "problem-solving" heart-to-heart talk can solve the outstanding problems that students have appeared, and students receive more attention for a time, but the continuous tracking and feedback from students after the talk, as well as the evaluation of the effect of heart-to-heart talk are rarely carried out continuously. The lack of continuity of heart-to-heart talk, on the one hand, reduces the educational effect of conversation, on the other hand, is not conducive to the accumulation of work experience and ability of heart-to-heart

talk.

#### **2.4. The working system of heart-to-heart talk is not perfect**

One of the most important problems in the investigation of the work status of our school is that the working system is not perfect. The work of heart-to-heart talk plays an irreplaceable role in carrying out students' ideological education and guiding students' physical and mental health development. Many colleges and universities have established a perfect heart-to-heart talk system, which makes the heart-to-heart talk work normal. However, as a higher vocational college, our school has not yet established the working system of heart-to-heart talk, which makes the counselors often in a state of free play and fighting for themselves. The imperfect system makes the counselors lack the corresponding norms and guidance in the conversation work, and it is difficult to obtain the corresponding facilities and technical support, which leads to the poor effect of guidance and problem solving.

### **3. Research on Improving the Quality of Heart-to-heart Talk Among Counselors in Higher Vocational Schools**

#### **3.1. Full attention**

Counselors should pay attention to the growth of students and help them to high-level maturity. The growth and maturity of students is not determined by their age. Only in the process of study and work can they be improved. Therefore, it requires counselors and teachers to guide students to a higher level of maturity in the process of daily heart-to-heart talk with students, and in the process of improving students' maturity, timely understand their confusion and confusion, and timely entrusted with important tasks.

#### **3.2. Set an example**

We should give full play to the example power of student cadres. Selected from the whole student cadre, their psychological and behavior ability are relatively mature, high student cadres and class dry, they help counselor teachers in the process of students management, can not help some students to adapt to school life as soon as possible, and properly handle the relationships around, especially in the early immature stage, the student cadre leading role model will be conducive to the growth of students mature.

#### **3.3. Establish archives**

Establish a heart-to-heart talk psychological file. Heart-to-

heart talk is a communication art carried out according to the psychological maturity of students. For the change and attention of students' psychology, a more perfect personal heart-to-heart talk psychological file should be formed. The psychological changes of students of different ages are different. The psychological characteristics of "post-00 s" students are different from those of "post-90 s". Therefore, it is necessary to constantly update the psychological files of students' heart-to-heart and heart talks, and better carry out the work of counselors on the basis of accumulating experience.

## **4. Summary**

With the diversification and multi-polarization of social development, the psychological problems of college students are becoming increasingly complex, and the situation of students in higher vocational schools is more obvious. How to effectively open the gate to talk has a far-reaching impact on the healthy growth of college students. College counselors should make clear the significance of heart-to-heart talk, accurately grasp the current situation combined with their own working environment, and improve their heart-to-heart talk ability.

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