

The Narrative Study of Guidance for Postgraduate Entrance Exams for Master's Students

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Abstract: To improve the tutoring work for the college postgraduate entrance examination, a narrative study was conducted on Zhang San (pseudonym), an undergraduate student majoring in chemistry education in the 2022 cohort of a certain university. Through the discussion and analysis of the postgraduate entrance examination environment, the handling of interpersonal relationships, and the personal significance of the examination, it is concluded that specialized tutoring for college students is a comprehensive consideration of the impact of the learning environment, dedicated to serving students, helping them resolve conflicts, overcome crises, establish and improve interpersonal relationships, and so on.

Keywords: Normal Students; Take the Postgraduate Entrance Examination; Research on Educational Narrative

1. Introduction

In recent years, the number of applicants for the national postgraduate entrance examination has continued to rise, and the national line has repeatedly exceeded historical highs. Behind this phenomenon, it not only reflects the pursuit of education and future career by contemporary college students, but also reveals the severe employment situation and fierce competition. On the one hand, many industries have increasingly high requirements for talents, which is directly reflected in the demand for diplomas, and they prefer talents with a graduate degree or above. On the other hand, the concept of lifelong learning has deeply rooted in people's hearts. Students taking the postgraduate entrance examination need to improve their professional knowledge and literacy, lay a solid foundation for career development, and actively respond to future challenges. In addition, pursuing a postgraduate degree can provide better learning resources and expand one's network, and after graduation, one can receive higher salaries and benefits. Universities attach great importance to the work of students taking postgraduate entrance exams in their daily work, and provide special guidance for the exams. To better cultivate talents, universities need to increase research on postgraduate entrance examination tutoring, such as actively analyzing the ideological and behavioral characteristics of college students in the new era, respecting their independence, autonomy, and exploratory nature, and providing effective guidance, in order to establish a more harmonious teacher-student relationship. In addition, psychological education is an education aimed at cultivating good psychological qualities of learners, promoting overall quality improvement and individual development. Through class construction and daily affairs management of college students, carry out psychological health counseling work, improve online ideological and political education, and improve campus crisis response. During the postgraduate entrance examination process, teachers need to be close friends and guides for students, cultivate their rational and peaceful psychological state, and enhance their psychological quality. Good professional ethics and conduct have set an example for the vast number of students. Student mental health education should strengthen the professional knowledge and theoretical learning of

counselors. Improving the quality structure of "bravery" is a necessary condition for the postgraduate entrance examination to become more courageous and ultimately "successful".[1]

2. Existing Problems

At the same time, most of the "major provinces" that take the postgraduate entrance examination have also set new historical highs year after year, with the number of candidates taking the exam reaching a national average. The proportion continues to rise. During the process of taking the postgraduate entrance examination, various forms of student questions emerged. [2] As a typical example of adjustment, Zhang San (pseudonym) summarized and analyzed the specific situation as follows: Zhang San is a senior who is about to graduate. After her postgraduate entrance exam results were released, she found out that she had just reached the national level and was under a lot of psychological pressure. She felt confused and helpless about the online interview and often cried secretly in her dormitory. During the preparation period, the student returned to the dormitory and found that there was often a lack of quiet rest environment, frequent conflicts with roommates and family, and a relatively passive attitude towards graduation affairs, with many tasks being completed overdue.

Through investigation and analysis of the student's situation, it was found that the problems they may face may include the following aspects. 1. The student lacks a good preparation environment. During the preparation period, due to the inconsistent schedule of dormitory students, there was a lack of a quiet resting environment. 2. The student lacks good psychological qualities and interpersonal skills. Zhang San experiences excessive anxiety and depression when dealing with stress, and has weak ability to be frustrated, failing to establish good interpersonal relationships with classmates and parents. 3. The student lacks basic knowledge reserves for online re-examination and adjustment. Regarding the online interview format, Zhang San needs to participate in the postgraduate entrance examination adjustment training.

