

On the Necessity of Strengthening Thanksgiving Education for College Students

Jine Lv

Global Institute of Software Technology, Suzhou, Jiangsu, China

Abstract: The basic content of gratitude education is to cultivate college students to love their country, cherish life, be filial to their parents, respect their teachers, care for others, respect nature, and so on. Gratitude education can encourage college students to think critically, approach life correctly, cultivate good habits, improve their quality of life, and enable them to not only face personal values but also consider others. It can also teach gratitude and make them more open-minded and have a more complete personality. In today's world of diverse values, it is necessary to strengthen gratitude education for college students, so that they can understand gratitude and learn how to be grateful. Economic globalization, political diversification, and information networking have become important features of the new era, gradually forming the diverse values of current Chinese society. Especially for contemporary college students with strong curiosity, outstanding personality, and strong acceptance ability, if they do not have gratitude towards their family, school, and their motherland, and cannot realize the importance of understanding gratitude and learning to be grateful for their current and future lives, it will be difficult to resist the misleading and erosion of various negative values in society. The phenomena of spiritual emptiness, moral deficiency, and crisis of faith that have emerged in society have been reflected in some college students. This requires us to timely and effectively provide gratitude education to the group of college students who are the driving force of socialist modernization construction, help them establish correct values, and form a healthy and upward spiritual outlook.

Keywords: Necessity, Thanksgiving education, College students.

1. Introduction

Gratitude education is a humanistic education in which educators use certain educational means and methods to purposefully and systematically implement gratitude, gratitude, and even gratitude towards the learners. Gratitude education is an important part of moral education in universities, with characteristics such as morality, experiential, subjectivity, and practicality. It is an emotional education that moves with emotions, a moral education that rewards virtue, and also a human education that awakens human nature through human nature. Gratitude education aims to help students discover beautiful things in life through various means such as family education, school education, and social education, relying on the "emotional and emotional" approach, and giving them a grateful perspective, thus forming a grateful mentality, morality, and responsibility, and externalizing it into a grateful behavior. Specifically, the value of gratitude education for current college students is very important. Marxism believes that "the essence of human beings is not an inherent abstract object of individual individuals. In its reality, it is the sum of all social relationships." Contemporary Chinese university students, shouldering the great mission of realizing socialist modernization construction, should learn to embrace this sentiment with heart and continuously inherit this beautiful emotion, and learn to view our country and society with the most sincere gratitude, Look at the people and things around us. Guided by Marxism, the goal of transforming nature is to achieve comprehensive human development, and to organically combine the transformation of nature with the transformation of society, striving to establish a beautiful society where humans and nature coexist harmoniously.

Some students nowadays narrowly understand their gratitude behavior as caring for their parents and giving back

to their families, while considering the care of others and the contributions of society as "should". They do not care about anything except themselves and their own family matters. Over time, this has developed into an extreme form of "individualism", which is extremely harmful and seriously hinders the healthy development and growth of individuals. Gratitude is a sincere recognition, emotion, and behavior of the kindness given to nature, society, and others, and a sincere return. Only by truly understanding gratitude can one understand how to give. Only with a grateful heart can one realize their responsibility to repay everyone for their efforts and help, cultivate and inspire a sense of responsibility, and strive to be a useful person to oneself, others, and society.

Helps cultivate college students with sound personalities. Gratitude is a manifestation of individual conscience, one of the natural contents of human nature, and an act of truth, goodness, and beauty. The lack of gratitude consciousness is a manifestation of imperfect human nature. With a grateful heart, we will develop good behavioral habits; Always carry a sense of gratitude, and we will strive bravely on the path of progress; Always harbor a sense of gratitude, our existing life resources will become deeper, and our hearts will become broader and broader. [1] In interpersonal communication, narrow-minded people are prone to being petty and difficult to tolerate conflicts and frictions with others. As Roland said, "If you only pay attention to the shortcomings of others, you will encounter enemies everywhere and fall into a lonely and helpless darkness." Therefore, learn to be grateful, learn to interact with others with tolerance, magnanimity, and appreciation, learn to understand and care for others, Our emotions will be richer, our personality will be more perfect, and our lives will also be better

2. Organization of the Text

2.1. The path choice of thanksgiving education for college students.

The improvement of thanksgiving education for college students is a systematic moral education project from value cognition to practice. Theory is always the precursor of action, so reasonable indoctrination is not only necessary, but also necessary. The university educator should start from the daily life of the Educator and the problems of urgent concern, carry on the long-term theoretical indoctrination to the EDUCATEE, insist on enriching the students' mind with rich theoretical knowledge, and let them know how to know Grace Truly, we should listen to the students' opinions, carry out positive thought communication and heart dialogue, convince people with reason and emotion, and strengthen the effectiveness of theory inculcation. [2]In addition, we should pay attention to improve the way of indoctrination. Today's college students tend to be quite independent and critical, and have outstanding personalities, and are good at seeking novelty and change. Therefore, educators must avoid rigid indoctrination to prevent students from Reverse psychology, in the concrete implementation process, we should pay special attention to the connection between the social reality and the students' ideological reality, stress the combination of theory and practice, and make use of the positive and negative typical examples to help the college students accept the correct moral concept of thanksgiving, discard all incorrect ideas and concepts, and cultivate their strong sense of gratitude.

