

The Exploration of the Path to Solve College Students' Study Confusion Predicament by Integrating the Education of Chinese Dream

Xianxian Wu^{1,*}

¹Anhui University of Finance and Economics, Bengbu 233000, China

*Corresponding author: Xianxian Wu (18756650335@163.com)

Abstract: College students are in the jointing and booting stage, which is an important period of the formation of life values. College students' study status is very important for their own growth and development. Therefore, we should attach enough attention to college students' study status. Nowadays, most college students' study status is good, but some still have confusion due to various reasons. Based on the accurate and detailed analysis of the manifestations of some college students' study confusion predicament through the questionnaire survey, literature research and other methods, this paper aims to deeply analyse the causes of the confusion predicament and eventually explore specific ways to integrate Chinese Dream into the solution of college students' study confusion predicament, so as to lead college students to strength ideals and beliefs, establish lofty ideals, cultivate spirit of responsibility and better promote growth and development.

Keywords: College Students, Study Confusion Predicament, Chinese Dream, Path.

1. The Situation of College Students' Study Confusion Predicament

As the mainstay of the youth, college students' study situation is closely related to their healthy growth and development, so they need to be concerned by many sides. In general, most of today's college students are in a good state of study and believe study is a happy and meaningful thing. But there are still some students do not take study seriously and maintain bad attitude to study. Their study state is not ideal and they have confusion predicament in study to various degrees. In order to accurately learn about the study confusion predicament of college students, the author conducted a random questionnaire survey on more than 300 college students. The survey focused on the following aspects: understanding of study, study objectives, study motivation, study initiative and extracurricular time arrangement. And the survey results showed that 47.39% of the students think that study is a happy thing, 40.2% think that study is a necessary thing to do, 9.48% think that study is a boring thing, and 2.94% think that study is a nuisance. We can see from the survey that some college students have varying degrees of confusion predicament in their study, not clear what they go to college for and why they study. According to the questionnaire survey conducted by the author, some college students' study confusion predicament is manifested in different aspects, which can be summed up in the following aspects: the study goal is not clear, lack of initiative; the study motivation tends to be utilitarian, lack of power; extracurricular time increases, lack of reasonable planning.[1]

2. Analysis on the Causes of College Students' Study Confusion Predicament

At present, the study status of college students is generally good, but at the same time, some students have the predicament of learning confusion. There are many reasons

for the perplexity of college students. It is very important to analyze the causes of perplexity, which is helpful to find possible ways to solve these difficulties.

2.1. The Personality Characteristics of College Students and the Particularity of Growth Stage

The growth stage of college students has its own uniqueness, and the emergence of their study confusion predicament has subjective reasons as well as objective and realistic reasons.

First of all, from the subjective perspective of college students themselves, when they enter university as adults, they are in the period of gradual independence and maturity, which is the period when the worldview, outlook on life and values begin to take shape. At this time, the development of college students' self-consciousness needs to go through an obvious process of differentiation, contradiction, unity, transformation and stability. [2] The first problem to be dealt with is the adjustment to college life. They need to face and deal with the situation that they have never encountered before, such as: independent study and life, living in the dormitory far away from parents for the first time, etc. Secondly, they should correctly understand how to spend their college life. Campus activities are so rich and colorful that many college students will show themselves and practice by running for student cadres and participating in various activities. However, they may neglect the cognition of themselves and lack comprehensive understanding of themselves, thus they will not really know what their hobbies are, what problems they have and how to solve the problems. In addition, they have to deal with a variety of increasingly complex contradictory relations, such as the interpersonal relationship between teachers and students, the relationship between learning and life, the relationship between knowledge learning and ability cultivation, and so on. If you can't cope with the above problems, your study state will inevitably be negatively affected, and you will fall into the

predicament of study confusion.

