

# Research and Practice of Inspirational Education for Students in Higher Vocational Colleges

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**Abstract:** With the popularization of higher education, higher vocational education has occupied half of higher education. Because the admission score of higher vocational schools is at the end of the admission level of colleges and universities, higher vocational students generally have the characteristics of poor performance in basic cultural courses, lack of learning motivation, strong sense of inferiority and lack of learning motivation. Some higher vocational college students have problems such as depressed spirit, lack of ideal and belief, distortion of value orientation and so on. Therefore, we should carry out inspirational education in higher vocational colleges, guide higher vocational students to self affirmation and self motivation, and establish lofty ideas and self-confidence. The necessary inspirational education for students in higher vocational colleges has an important impact on their whole college career. Inspirational education plays an important role in promoting higher vocational students to form a correct outlook on life and values, establish firm faith and shape excellent quality. Effective inspirational education can make them accept themselves, believe in themselves, affirm themselves and pay attention to themselves, and then produce a positive consciousness, which promotes them to have positive behavior. This paper analyzes the current situation of College Students' inspirational education in higher vocational colleges, and comes to the conclusion that it is urgent to strengthen the theoretical innovation and practical innovation of inspirational education.

**Keywords:** Higher vocational education; Inspirational education; Characteristics of students; Current situation of Education.

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## 1. Introduction

Higher vocational college education is an important part of the national education system. It directly faces and intervenes in the main battlefield of economic construction, and trains high-quality vocational and technical talents from all walks of life and on all fronts. The development trend of the future should be macro and micro, education students with advanced ideas, ideas, strengthen students' ideal faith, strengthen the students' national self-esteem and self-confidence, pay attention to individual unique personal quality, according to their aptitude, cultivate students' ideological and moral, professional quality and development ability, make the students self-love, self-confidence, self-improvement, achieve balance between personal growth and dedication to society.

The implementation of quality education is also an urgent and important task for higher vocational colleges. With the increasing emphasis on quality education in China, the inspirational education of higher vocational students has also been put on the agenda. In higher vocational colleges, there are many characteristics of poor performance in basic cultural courses, lack of learning motivation, strong sense of inferiority and lack of learning motivation. Some students have problems such as unclear ideological and political direction, unfirm ideal and faith, and lack of learning motivation. The main reason for these problems is that they do not have a clear direction for the mechanism and meaning of life. As an important content of ideological and political education, inspirational education has irreplaceable advantages in excavating students' ability, enhancing students' enthusiasm, and promoting higher vocational students to form ideological and moral accomplishment and behavior modes that are compatible with the current socialist modernization construction.

For higher vocational colleges, the top priority is to

strengthen students' ideal education, faith education and incentive education. Inspiration, encouragement is the meaning of encouragement; ambition, ambition is the ideal goal, will determination attitude, that is, the intensity of the pursuit of ideal, goal. Inspirational means to cheer up the spirit, work hard will, always maintain a positive state of mind, so as to achieve lofty goals. Inspirational education refers to the education that uses psychology, principles of success and self-efficacy through systematic and scientific education to arouse college students' independent consciousness and achievement motivation, cultivate college students' self-planning and self-management ability, cultivate college students' successful quality and stimulate their potential.

## 2. Research Situation Both at Home and Abroad

### 2.1. Domestic research

At present, motivational education is still breeding and growing in related disciplines and fields. There has not been a theoretical and systematic independent discipline system, and there is still a lack of independent research content, mature research methods and standardized discipline system. At present, it is generally believed that inspirational education mainly covers inspirational literature, inspirational music, inspirational film and television, inspirational lectures and other contents.