The research content includes techniques for mental health education, related training, as well as business learning and supervision activities. The assessment of educational and

teaching quality includes basic teaching skills, professional knowledge, and educational effectiveness. Mainly involved in early identification of psychological crisis clues, participating in the development of psychological crisis intervention plans, familiarizing oneself with methods of psychological crisis intervention, and paying attention to public opinion intervention in psychological crisis events in the era of all media.

3. Ideas and Measures

The college fully understands the knowledge, abilities, and quality requirements of employers for graduates, and absorbs the opinions and suggestions of employers. In the future, the college will strengthen postgraduate entrance examination guidance, with the goal of building a talent incubation base that serves local economic construction. We will adhere to the collaborative education, innovation, and common development between the school and enterprises, and focus on improving the connotation and quality of education.

(1) Unify ideological understanding and strengthen the management of postgraduate entrance examination atmosphere

In depth interviews are a major method of qualitative research in social sciences, which involves in-depth conversations with respondents to understand the life experiences and lifestyles of a certain social group.[3]Through individual heart to heart talks with Zhang San and roommates, the teacher learned about the daily living conditions in the dormitory, as well as the problems and difficulties in learning and life during the graduation season, the intention to take the postgraduate entrance examination, and the preparation situation. Next, we will coordinate the dormitory conflicts caused by different daily routines. Firstly, we advocate for peaceful communication, strictly abide by dormitory management regulations, create a harmonious and warm atmosphere of dormitory discipline, and secondly, guide students to focus their work on learning affairs such as postgraduate entrance exams and graduation, actively guiding effective communication. Thirdly, show concern and provide corresponding experience to the graduating students to dispel their doubts and anxieties. At the same time, it is reminded that each class should flexibly combine the construction of academic atmosphere with the construction of civilized dormitories in their daily apartment life, and integrate the improvement of internal hygiene, civilized discipline, and quality throughout the entire process of building a "learning star rated dormitory". To provide students with a comfortable living environment, we will promote and guide the construction of the postgraduate entrance examination study atmosphere, promote the culture of the college, and provide guidance on study atmosphere, discipline, health, safety, and other aspects.

(2) Resolve psychological problems and ensure effective service for postgraduate entrance examination

Guide students to face it positively, provide psychological counseling as soon as possible, and actively provide them with adjustment and employment information and opportunities. Firstly, grasp Zhang San's family, academic situation, and mental health status, and correctly guide students to communicate with their parents or other guardians to eliminate Zhang San's concerns about adjustment. Secondly, a comprehensive mental health education system should be established, with a focus on pre work, answering questions about further education or employment, and

soothing negative emotions such as nervousness and depression. Next, help Zhang San cultivate good study habits and provide guarantees to the best of his ability. It is recommended that Zhang San adjust his expectations reasonably and build interpersonal relationships reasonably. Finally, based on the majors and research directions of the students preparing for the exam, actively contact and invite experts and professors from both inside and outside the school to provide specialized academic guidance. At the same time, strengthen the construction of the psychological work team, establish a four level psychological health education monitoring network of "school college class dormitory", and promptly report any abnormalities found by the psychological committee. In addition, the college selects outstanding psychological commissioners, affirms their daily work and contributions, encourages continued efforts in maintaining student mental health, and organizes psychological health class meetings.

(3) Provide experience guidance and seize the opportunity to adjust for the postgraduate entrance examination

To help students locate their target universities rationally and accurately, the college invites professional teachers to guide students in a series of courses on academic planning, career planning, and postgraduate entrance examination planning. Zhang San feels anxious due to a lack of experience in adjusting and preparing for exams, so he needs to provide an information platform. After the announcement of the postgraduate entrance examination results, teachers accurately grasp Zhang San's preliminary exam results, school, major, and transfer intention, and establish a dynamic ledger. On the one hand, establish a special WeChat group to answer questions and clarify doubts, and analyze the precautions such as obtaining postgraduate entrance examination information, interview skills, preparation for adjustment, contacting mentors, and adjusting mindset. On the other hand, during the experience exchange seminar for the postgraduate entrance examination, Zhang San conducted timely screening of transfer information, such as selecting transfer schools, majors, and transfer times based on his initial exam scores, to avoid choosing less than ideal colleges due to excessive transfer information, greatly increasing the chances of successful transfer in the postgraduate entrance examination.

