

Strategies and Methods of Firming Ideal Beliefs of College Students

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Abstract: The purpose of this paper is to discuss the strategy and method of strengthening the ideal beliefs of college students. Firstly, the connotation and characteristics of college students' ideal beliefs are analysed in depth to provide a theoretical basis for the subsequent research on strategies and methods. Secondly, it analyses the problems and reasons for the current ideal beliefs of college students. Finally, a series of targeted strategies and methods are proposed to help college students to strengthen their ideal beliefs and promote their comprehensive development.

Keywords: College Students, Ideal Belief, Family Education, School Education, Social Environment.

1. Introduction

Under the background of globalisation and informatisation, college students, as the future of the country and the hope of the nation, have a direct bearing on the future of the country and the destiny of the nation in terms of their firm ideals and beliefs. However, at present, college students are facing a complex and changing social environment, and their ideal beliefs show a trend of diversification and ambiguity, which has a certain impact on the growth of college students and the development of the country. Therefore, it is of great theoretical significance and practical value to study how to strengthen the ideal beliefs of college students.

Starting from the connotation and characteristics of college students' ideal beliefs, this thesis analyses the problems and reasons of current college students' ideal beliefs, and puts forward the strategy and methods of firming college students' ideal beliefs. It aims to provide theoretical support and practical guidance for solving the problems of college students' ideal beliefs through the discussion of family education and guidance, school education and guidance, social environment and influence, and college students' own efforts.

In conclusion, the research of this thesis is of great theoretical and practical significance for understanding and solving the current problems of college students' ideal beliefs, promoting the healthy growth of college students and the development of the country.

2. Connotation and Characteristics of Ideal Beliefs of College Students

2.1. Connotation of Ideal Conviction

Ideal beliefs are people's aspirations and pursuits for the future formed in practice with the possibility of realisation, and they are the concentrated manifestation of people's political stance and worldview in their goals. As a spiritual phenomenon, ideals and beliefs are both subjective and objective. From the content point of view, the ideal has an objective factor, it is not people's subjective imaginary or fantasy, but through the efforts of possible to achieve the goal in line with science.

The ideal has the possibility of realisation. From the formal point of view, the ideal is a subjective spiritual phenomenon,

affected by the subject's needs, values, outlook on life and so on. But the content of the ideal has objectivity, it is not inherent in people's minds, nor does it fall from the sky, but the reflection of social existence in people's minds. Therefore, ideals are a socio-historical category.

Belief is the organic unity of cognition, emotion and will, is people in a certain cognitive basis established on the basis of a certain idea or thing firmly believe and physical mental attitude and state of mind. Belief has stability, once formed, will not easily change. The stability of beliefs is not absolute, scientific beliefs will inevitably change with the times with the objective reality, and constantly enrich, adjust, and improve.

Ideal beliefs have an important role in people's growth process. It can stimulate people's enthusiasm and creativity, and guide people to work hard to achieve their goals. At the same time, ideal belief is also the product of people's spiritual life, which reflects people's understanding and grasp of the development trend of objective reality. Therefore, ideal beliefs have important practical significance and value [1].

2.2. Characteristics of Ideal Beliefs of College Students

The characteristics of college students' ideal beliefs are shown in the following aspects:

First of all, college students' ideal beliefs are epochal. In the context of the new era, the ideal beliefs of college students are closely connected with the prosperity and strength of the country and the great rejuvenation of the nation. They firmly believe in the socialist system with Chinese characteristics and are full of confidence in the development prospect of China [2].

Secondly, college students' ideal beliefs are hierarchical. With the differences in personal growth experience, educational background and values, the ideal beliefs of college students show different levels. One part of college students closely connects their personal ideals with the national ideals and takes contributing to the country as their life goal; the other part pays more attention to personal development and pursues material and spiritual satisfaction.

Again, college students' ideal beliefs are dynamic. In the process of growth of college students, their ideal beliefs will be affected by many factors such as external environment, personal experience and inner feelings, so as to adjust and

develop constantly [3].

In addition, college students' ideal beliefs are contradictory. On the one hand, they receive modern education, have high scientific and cultural quality, and have the ability to think and judge things independently; on the other hand, they face many pressures and challenges in real life, which may lead to the wavering of ideal beliefs.

Finally, college students' ideal beliefs are group-oriented. In campus life, college students influence each other and make progress together, forming a group with common beliefs and values. They pay attention to national events, actively participate in social practice, and strive for the realisation of common ideals [4].

In short, the characteristics of college students' ideal beliefs are embodied in the aspects of epoch, hierarchy, dynamics, contradiction and group. Understanding these characteristics helps us to better guide college students to establish a correct worldview, outlook on life and values, and to contribute to the realisation of the Chinese dream of the great rejuvenation of the Chinese nation.

3. Problems and Reasons for the Current Ideal Concept of College Students

3.1. Problems

The existing problems of ideal beliefs of current college students are mainly manifested in the following aspects [5].

First of all, the confusion and faltering of ideal belief. Under the influence of materialism and utilitarianism, some college students are confused about their future goals and life value, resulting in insufficiently firm ideal beliefs. Some college students pay too much attention to the material life and neglect the spiritual pursuit, and their identification with the socialist core values is weakened, which makes their ideal beliefs easy to be influenced by the external environment.