The domestic research on the theme of inspirational education has accumulated rich results, which can be divided into two aspects: one is about the inspirational education of primary and secondary schools, which is mostly carried out in the form of belief education, moral education and appreciation education. With wang jun is the most representative, the creation of "three strides education mode", which is given priority to with students "students inspirational education daily three strides" of the inspirational education

system, with teacher for education main body "tutor three strides" education system (implementation of full education tutorial system), with the teacher in charge as the main body of the class curriculum system, and take the school as the main body of the evaluation system. The second is about the inspirational education at the university level, including poverty inspirational education and normal inspirational education. The former is an inspirational education based on the economic poverty of college students, which emphasizes overcoming economic difficulties, encouraging study, encouraging psychology, gratitude education, etc.; the latter highlights the all-round function of education, and its representative views are as follows:

Zhou Caihong pointed out that inspirational education is to help students set up correct ideals, beliefs and lofty aspirations, Arouse students' sense of autonomy and achievement motivation, Strive to practice the ideal pursuit of education; Zhang Zhiyong believes that motivational education can arouse college students' achievement motivation and sense of autonomy, Improve students' self-planning and self-management ability, More systematically and comprehensively cultivate the successful quality of college students, Education to stimulate the potential of college students; Ma Jing believes that motivational education is through systematic and scientific education, Arouse college students' sense of autonomy and motivation for achievement, Cultivate college students' self-planning and self-management ability, More systematically and comprehensively cultivate the successful quality of college students, Education to stimulate the potential of college students; Kuang Rong elaborated on motivational education from two dimensions: helping students to set up practical learning goals, Help students to correct their learning motivation and learning attitude, Create a positive learning environment and a competitive atmosphere, Stimulate students' learning potential; Help students to establish a correct outlook on life and values and encourage students to strive for their own life value and social value.

## 2.2. Foreign research

No concept of "inspirational education", no special research on "inspirational education", but there are also studies on value education, success, personal development and other aspects, mainly with the following discussions:

Social psychologist Kelman believes that personal character develops from heteronomy to self-discipline, and this development needs to go through three stages of value internalization: obedience, identification, and internalization. Martin Serigman, the founder of positive psychology, believes that positive qualities can stimulate the inherent or potential positive forces in human beings themselves, thus promoting the realization of individual values and the continuous progress of society.

Donald Clifton, the founder of success psychology, points out that success psychology is a science that helps people achieve optimal individual effectiveness. It is dedicated to discovering and promoting those factors that make individual and social successful, focusing on the contribution to a successful life and career, and is a new research direction. The theory of success psychology tells us that the most important thing to judge whether a person is successful is to see whether he maximizes his advantages.

German psychologist Lewin believes that the change of individual attitude depends on his participation in group

activities, and put forward his "participation change theory". The way of individual activities in the group can not only determine his attitude, but also change his attitude. This theory has been widely used in study, work and management, and some results have been achieved.

Gardner first proposed the theory of multiple intelligences in his book *The Structure of Intelligence*. According to this theory, human intelligence can be divided into seven types: language intelligence, music intelligence, body movement intelligence, interpersonal relationship intelligence, self-knowledge intelligence, and mathematical logic intelligence. Different people, specific to individual performance varies, and appropriate education can enable each intelligence to develop to a higher level. For more than 30 years, this project has become the longest lasting and largest research topic in the education community in the United States and the world. At most, hundreds of scientists have participated in the research, and it has invested hundreds of millions of US dollars in research funds. This project has made a number of important achievements in psychology, pedagogy, art education and other aspects, and put forward a new understanding of human intelligence theory.

## 3. The Importance of Implementing Inspirational Education

### 3.1. Cultivate students 'sound personality and promote students' all-round development

Nowadays, the students in higher vocational colleges generally have a relatively "decadent" phenomenon, which is mainly reflected in the high pursuit of material things among college students. Many college students have serious money worship and hedonism, without any inspirational psychology, excessive material satisfaction as the first priority. This has caused a lot of students' professional quality and moral quality slowly decline. There are two main reasons for the occurrence of this event. The first point is the excessive pursuit of material conditions, serious vanity and serious psychological comparison, which is also a kind of mental immaturity, did not consider their own actual situation and ability to bear. The second point is the lack of spiritual cultivation, the lack of moral cultivation, and the spiritual level has not been significantly improved after entering the school. Considering the above two points, it can be seen that college students are derailment from the rapid development of the society, without strengthening their own willpower, on the contrary, they can not bear the temptation of the society. Now to improve the quality of social students and accomplishment, must now college students personality education, promote college students moral, intellectual, physical, beauty, comprehensive development, at the same time to strengthen the college students 'psychological ability and accomplishment, promote college students' hard struggle, carry forward the traditional virtues of the Chinese nation, constantly improve themselves, only in this way can improve their comprehensive quality.