To urge students to continue maintaining a good dormitory learning environment and creating a good atmosphere for postgraduate entrance examination, the college provides refined management services and strengthens the construction of civilized dormitories in the student union. On this basis, internal meetings of the student union will be held to promptly provide feedback and address the learning and living issues of postgraduate students, in order to mobilize the work enthusiasm of the college student union and implement the purpose of "serving students wholeheartedly" in practice. The college took the dormitory culture festival as an opportunity to build the dormitory into a base for managing and serving students, and achieved good results.

4. Conclusion

The Student Union of the college has effectively solved the problems of students, and each department has its own responsibilities to build a platform for students, meet their needs, and provide strong support for their campus life. Therefore, it is better for students to fully devote themselves to their studies, work, and life. Through visits, it was found

that the student dormitories in the autumn semester are in good condition, manifested in a stable and orderly living order, and the academic atmosphere in the dormitories also shows a good learning attitude and a full mental state. A very small number of students violate discipline, and the frequency of conflicts in the student dormitories is reduced. Now, unity, cooperation, positivity, and striving for excellence have become the mainstream values of the college. Reform and innovate educational textbooks. Reform and create teaching materials. The quality of textbooks not only affects the teaching quality of educational subjects, but also affects the educational effectiveness of students. Therefore, university textbooks need to pay more attention to ideological content. The management of daily work affairs for students focuses on cultivating an organized, hardworking, and effective team of student cadres, and carrying out the development of student party members and educational management services. Efficient student union and propaganda work refers to actively building class atmosphere, academic atmosphere, and campus atmosphere, leading the way in ideological and theoretical education and value guidance, such as organizing the selection of civilized dormitories, completing the comprehensive assessment of 2022 graduates, organizing various sports competitions in the college, and doing a good job in publicity and reporting. The college strengthens various forms of assistance to graduate students from financially disadvantaged families by establishing online and offline psychological counseling studios, offering various forms of condolences, and tracking the ideological dynamics of graduate students. The college strengthens various forms of assistance to graduate students from financially disadvantaged families by establishing online and offline psychological counseling studios, offering various forms of condolences, and tracking the ideological dynamics of graduate students. Secondly, the leadership team of the college actively contacts the class and dormitories to understand the learning and living conditions of postgraduate students, encourages them to actively take the exam, and provides channels to solve dormitory conflicts and psychological problems, helping students communicate and coordinate dormitory conflicts and other issues. In addition, distributing learning supplies to address concerns such as insufficient funds, and setting up postgraduate entrance examination scholarships, holding postgraduate entrance examination mobilization and guidance meetings, postgraduate entrance examination condolence meetings, registration and re-examination adjustment counseling meetings, experience exchange meetings, etc. to motivate candidates to work hard in their studies. Reform and create teaching materials. The quality of textbooks not only affects the teaching quality of educational subjects, but also affects the educational effectiveness of students. Therefore, university textbooks need to pay more attention to ideological content.

To do a good job in the postgraduate entrance examination, it is necessary to comprehensively consider various existing factors, provide accurate targeted services for experience consultation for students who need to take the exam adjustment, cultivate comprehensive development of students, and effectively do the work well. Starting from the four aspects of knowledge, emotion, intention, and action, do a good job in providing guidance for the postgraduate entrance examination. In terms of knowledge, we will hold a seminar on exchanging experiences in the postgraduate entrance