From the objective perspective, the majority of college students at the present stage are the post-90s and post-00s. They grow up and live in an era with rapid economic development, richer material conditions and more prosperous cultural development, but at the same time, they also face the pressure and challenges brought by the development of The Times. Especially in face of study, employment and life pressure, some students will be at a loss. For example, in face of difficult employment and career selection, college students' study motivation has changed, and their study objective has become very pragmatic and self-oriented. [3]

2.2. Negative Effects of Market Economy Environment

Values are the product of economic and social activities. Economic activities will inevitably affect the formation and development of people's values. It is inevitable that market economy will have an impact on college students' values. The positive effect of the market economy is obvious. The socialist market economy system in China has promoted the rapid development of productive forces, enhanced national strength obviously, and greatly improved the quality of people's life. As a whole, it has promoted the formation of good values such as fairness, competition and efficiency, and promoted the development of the society. However, at the same time, the negative impact of the market economy cannot be ignored. The market economy has unavoidable disadvantages, and the profit-seeking characteristic market economy can breed the unhealthy atmosphere such as the supremacy of money, hedonism and individualism, which has indeed produced no small negative impact on the values of contemporary college students'. On the one hand, the expansion of individualism and egoism will lead to the dilution of collectivism, driving people to put the individual interests before group interests, regard the relationship between people as a relationship of interests, think about everything from their own point of view, ignore sincere concern for people at around, lacking concern on the country, society and social responsibility. On the other hand, the emphasis on pragmatism makes some college students think about things from economic perspective, practical perspective or from their own interests, ignoring the grasp of the essence and connotation of things, paying too much attention to the superficial things, the pursuit of material interests rather than think about dedication, feelings, social responsibility. [4] In the aspect of study, they may treat study with the purpose of utilitarianism, positioning their study objective as be keener to pursue a richer material life and a more profitable career.

2.3. Negative Influence of the Internet

With the development and popularization of information network technology, the Internet has been inseparable from the study and life of college students. The influence of the Internet on the values of college students is immeasurable. The information on the Internet covers everything, including political, economic, cultural, moral and other aspects of information. College students inevitably receive the influence of multi-culture and information through the Internet. In the face of various and diversified ideas and values, how to choose these ideas and values is bound to cause confusion in college students, which can furtherly lead to confusion predicament in college students' study. What's worse, in the face of negative ideas and trends of thought on the Internet, if

the students lack reasonable judgement and are deeply affected, or even transfer their energy and time to the virtual Internet world, it will not only have a great negative impact on the values of college students, but also cause harm to their study, life and physical and mental health, which will contribute to the confusion predicament of college students in study to a greater extent.

2.4. Infiltration of Undesirable Western Values

With the rise of our country, she has become the world's second largest economy and socialism with Chinese characteristics is developing well and vigorously. However, the Western countries' attempt to "westernize" our socialism has never changed. They are stepping up their efforts to infiltrate and export their ideology, values and social trends to the outside world. Nowadays, globalization is deepening constantly, the opening-up policy is developing and deepening continuously, the Internet and other modern communication tools are developing rapidly. On the one hand, the western countries subtly spread the western capitalist values, decadent lifestyle, ideas and social trends with the help of the Internet and Weibo and other new media, inducing the young college students in our country to pursue money worship, individualism, hedonism, utilitarianism and chase money and fame. For the college students who still lack sufficient discernment, when facing different social trends of thought and values, they are easy to be confused and deceived by the beautiful appearance of these trends, and cannot see clearly the real face and the deep intention behind the beautiful appearance, or even blindly follow the trend to accept the influence of certain social trends or western ideas and values, which to some extent leads to the college students' confusion predicament in study. On the other hand, Western countries have adopted various ways and means to exaggerate negative news about our Party and socialism, distort facts and spread false negative remarks. In the process of forming and establishing world outlook, outlook on life and values of college students, they have little experience and immature thoughts, and lack sufficient judgment and differentiation in social trends of thought and information reporting. They are vulnerable to the influence of these wrong and untrue social trends of thought and speech with the purpose of Western differentiation and disintegration, which will have a great impact on their ideals, beliefs and values and eventually cause confusion predicament in their study.

3. The Significance of Chinese Dream Education in Relieving College Students' Study Confusion Predicament

Chinese Dream represents a kind of ideal, belief and goal. The connotation of Chinese Dream is to achieve national prosperity, rejuvenation and happiness of the people. [5] Young people are the future of the country and the nation and are the main force to realize Chinese Dream. College students are the most representative group of contemporary youth. Only by keeping in line with the theme of the era they live in, holding firmly to their ideals and beliefs, devoting themselves to making contributions to the country and society and being responsible, ambitious and brave, can they live a shining life and contribute to the revitalization of the nation. [6] At present, some college students have confusion predicament in study. Chinese Dream can help point out the life direction and

goal for college students, which is of great significance to relieve their study confusion predicament.