### 3.2. The core driving force to enhance the effectiveness of ideological and political education

In order to improve the comprehensive quality of vocational students, we must also strengthen the ideological education of college students, because the students themselves are a relatively free individual, no one to restrain,

and complete self-discipline can improve the comprehensive quality. In order to improve a person's comprehensive quality must be ideological education, a person all the inner activities and outside action is dominated by thoughts, if not sound, insufficient thinking ability, failed to set up good values, outlook on life will cause a person against the development of society, and is likely to the road of crime. Therefore, we must strengthen the ideological education of higher vocational students. Only by improving their ideological education and setting up a good three views, can we fundamentally solve the problem of low comprehensive quality of higher vocational students. Of course, in the process of ideological education, the correct ways and methods can effectively and quickly improve the comprehensive quality of vocational students, because students' learning ability and thinking ability is relatively active, the occurrence of any event will attract their attention. In the ideological education of higher vocational students, we must have a clear direction and correct goals, and at the same time to pull the "circle of friends" of college students, to promote more people to achieve change. This is also necessary to combine the ideological education of higher vocational colleges with the development concept of the country, promote the mutual integration of students and the society, and further promote their social development and common progress.

### **3.3. Building a harmonious society to meet the inevitable requirements of globalized economic development**

China is a socialist country, for talent development construction, the importance of college students is immeasurable, because college students after years of training has a high wisdom and thinking ability, "science and technology is the first productive forces", and can support the development of science and technology is precisely college students, the cultivation of college students has a crucial role for the national construction, so for the cultivation of college students and education is the important premise of social development."The rise and fall of the country, expect everyone to do his duty ", Any one person is the future of the country, Any country that wants to develop, that wants to make continuous progress, You must rely on technology, At the same time, the training of college students has become a strategic goal of our country, Has been determined by party and state leaders that talent training is the top priority, People can support social development and promote social progress, Improve the core competitiveness of countries internationally, Regardless of the country in, The cultivation of college students is irreplaceable, And then, both for the country, To build a harmonious society to meet the economic development of globalization, Must constantly improve the creative ability and comprehensive ability of college students, Only the ability of college students to meet the needs of social development, The society will make progress and develop. Therefore, the cultivation of college students has become the inevitable requirement of building a harmonious society to meet the development of global economy.

## **4. The Current Situation of Inspirational Education in Higher Vocational Colleges**

### **4.1. The understanding and practice of inspirational education in higher vocational colleges**

The Party and the government have always attached great importance to the educational policy of "whom does education serve", "what kind of people to cultivate" and "how to train people". The 18th National Congress of the Communist Party of China put forward: " Let education serve the socialist modernization drive and the people, take cultivating people by virtue as the fundamental task of education, and train socialist builders and successors who develop morally, intellectually, physically, and aesthetically. "Higher vocational colleges as in accordance with the national set standards and examination and approval procedures approved by the education units should fully implement the party's educational policy, strengthen ideological and political education, especially strengthen inspirational education. Higher vocational colleges have been committed to inspirational education, but because the current inspirational education has not yet formed a systematic discipline education, there is still a lack of unified education content, system and methods. At the present stage, higher vocational colleges are in accordance with the spirit of the party committee and government documents, open "ideological and moral cultivation and legal foundation" and other courses to carry out inspirational education for students. However, these alone are far from enough, because higher vocational colleges shoulder the mission of cultivating highly skilled and applied professionals for the needs of production, construction, service and management, and should pay more attention to the cultivation of students' self-confidence. Sun yat-sen university President Huang Da in visited the domestic more than 20 national vocational scheme, private after the principal secretary of higher vocational colleges, think " the principal of higher vocational colleges pay more attention to the cultivation of students 'self-confidence, because higher vocational students are mostly losers under the college entrance examination system, after their admission, the school always use inspirational education to eliminate the students' psychological losers."