Secondly, the diversification and conflict of values. With the advancement of globalisation, western values are constantly coming in and colliding with our traditional culture and socialist core values. Such diversified values make some college students have ambiguous zones in their ideal beliefs, and it is difficult to form firm beliefs [6].

Again, the inadequacy of the education and training mode. For a long time, China's education system pays too much attention to the transmission of knowledge and neglects the education of ideal beliefs. This has led to the lack of firm beliefs to support some college students when they face the difficulties of life. At the same time, there are also deficiencies in the guidance of family education, school education and social education in the aspect of ideal beliefs, which makes college students lack effective guidance in the process of forming correct ideal beliefs [7].

In addition, the negative impact of the network environment. With the popularity of the Internet, a large amount of information dissemination makes college students susceptible to the influence of bad information. Some negative remarks and misconceptions are spread through the network, which have an impact on the ideal beliefs of college students, leading to the blurred beliefs and distorted values of some college students.

Finally, the reasons of college students themselves. College students are in the critical period of their lives, and their psychological quality and discernment ability are not yet fully mature. In the face of the complex social environment, some

college students may be easily tempted by external temptations because of the lack of self-restraint, leading to the wavering of ideal beliefs [8].

To sum up, the current problems of college students' ideal beliefs are mainly reflected in the confusion and wavering of ideal beliefs, the diversification and conflict of values, the inadequacy of education and training modes, the negative influence of the network environment, and the reasons of college students themselves. To deal with these problems, we need to start from family education, school education, social environment and other aspects to strengthen the education of ideals and beliefs, and help college students establish a correct outlook on life, values and worldview.

3.2. Causes of Problems

The emergence of the problem of college students' ideal belief is the result of the combined effect of many reasons. First of all, the complex and changing social environment is an important factor. With the in-depth development of China's reform and opening up and socialist market economy, social values are becoming more and more diversified, and some bad values influence college students' thoughts through various channels. At the same time, the rapid dissemination of network information also makes college students come into contact with more negative information, which easily leads to the confusion of their values [9]. Secondly, the problem of family education cannot be ignored. In some families, parents pay too much attention to their children's academic achievements and neglect the ideal belief education of their children. This leads to the lack of correct guidance for some college students in the process of value formation, and it is difficult to form firm ideal beliefs. In addition, school education also has certain problems. Although the school has carried out a lot of work in ideological and political education, some college students still have the phenomenon of lack of ideal beliefs. This is mainly because the degree of the school's ideal belief education and the actual combination is not enough, the education method is too single, lack of relevance and effectiveness [10]. Finally, the reasons of college students themselves are also an important aspect that leads to the problem of ideal belief. College students are in a critical period of their lives, and their worldview, outlook on life and values are not yet fully determined. At this stage, they are faced with many temptations and pressures, and are prone to confusion and wavering. Some college students are not clear about their future planning, and there are misunderstandings about the value of life, which makes them confused about their ideal beliefs.

To sum up, the problem of college students' ideal beliefs is the result of social environment, family education, school education and college students' own reasons. To solve this problem, it is necessary for the whole society to make joint efforts to create a good external environment, strengthen family education and school education, and guide college students to set up correct values, so as to strengthen their ideal beliefs [11].

4. Strategies and Methods for Firming College Students' Ideal Convictions

4.1. Family Education and Guidance

Family education and guidance play a vital role in firming college students' ideal beliefs. Family is the cradle of personal growth, and parents' worldview, outlook on life and values

have a profound influence on children. Family education is not only the transmission of knowledge, but also the shaping of values, which can sow the seeds of ideal beliefs in the hearts of children.

Parents should set an example of correct values and behaviour, so that children can feel the core values of socialism in their family life. Parents' education style and method is also an important factor that affects the formation of children's ideal beliefs. Parents should focus on communication with their children, understand their thought dynamics and confusion, and give correct guidance and support [12].

In addition, family education should also pay attention to children's mental health and help them establish a correct outlook on life and values. Parents should pay attention to the emotional needs of children, give care and support, so that children feel the warmth and security of the family. This is crucial to the formation of firm ideals and beliefs in children.

In addition, family education should be combined with school education and social education to jointly promote the cultivation of college students' ideal beliefs. Families, schools and society should form a synergy to provide college students with a full range of educational resources and support to help them establish a correct worldview, outlook on life and values [13].

In short, family education plays a pivotal role in strengthening the ideal beliefs of college students. Parents should pay attention to the growth of their children, set a good example, establish correct values, establish good communication with their children, pay attention to their children's mental health, and jointly contribute to the cultivation of college students' ideal beliefs [14].

4.2. School Education and Guidance

School education plays a crucial role in cultivating college students' ideal beliefs. First of all, schools should strengthen ideological and political education, integrate socialist core values into all aspects of education and teaching, and guide students to establish a correct view of the world, life and values through classroom lectures and practical activities. In addition, schools should also focus on cultivating students' sense of social responsibility and mission, and let students feel the power of ideals and beliefs in practice through voluntary service and social practice.