3.1. Guide College Students to Strengthen Their Ideals and Beliefs, Establishing Lofty Ideals and Aspirations

Ideals and convictions are the driving force for a nation to develop and move forward. [7] The university time is key period for students to set up goals and clarify the direction of life. In College, students' outlook on life, values and world outlook have not yet been finalized and are in the formation period, which have certain plasticity. Carrying out the education of Chinese Dream helps to guide college students to clear the direction of life, strengthen ideals and beliefs, unify their personal interests with the national interests and cultivate their sense of social responsibility. Chinese Dream education can improve students' cognition and understanding of the country's development process and development goals, guiding them to shoulder the mission entrusted by the times. Through the education of Chinese Dream, college students also continuously enhance their confidence in the development of the country, improve their comprehensive quality, increase their knowledge, practice solid skills, establish the lofty ideal of contributing to the prosperity of the country and the rejuvenation of the nation and strive to become great talents worthy of the great task of national rejuvenation.

3.2. Enhance College Students' Sense of Social Responsibility, Cultivating Spirit of Responsibility

Chinese Dream is the country's dream, the nation's dream, and also the dream of all Chinese people's in their heart. It has closely linked the country, the nation and every son and daughter of the Chinese people to form a community with a shared future. It is not enough to rely on the power of individuals to realize Chinese Dream. It needs the joint efforts and hard work of every son and daughter of the nation. College students are the youngest and most energetic representatives, and they are the future of the country and the hope of the nation. They should shoulder the responsibilities and missions entrusted by the historical era and constantly enhance their sense of social responsibility. The realization of Chinese Dream and the realization of personal dreams are closely related and inseparable. By improving ourselves, we can realize our personal ideals and life values and at the same time make our own contribution to the realization of Chinese Dream. Similarly, the realization of Chinese Dream will also provide a better platform for our personal hard work. College students can realize their ideals and values only by integrating their dreams and interests into the ideals of the motherland and the interests of the country and the nation. Chinese Dream education can help form a cohesive force among college students, and encourage them to internalize the great mission of national rejuvenation into their own belief and externalize to practice, so as to contribute their own efforts to the smooth realization of Chinese Dream. In this way, college students will have sufficient motivation in the process of study.

3.3. Cultivate College Students' Comprehensive Quality, Promoting Their Growth

Chinese Dream is not abstract, but contains profound

historical connotation. Integrating it into the study and life of college students is an inevitable choice in accordance with the rules of teaching, which is of great practical significance for college students to improve their comprehensive quality, grow healthily and become well-developed people. First of all, education of Chinese Dream can provide inexhaustible motivation for college students, guide college students to study diligently, work hard, persevere and constantly improve their professional quality. Secondly, education of Chinese Dream encourages college students to actively improve their ideological and moral quality, consciously learn and practice socialist core values, carry forward patriotism, collectivism and socialist thoughts, abide by social ethics, professional ethics and family virtues, cultivate strong will and character, and become more courageous in the process of overcoming difficulties. Finally, education of Chinese Dream promotes college students to grow healthily, develop all-roundly and become great people to take on the responsibility. Higher education should not only pay attention to the development and improvement of students' ability, but also care about the healthy and overall development of college students themselves. Some college students' psychological endurance is weak and they are easy to lose confidence in setbacks. Integrating Chinese Dream into college students' study and life can give them a new perspective on themselves, others and the world, expand their horizon and mind, gain the healthy and all-round development of themselves. And finally they can become great persons with all-round development of morality, intelligence and health, and will be competent take on the great task of national rejuvenation.