2.2. Using the method of practical education, actively carry out various effective activities to help college students set up a correct idea of gratitude.

First of all, we should set up a long-term vision to enhance the concrete content of activities and the continuity of time. Educators should, prior to the commencement of the activities, appeal to the spiritual content of each activity and make it clear to students that the holding of the activities is not an end but a means and channel of education, and hold them regularly to ensure the continuity and permanence of the activities, the establishment of thanksgiving education evaluation system, so that Thanksgiving education is really implemented. Second, enhance the pertinence and effectiveness of activities. Based on the actual situation and cognitive level of the educated, and according to the actual and regional characteristics of the students, it should be carried out in an organized and targeted way, which is conducive to mobilizing the enthusiasm of the educated at different levels, enhance the effectiveness of the campaign. [3]Finally, organize students to watch relevant movies, videos and hold literary and artistic evening parties on the theme of thanksgiving on a regular basis, fully respecting the interests and talents of the educated and giving full play to their initiative, let students appreciate and cultivate the arts in the promotion of the realm, so as to achieve "Embellish things fine silent" effect.

2.3. Strengthen the construction of campus culture, create the atmosphere of campus Thanksgiving culture, and create good conditions for college students to establish correct Thanksgiving consciousness.

The formation of college students' good moral concepts and thoughts is greatly influenced by the surrounding environment. The campus cultural environment plays a unique role in the good moral education of college students. [4] To improve the educational environment and build a loving and grateful world for college students, the most important thing is to accumulate and build a positive, rich campus spiritual and cultural environment, and strive to build a harmonious campus. Because the student lives in it, also "Infiltrates" in it. First of all, we should strengthen the guidance, standardization and management of students' thoughts and behaviors. The cultivation of good morals and the formation of excellent qualities depend not only on the ideological and theoretical education of patience and care, but also on the strict management of scientific norms. Most of our college students are between the ages of 18 and 22 years old, and all aspects of their thinking are in a period of absolute immaturity. [5] Their outlook on life, values are at a particular critical stage of not being fully formed, so they are definitely not mature children who no longer need to be managed and supervised, especially ideologically, they also need the active guidance of schools and teachers, in this fast-changing ideological diversity of the "Crazy Explosion Era", college students are also easily and unconsciously influenced by all kinds of unhealthy thoughts and social behaviors. Therefore, colleges and universities in this very background of the very times, we really can not continue to "Snub" our students in management.

3. Conclusion

In the new era, it is of great significance to strengthen the ideological management of college students and form a good management environment in colleges and universities. Secondly, strengthen the guidance and management of campus media, adhere to the correct direction of propaganda, give full play to the function of campus media, and create a good cultural environment for college students. Such as the school newspaper, campus radio and all kinds of propaganda window, reading newspaper column, etc. can insist on reporting and publishing some historical or real life typical "Thanksgiving events", in order to attract students' attention, thinking and positive discussion, to help college students set up the correct values of thanksgiving. Thirdly, we should pay attention to strengthen the management of campus network, and make full use of the campus network that most students are interested in to educate students. Set up a special person to manage the campus network. The use of the network platform, the dissemination of truth, good and beauty, resist false ugliness, vigorously propagandize mainstream values. Thanksgiving is the basic human value that transcends the east and the west, and it is also the main content of Marxist moral education, we should also fully absorb the positive heritage of the traditional cultures of the east and the west.

The historical materialism is Marxism's great discovery, and it also lays the philosophical foundation for the correct scientific concept of gratitude. Firstly, sociality is the fundamental attribute of human being. "The essence of man

is not an inherent abstraction of a single man, but the sum of all social relations in its reality.”[6] man is a man of society, and sociality is an essential attribute of man, no one can exist independently of society and others, “A person not only live for themselves, because of some inextricable feelings, make people to some extent happy to live for others, have to live for others.”[7] and this complex feelings is the human kindness. “Kindness is a good link between people, but also to connect countries and countries, regions and regions, small to family and family, people and people, and then support a society.”. [8] the contemporary Chinese college students, shouldering the great mission of realizing the socialist modernization construction, should even more know how to embrace this kind of sentiment with heart and pass on this kind of beautiful sentiment unceasingly, learn to use a most sincere heart of thanksgiving to look at our country and society, look at the people and things around us. Secondly, social value is the leading yardstick to evaluate human value. Marxism holds that the value of life should include self-value and social value. The social value of human being refers to the value of individual's life activities to the society and others, which is mainly shown in the individual's contribution to the society and others. The self-value of life refers to the value of individual life activities to their own survival and development, which is mainly manifested in the satisfaction

of their own material and spiritual needs.

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