Secondly, schools should establish a sound campus culture and create a positive atmosphere. It can provide rich spiritual food and stimulate students' ideal beliefs by organising various lectures, forums and cultural activities. At the same time, schools should also pay attention to students' mental health education, help students establish correct self-knowledge, and cultivate their ability to resist stress and adapt to society [15].

In addition, schools should strengthen the construction of the teaching staff and improve the political quality and business ability of teachers. Teachers are the guides of students, and their words and teachings have a profound influence on the cultivation of students' ideals and beliefs. Therefore, schools should pay attention to the selection and training of teachers to ensure that they are capable of training students.

Finally, schools should establish a sound evaluation system, and include the cultivation of ideals and beliefs in the comprehensive quality evaluation of students. This can motivate students to consciously establish ideal beliefs, and

at the same time provide a basis for schools to test the effectiveness of education. Through this evaluation system, schools can discover problems in time, adjust educational strategies and better cultivate students' ideal beliefs [16].

In summary, school education plays a pivotal role in cultivating college students' ideal beliefs. Through measures such as strengthening ideological and political education, establishing a sound campus culture, strengthening the construction of teaching staff and establishing an evaluation system, schools can effectively guide students to establish correct ideal beliefs and lay a solid foundation for their growth.

4.3. Social Environment and Influence

The social environment has a profound influence on the ideal beliefs of college students. Firstly, the social and cultural environment plays an important role in the formation of college students' values. Different cultural backgrounds, values and moral concepts will have an impact on college students' ideal beliefs. For example, a social and cultural environment that values innovation and independent thinking may produce more college students with innovative spirit and independent thinking ability [17].

Secondly, the socio-economic environment also has a great influence on the ideal beliefs of college students. Factors such as the level of economic development, the employment situation and the social class structure all affect college students' expectations and beliefs about the future. In a social environment with economic prosperity and many employment opportunities, college students may be more optimistic, confident and hopeful about the future.

In addition, the socio-political environment will also have an important impact on college students' aspirations and beliefs. Factors such as political stability, rule of law construction and social fairness have an important impact on college students' values and ideal beliefs. In a social environment with political stability and perfect rule of law, college students may pay more attention to their personal rights and social responsibilities, and have confidence in the future development of society [18].

Finally, social opinion and media also have an important influence on college students' ideal beliefs. The information and public opinion direction spread by the media will have an impact on the values and ideal beliefs of college students. Positive public opinion and media communication help to cultivate college students' ideal beliefs, while negative public opinion and media communication may have a negative impact on college students' ideal beliefs.

To sum up, the social environment has an important influence on the ideal beliefs of college students. To strengthen the ideal belief of college students, we need to actively create a good social environment, including the environment of culture, economy, politics and public opinion. Only in a positive social environment, college students can realise their own value and development under the guidance of ideal beliefs [19].

4.4. College Students' Own Efforts

College students' own efforts play a crucial role in firm ideal beliefs. Firstly, college students should clarify their personal life goals and value pursuits, and closely combine their growth and development with the needs of the country and society. Secondly, college students need to strengthen their moral cultivation, cultivate correct moral outlook and

values, and firmly believe in the socialist moral system. In addition, college students should also endeavour to study scientific and cultural knowledge and improve their comprehensive quality, so as to lay a solid foundation for serving the country and society in the future. At the same time, college students should actively participate in social practice, exercise their abilities through practice, improve their ability to solve practical problems, and further strengthen their identity and belief in socialist core values. College students should also pay attention to mental health, maintain a positive and optimistic mindset, be brave to face difficulties and challenges, and be firm in their beliefs and keep moving forward. In short, college students should continuously strengthen their ideals and beliefs through their own efforts, and contribute to the realisation of the Chinese dream of the great rejuvenation of the Chinese nation.

5. Conclusion

In the current social environment, it is particularly important for college students to be firm in their ideal beliefs. Through family education, school education, social environment and the efforts of college students themselves, we can effectively improve the level of ideal beliefs of college students and cultivate more excellent talents for the development of our country.

Family education is an important part of college students' ideal belief education. Families should focus on cultivating their children's sense of responsibility and mission, and guide them to establish a correct outlook on life, values and worldview. School education also plays a key role in ideal belief education. Schools should strengthen ideological and political education and cultivate students' patriotic sentiment and sense of social responsibility. At the same time, schools should also pay attention to students' mental health education and help them face setbacks and difficulties correctly.

The social environment also has an important influence on the ideal beliefs of college students. Society should provide good employment and development opportunities for college students, so that they can see their future and hope. At the same time, society should also promote positive energy, spread correct values, and set a good example for college students.

College students themselves should also endeavour to raise the level of their ideals and beliefs. They should take the initiative to study the Party's theories and enhance their ideological and moral quality. At the same time, college students should also actively participate in social practice and practice their ideal beliefs through practical actions.

In a word, firming the ideal beliefs of college students needs the joint efforts of many parties, only in this way can we cultivate generations of ideal, moral, cultured and disciplined newcomers, and make greater contributions to the development of our country.

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