In recent years, the main higher vocational colleges are Fuzhou Vocational and Technical College and Shaanxi Institute of Fashion Engineering. "Building an inspirational Education System, highlighting the Cultural Characteristics of Li Garden" won the excellent achievement award in 2010, achieving a new breakthrough in inspirational education in higher vocational colleges ". The school to "excitation garden culture" as the carrier, guide students to set up lofty aspirations, refining skills, self-help, gradually form the classroom motivational system, campus environment, campus activities, social practice, motivational education service system and inspirational education comprehensive evaluation system as the main content of motivational education system in higher vocational colleges, actively build with characteristics of college "excitation garden culture" atmosphere, formed the humanistic education, full education thought together. Shaanxi Institute of Fashion Engineering "Taking Inspirational Education as the starting point, in-depth and Solid Development of Ideological and Political Work"

won the first National Excellence Award in Party Building and Ideological and Political Work in National Private Universities in 2012 ". School summary: it is imperative to carry out inspirational education; inspirational education should keep pace with The Times; set up young cadre management school, build inspirational education platform; inspirational education fruitful results. It can be seen that to improve the effectiveness of inspirational education in higher vocational colleges requires higher vocational colleges to actively explore new ideas and new ways of inspirational education, gradually form the education system and evaluation system of inspirational education, enrich the content and form of inspirational education, and solidly carry out solid inspirational education practice activities.

## **4.2. Exploration of the ways of inspirational education in higher vocational colleges**

### **4.2.1. Inspirational education runs through the ideological and political education**

At present, inspirational education has become an important content of the ideological and political education of higher vocational students, and strengthening the inspirational education of higher vocational students can enhance the effectiveness of ideological and political education. Conduct inspirational education for higher vocational students through the three stages of value identification, ambition establishment and behavior practice. In ideological and political education, students should promote the identification of socialist core values and vocational and technical education values and work identification, establish their own future development direction according to their own professional direction, and then practice their ideals. To let the students clear career there is no distinction between high and low, to abandon the "those who work the heart to govern people, labor to govern people" and "all are inferior, only reading high" old concept. Make students clear the opportunity of success lies in their own character, as long as they are willing to work hard, in the post of technical workers will make more proud than other positions career and achievements.

### **4.2.2. Teach motivational education in relevant courses**

Classroom teaching is an effective way to help students make clear their life goals, and plan for the future based on the present. At present, due to the number of hours of higher vocational theory courses, many higher vocational colleges do not offer inspirational education courses. We can carry out inspirational education in the course of ideological and political theory and in the form of elective courses. When teaching inspirational content in the ideological and political theory class, we should avoid empty language preaching, insist that college students listen to, speak, read and learn excellent works and knowledge content, and think positively and positively about any problem. At the same time, we should use the relevant principles of psychology and pedagogy to resolve the psychological contradictions of students, reduce the psychological conflicts of students, so that students can recognize themselves, put their own position, cultivate a strong will quality, and plan for the future scientifically. In terms of elective courses, inspirational psychology courses can be offered among students. By cultivating students' ability of self-planning and self-management, students' successful quality and students' potential can be systematically cultivated. In addition, considering that the course is taught at the junior college level

and lacks room for improvement, it is necessary to increase the cultivation of students' self-control and willpower.

### **4.2.3. Implement inspirational education content in campus cultural activities**

American psychologist William James famously said: "The most profound principle of human nature is to be appreciated. "Therefore, teachers through the affirmation and positive psychological implication, can cultivate students' confidence and enterprise, so that students get upward motivation. In higher vocational campus cultural activities, students can be encouraged to create clubs, and take the club activities as an opportunity to let students experience the joy of success. The student associations mentioned here refer to both specialized mental health associations and other types of student associations. In the club activities, we must take the students as the main body and the teachers as the leading body. Teachers help students to plan the club activities, and assist students to complete the work of the club. Exercise students' organizational ability through club activities, and help them build up self-confidence. At the same time, the instructor should also be good at discovering the excellent qualities of students and excavating the shining points of students, which is the key to motivate students' confidence and success. To improve the level of students' self-efficacy, students should be encouraged to hold club positions, organize club activities, and timely give recognition and reward, strengthen the cultivation of students' self-confidence, form a virtuous circle, so as to highlight the effect of inspirational education.