examination, inviting experienced teacher representatives with guidance in the examination, such as college leaders, department heads, class teachers, counselors, and representatives, to exchange speeches and help students summarize their experiences and analyze their shortcomings. The postgraduate entrance examination adjustment guidance meeting not only helps students understand the national line for postgraduate entrance examination, the latest adjustment policies, the interview process, and the preparation for the interview, but also provides guidance on the interview process, interview etiquette, interview skills, and frequently asked questions. In terms of emotions, the college invites teachers to share their rich personal experiences in the postgraduate entrance examination, introduce clear methods of the examination from their mental journey, and encourage everyone to do their best to prepare for the postgraduate entrance examination interview. To enhance students' self-confidence and cultivate their self-regulation ability, such as generating positive emotional experiences towards themselves, others, and the environment, improving self-efficacy, and forming a correct understanding of themselves. At the level of consciousness, the college helps everyone establish a correct worldview, outlook on life, and values, emphasizes the importance of perseverance in the postgraduate entrance examination process, and encourages students to stick to their original aspirations and bravely face challenges. In terms of practical skills, the first step is to cultivate students' initiative - to set goals and actively implement them, which means being able to understand oneself, the world, career and future development trends, and actively collect adjustment information, such as previous years' adjustment score lines, subjects, and mentors. Secondly, cultivate awareness of serving the masses, compliance with regulations, and unity and cooperation. In summary, during the postgraduate entrance examination process, students develop efficient study and work habits, as well as moral qualities of helping others, which can effectively handle interpersonal relationships. Students have strong self-monitoring abilities after receiving guidance for the postgraduate entrance examination, and can cope with various challenges in learning and life. College teachers need to abide by laws and regulations and continuously improve the quality of education and teaching, fully fulfill their teaching responsibilities, such as actively guiding students and caring for and caring for them. In daily work, teachers need to strictly implement teaching plans, actively engage in teaching, research, and academic exchanges, and pay attention to unity and cooperation. In addition, teachers continuously improve their own educational and teaching level, forming unique teaching skills, teaching ideas, and teaching styles. Simultaneously promoting the spirit of collectivism refers to pursuing the common development of schools, teams, and personal careers. The entire college will further improve the guidance service project for student postgraduate entrance exams, and implement personalized guidance for application, preparation, and adjustment.

The purpose of mental health education in universities is to cultivate a healthy psychological mechanism for college students and shape correct values with noble personalities. College students with healthy psychology are able to make rational judgments about external things, establish correct values, and engage in reasonable behavior that is in line with their age. Therefore, the healthy psychology of college students can form a synergy between the external forces of

education and the internal forces of healthy psychology. On the contrary, if college students have problems with their mental health, they will develop incorrect values and various psychological problems. From this, it can be seen that strengthening mental health education for college students should not be limited to mental health education courses alone, but also establish a team of professional and knowledgeable mental health education. Through various channels such as classrooms and the internet, we can popularize mental health education knowledge to college students, regulate their psychological problems, and promote their mental health growth. The college conscientiously carries out the work of providing financial assistance to students from poverty-stricken families who have taken the postgraduate entrance examination, such as improving the archives and training the cadres of the Student Assistance Center. Teachers should promptly implement the evaluation and distribution of various awards and scholarships, so that students in need can receive assistance and receive them in a timely manner. The goal of the college's funding management is to build a confident, self-strengthening, united and mutually supportive team of cadres in the college's student assistance center, and to create a healthy, sunny, harmonious, and striving atmosphere for funding and education. Firstly, the overall planning evaluation that needs to be formulated for the postgraduate entrance examination tutoring work refers to whether the overall planning review is scientific and reasonable, and whether the organizers have the ability to lead the overall situation; Secondly, it is necessary to evaluate the educational team to determine whether the structure of the team formed by the organizers is reasonable, and whether training, supervision, and assessment are in place; Finally, universities should evaluate the performance of the college's

postgraduate entrance examination to determine whether the effectiveness of the organizers is significant. Establish an objective evaluation mechanism, which can objectively evaluate learners by understanding their various aspects and combining them with their educational effectiveness. Effectiveness of postgraduate entrance examination tutoring in universities depends on two aspects: firstly, it depends on whether the concepts are scientifically and reasonably imparted to students, so that in the process of implementing education, the educational subject should clarify scientific and reasonable educational objectives, innovate educational work, and optimize the education process; Secondly, it depends on whether students can accept it rationally. Therefore, universities should strengthen mental health education for college students, cultivate a healthy psychological mechanism for college students, shape a complete and noble personality, and ensure that college students grow up with a positive, rational, and optimistic healthy attitude.

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