4. Exploration of Ways to Solve College Students' Study Confusion Predicament by Integrating the Education of Chinese Dream into It

4.1. Taking Curriculum Teaching as the Main Position

Ideological and political education is a long-term and systematic project. College students are in the critical period of growth and development. They not only have strong and vigorous thirst for knowledge, success and performance, but also have many contradictions between needs and development. [8] Ideological guidance to college students should be combined with the reality. In college, the most important channel for college students to receive education is by way of curriculum teaching, especially the ideological and political theory courses. In order to achieve good results in curriculum teaching, we should focus on the following aspects:

Firstly, innovating the teaching methods. In classroom teaching, teachers should carry out the student-oriented teaching concept, enhance the consciousness of innovation and change the traditional indoctrination teaching mode. In addition to traditional ways to teach students the basic theoretical knowledge of Chinese Dream, we should also actively use new and flexible ways to improve college students' participation in curriculum and perception of curriculum, so as to enhance the attraction of education and achieve ideal education effect. In curriculum teaching, we should combine the reality of college students' study and life with our national conditions, society and other practical conditions, constantly enriching and expanding students'

understanding and cognition of the country and society by analyzing the current difficult social problems and so on. Teachers should start from the perspective of students to know what they really need and help them establish correct values, so that all students can realize the close connection between the realization of personal ideals and the realization of Chinese Dream.

Secondly, enriching the teaching contents. In the curriculum teaching, it is necessary to find the coincidence between the teaching contents and Chinese Dream, so as to promote Chinese Dream into the textbooks, into the classroom and into the mind. In order to enrich teaching contents, the following factors should be concerned.

For one thing, we should give full play to the main role of ideological and political theory courses, so that college students can fully understand the connotation, significance and other theoretical knowledge of Chinese Dream. The teachers of ideological and political theory courses are the main force of the education of Chinese Dream to college students. In the teaching process, teachers should integrate education contents according to the characteristics of different courses, carrying out the education of Chinese Dream with different characteristics. Add the content of Chinese Dream to the teaching design, update and optimize the course system and structure in order to guide and help students to master the ideological and political theory knowledge more comprehensively by combining the new theories and viewpoints of Chinese Dream. Specific analysis is as follows: In the course of modern Chinese history, teachers should highlight patriotism, history of the nation and so on. By centering on the course of Chinese people's pursuit of dream since modern times and through detailed historical explanation and in-depth theoretical analysis, guide college students to deeply understand the historical inevitability of Chinese revolution and construction led by the Communist Party of China and encourage college students to pay attention to the reality and enhance the awareness of potential danger. In the course of Basic Principles of Marxism, highlight the content of Marxism, socialism and so on, guiding students to fully realize the scientificity of Marxism and rationally look at the progress and tortuosity of the Socialist Road, so that college students enhance self-confidence in the road, theory and system of our country. In the basic courses, highlight collectivism, ideals and beliefs, helping students to solve practical problems encountered in the process of growing up.

For another thing, we should integrate Chinese Dream into the teaching of specialized courses, stimulating college students' motivation of to learn professional courses and improving their ability to build, pursue and realize dreams. Teachers of specialized courses should make full use of their own advantages. While teaching specialized knowledge to students, teachers should cultivate students' consciousness of professionalism, innovation and rigorous attitude through academic research and social practice and so on. On the basis of thorough understanding of teaching materials and deep digging of teaching materials, teachers should look for the connection between teaching materials and education of Chinese Dream, integrating the specialized knowledge teaching and education of Chinese Dream. [9]

4.2. Taking Practical Activities as the Carrier

Carrying on indoctrination of theory blindly may be hard to be accepted by students, thus Chinese Dream can't enter

students' heart. In order to improve education effect, we must pay attention to the role of practice, adhering to practice education. College students should devote themselves to the action of realizing Chinese Dream, so that knowledge can be internalized into their own quality and ability through practice, and externalized into practical actions. In order to better help young students understand the society, improve overall qualities and enhance ideals and beliefs, teachers need to guide students to combine social practice with social observation, feel and understand the national dream through participatory observation and experience. In this way, college students can deepen their cognition, understanding and feeling of Chinese Dream, combine study and thinking, integrate knowledge and practice, and eventually truly become active doers of Chinese Dream. [10]

The second classroom is the extension, supplement and development of the first classroom. College students should participate in the campus cultural activities through a variety of practical activities, which can not only enrich campus culture, but also improve students' understanding of Chinese Dream, enhancing the practice effect. Teachers should encourage college students to actively organize and participate in campus academic, scientific and technological, cultural, career planning competition and other campus cultural activities with the theme of Chinese Dream. Besides, students should also participate in various social investigations, productive labor, voluntary services, public welfare activities, scientific and technological inventions, go to the countryside, communities and international cultural exchanges and so on. For example, through the career planning competition, students can understand when making career planning and selection, we should not only consider our own needs and satisfaction, but also care about the needs of the country and society. Only by combining individual needs with social needs, individual ideals with social ideals, can we realize personal values in the process of realizing social values.