## **5. The Problems Existing in The Inspirational Education for The Students in Higher Vocational Colleges**

### **5.1. The concept of inspirational education needs to change**

The premise of implementing a more systematic and effective inspirational education is to change the traditional educational concept. For a long time, the inspirational education in higher vocational colleges has implemented the traditional exam-oriented education mode. With the development of The Times, this model has no longer been able to satisfy the active "post-00 s" college students who pursue individuality. Higher vocational colleges should take various forms of new theory, new ideas, new technology, new methods to students, appreciate students, motivate students, improve students' gratitude consciousness, ability to resist setbacks, lead students to form the correct world outlook, the outlook on life, values, set up the firm ideal faith, achieve the purpose of khalid ents.

### **5.2. The motivational education system needs to be built**

At present, higher vocational colleges have not formed a unified, collaborative and efficient inspirational education system. Inspirational education is often interspersed in teachers' classroom teaching, scattered in campus cultural activities, or reflected in the counselors' words of teaching students. In-class and extracurricular, campus and society, school and family have not yet been coordinated, the system and synergy have not yet been formed. Higher vocational colleges need to well integrate inspirational thought education system, inspirational film and television appreciation system,

class, reading system, seminar project system, inspirational environment system, social practice, network inspirational education system, family inspirational system, such as resources, the top-level design, efforts to explore characteristic, productive inspirational education system.

### **5.3. New ways and new methods of inspirational education urgently need to be explored**

Although we have explored the ways and methods of inspirational education in higher vocational colleges, the ways and methods of practical application are single. For example, the campus is the main position, the ideological and political theory course is the main channel, and the network ideological and political education is the network position. Higher vocational colleges should constantly explore new ways and methods, such as offering courses of success, inspirational film and television appreciation, well-known alumni lectures; carrying out activities of quality development, encouraging practice, contacting successful people, and using the existing courses to strengthen the pertinence and effectiveness of thematic teaching and practical teaching, so as to consolidate and improve the effect of inspirational education in higher vocational colleges.

## **6. Problem Cause Analysis**

Through the above existing problems to analyze the reasons, mainly from the characteristics of higher vocational college students. It is found that higher vocational college students have the following characteristics:

### **6.1. A strong sense of self, the desire to develop themselves**

Students who enter higher vocational colleges after the college entrance examination are in the middle of adolescence and begin to have a new understanding of self and society, which is a key period for the formation of self-consciousness. Entering the university campus, higher vocational students have a strong desire and enthusiasm to develop themselves and show their talents for the new environment, new teachers and new students. They are eager to exercise themselves and develop themselves in the three years of higher vocational life, lay a good foundation for their future life, have a strong sense of self, and are eager to develop themselves.

### **6.2. A strong low sense of inferiority and low self-evaluation**

Incomplex is an emotional experience of self-shame caused by too much self-denial. The score line of the college entrance examination is also divided into a line, two lines, three lines and higher vocational college line four grades. Higher vocational as the last level, resulting in the sense of honor and pride of higher vocational students. Many higher vocational students think that higher vocational colleges are inferior, self-evaluation is low, doubt about their own ability, and appear inferiority complex. The evaluation and understanding of self will directly affect the future development direction and process of higher vocational students.

### **6.3. Poor learning foundation, lack of learning motivation**

Because the admission score line of higher vocational colleges is at the end of the whole college entrance

examination admission score line, the students admitted by higher vocational colleges are mostly the students with weak learning foundation in high school and have not developed good learning methods and learning habits. These students' cultural knowledge is weak, learning attitude is not correct, often listen to the class is not serious, cheating in the exam phenomenon. Especially those who enter higher vocational colleges through the "3 + 2" joint training of higher vocational college students have more bad learning habits than senior high school graduates. Due to the mutual assimilation influence of students' learning behavior, higher vocational students generally lack of learning motivation.