4.3. Grasping the Opportunity of Education

In the process of carrying out ideological and political education, grasping the opportunity of education is directly related to education. First of all, entrance education. For freshmen, the university campus is fresh and novel, and university study and life has just started. At this time, the students are of great plasticity. Therefore, at the beginning of enrollment, the college should carry out history education, education of Chinese Dream and other activities to enlighten students' thoughts. In addition, ideological and political education activities can also be carried out in the form of class meetings, reading clubs and essay contests to comprehensively improve college students' moral quality and political quality, and furtherly enhance students' sense of mission and responsibility. Secondly, policy and situation education. Policy education and situation education are both important ways and important contents of ideological and political education in college. In today's Internet era, hot and difficult social issues will be widely concerned and discussed by people, and there are a variety of opinions about these issues, some of which are wrong and rotten. At this time, on the base of college students' understanding ability, we should guide students to correctly analyze the current hot and difficult social issues, accurately interpret the connotation of Chinese Dream, and cultivate students' patriotic feelings through timely and appropriate policy and situation education,

analyzing and explaining issues students care about. Thirdly, graduation education. When it comes to career choice, Marx said in his graduation thesis--Young People's Consideration in Choosing a career: "we should take human happiness and our own perfection as our lifelong career pursuit." The graduation stage is an important period of college career, colleges should attach importance to the graduation education of college students, guiding college students to establish a correct view of employment, career selection and integrate their own pursuit into the development of the country, the nation and the society.

4.4. Occupying the New Position of Network Education

Nowadays, with the rapid development of the Internet, it is not enough to carry out ideological and political education only by traditional media. It is necessary to give full play to the role of network new media. At present, the commonly used network platforms include campus network, wechat, qq, Weibo, Douyin and so on. Most social network services require real-name registration. Wechat, QQ and other new media are widely loved and used by college students due to their interactive, instant, convenient and other advantages. College students will exchange life and study through these media, so it has become an inevitable choice for colleges to carry out ideological and political education through network platforms. We should take the initiative to adapt to the new changes in the study style and life style of young students in the era of new media, strengthen the construction level of college campus websites, campus social apps, and actively explore the working mechanism of new network media such as Weibo, wechat, QQ and Yiban. Besides, we should also guide the discourse system of Chinese Dream to convert into vivid network language, strengthen the interaction with college students, effectively promote the education of Chinese Dream into the network and occupy a new position of network education, so as to promote ideological and political education into the mind and improve the education effect of Chinese Dream. [10]

How to occupy the network education position? Take the campus network as an example: for college students, the campus network is particularly important because students need to complete their studies through the campus network platform to carry out various study activities and participate in campus cultural activities, like college students' innovation and entrepreneurship, competitions and other cultural activities are carried out through the campus network. Therefore, in the process of providing a full range of services for college students in psychology, emotion, life and study with the help of network media, we should integrate Chinese Dream into it. In this way, the campus network can be used as a platform to establish and inherit the school spirit and motto, actively promote traditional virtues, gather the strength of college students and subtly influence students' psychology and thoughts. For example: carrying out educational activities on the theme of modern Chinese history, playing classic movies and reciting classics to enhance college students' patriotic belief; Interpreting Jiao Yulu spirit, craftsmanship spirit, aerospace spirit and anti-epidemic spirit, introducing moral models like the most beautiful rural doctors and

teachers in our life to promote positive energy, cultivate college students' quality of striving, encourage them to gather more positive strength and make sustainable efforts to realize Chinese Dream. [11]

5. Conclusion

Education of Chinese Dream is of great significance to college students' growth and development, which can comprehensively guide the ideals and beliefs of contemporary college students. Therefore, education of Chinese Dream is meaningful to relieve some college students' confusion predicament in study. The key lies in how to integrate education of Chinese Dream into the solving of college students' confusion predicament in study. This paper tries to explore some ways.

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