### **6.4. Learning goals are vague, and the utilitarian color is strong**

Goal is the direction of life. In college, choose what kind of learning goals, will have what kind of academic results. Many higher vocational students are often too short-sighted and specific when setting learning goals, and their understanding of the value and meaning of learning is too vulgar. Many students (even vocational educators) believe that higher vocational education is a kind of vocational education and a kind of technical education. They believe that they can find a good job and completely ignore the important role of humanistic education in life. Therefore, higher vocational students or unclear learning goals, or learning a strong color of utility, all lack of systematic thinking of life goals and values. According to the above analysis, vocational students have a strong sense of autonomy and a strong sense of inferiority, a strong desire for success and lack of lofty goals and self-restraint.

## **7. Suggestions and Countermeasures**

The practice of inspirational education for higher vocational students can be developed from the following aspects:

### **7.1. Classroom inspirational**

Classroom teaching is the main position to carry out inspirational education, school teachers should bring inspirational education into the subject course teaching plan, to be good at discovering, and dig deep into the teaching materials related to inspirational materials, to combine the practical problems of students interested in, the content of inspirational education into the classroom teaching process. Correct guidance can make students actively think about their own problems in study and life, let them unknowingly understand the truth of life, learn to adjust their feelings, emotions, thoughts and behavior habits, so as to establish a positive outlook on life and values.

### **7.2. Reading is inspirational**

What books a person reads in his youth can affect and even determine a person's life. Schools should be on the basis of screening, such as "the weakness of human nature", "if give me three days light", "sure yourself" self-help books, by recommended reading or reading activities, let the students selectively read ancient and modern and Chinese and foreign excellent self-help books, and gradually realize a person to have the basic quality of the success and the road to success is not everyone smooth sailing, to help them restore confidence, set up the ideal of life and study hard.

### **7.3. Special lectures and reports are inspirational**

Schools should be according to the different grade of higher vocational student psychological characteristics, fully excavate and use of school inspirational education resources, such as outstanding students, graduates, entrepreneurial team, or in a planned way regularly invite outside inspirational education experts, the motivational education research teachers, outstanding young entrepreneurs and well-known successful people for students to carry out the seminar or report. Through the form of special lecture report, students can leave a deep impression on the deeds of some successful people, and form a positive self-suggestion, so as to stimulate them to face the difficulties, promising mental state.

### **7.4. Campus culture is inspirational**

Schools should attach importance to and create a stimulating campus cultural environment to edify students, so that students can often be encouraged and encouraged everywhere, and maintain a strong achievement motivation and success requirements. School can make full use of the classroom, dormitory, canteen, library, gymnasium and other campus space or publicity column propaganda inspirational motto, can also regularly read inspirational poetry, inspirational songs, inspirational stories, inspirational movie series of activities, and make full use of campus network, radio stations and other media propaganda self-help deeds, promote self-help idea, Set up an inspirational model, promote the inspirational culture.

### **7.5. Enterprise practice, social practice inspirational**

Higher vocational colleges must be in accordance with the professional skills practice and professional ethics practice, the principle of combining education and the combination of practice and professional practice organization organize vocational students into all kinds of institutions and enterprises, and improve higher vocational students to the understanding of economy and society and practice ability, make them objective clearly for their own positioning, realize the seamless docking of learning and employment. In addition, students can also be organized to go deep into villages and towns to actively carry out various social practice activities. For example, through the "three to the countryside" activities, so that they serve the broad masses of the people at the same time, exercise their professional skills, improve their moral quality, consciously integrate the realization of self-value with the development of society.

## **8. Conclusion**

### **8.1. The necessity of carrying out inspirational education for higher vocational students**

#### **8.1.1. It is conducive to guiding higher vocational students to establish correct values**

With the rapid development of the market economy, the prevalence of egoism, money worship and hedonism values has brought a great negative impact to the society. The ideological connotation of inspirational education, such as ideal and faith and patriotism education, can encourage vocational students to establish correct outlook on life and values, firm their ideals and beliefs and patriotic feelings. At the same time, they enable vocational students to experience

the practical guiding significance of the socialist core value system in the practice process of self-development.

#### **8.1.2. It is conducive to stimulating the determination and perseverance of higher vocational students to struggle for their ideals**

First of all, inspirational education requires students to aspire to, that is, to set up lofty aspirations in life. Only the establishment of lofty aspirations, action to have a goal, to stimulate a steady stream of power. Secondly, inspirational education emphasizes the cultivation of students' strong will and the spirit of unremitting self-improvement. Opening the "label" of social evaluation, higher vocational students also have lofty ideals and the desire for success. However, all kinds of external factors, such as employment pressure and negative evaluation of vocational students, reduce their requirements and positioning, and even choose to give up when they encounter a little difficulty. Therefore, the inspirational education for higher vocational students is conducive to inspiring them to make unremitting efforts for the goals they want to do but dare not do. It is conducive to help higher vocational students to establish self-confidence and constantly improve their own development. Inspirational education requires educators to be good at using appreciation education, find the shining points on students and timely give affirmation and praise, so as to play an incentive role. Higher vocational students because of the inferiority complex in the academic aspects, more eager to get teachers' encouragement and affirmation. At the same time, due to their low sense of self-efficacy, they have relatively few opportunities to experience success, and motivational education can just create situations for higher vocational students who can achieve success through personal efforts, and help them establish self-confidence and enhance self-efficacy.

#### **8.1.3. It is conducive to improving the emotional self-regulation ability of higher vocational students**

Inspirational education, from the perspective of psychology, on the basis of following the objective law of psychological development of higher vocational students, stimulates their independent consciousness, cultivates their self-management and coordination ability of their own knowledge, emotion and meaning system, and at the same time, mobilizes the positive factors of individual psychology to stimulates various potential. A survey shows that the mental health factor of higher vocational students (such as interpersonal sensitivity, depression, anxiety, etc.) is higher than the national youth regular model level. The development of inspirational education will be conducive to improving the self-regulation ability of vocational students and promoting the coordination and unity of the individual psychological activity process of vocational students.

### **8.2. The research value of inspirational education for higher vocational students**

The creation of an inspirational education system is an extremely complex and hard work. Create ational education system for higher vocational colleges managers and teachers put forward higher requirements, not only requires managers to set up the inspirational education idea, and its rise to the school guiding ideology and characteristics, so as to improve the core competitiveness of the school, but also requires all teachers firmly establish the idea of "everyone can become", improve the motivational education work power. In short, we should be good at discovering the shining points of students,

be good at capturing and even creating inspirational educational situation, and promote the formation of a good campus inspirational education atmosphere. Only in such an atmosphere can inspirational education better play its role.

The analysis of the current situation of inspirational education in higher vocational colleges can be seen that higher vocational colleges have done a lot of work in inspirational education and achieved good educational results, but at the same time, there are still many problems to be solved in the inspirational education of college students in higher vocational colleges. Encouragement education theory and practice of higher vocational colleges, make better than not, earlier than later, do better can reflect the higher vocational colleges in the advantage of khalid ents, the more can improve the pertinence and effectiveness of moral education in higher vocational colleges, the more can improve the core competitiveness of higher vocational colleges, only to strengthen and improve the inspirational education to achieve colleges, students, families, society and win-win, to do a good job in the people's satisfaction of higher vocational education. Therefore, it is urgent and of great significance to promote and strengthen the theoretical innovation and practical innovation research of inspirational education in higher vocational colleges.

Subject research, make up for the shortage of motivational education in higher vocational colleges, help to guide the private higher vocational colleges students inspirational education effectively and flexible, encourage higher vocational college students on the basis of the new study growth goal, develop good character, stimulate personal study enthusiasm and inner potential, grow as high-quality skilled talents of having both ability and political integrity. For the school, emphasizing virtue and continuously providing high-quality talents to the society is in line with the development tide of The Times. In a virtuous circle, the social status and public recognition of the school are constantly improved, which is conducive to the development and growth of the school.

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